

Autism, Hypnosis, and Frequency



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Autism

Roughly 1 in every 50 kids in the US has an autism spectrum disorder, and the numbers have been increasing 6 to 15% each year. Autism is now the fastest-growing developmental disability.

Richie first showed developmental irregularities at 18 months, immediately after his vaccination for German Measles. His mother Rose Roughton, a registered nurse with a career in geriatric nursing, feels the vaccination caused acute encephalitis, a rare but known consequence of the disease.

Richie is now in his 20's and Rose, now retired, has created a nonprofit organization called [Freedom Home of New York](http://www.freedomhomeofnewyork.com). The objective of Freedom Home is to create a series of homes that can permanently accommodate the needs of those who are developmentally challenged.

I met Rose at a hypnosis event I hosted where I demonstrated what could be done with guided visualization. I expressed my willingness to help people on the autism spectrum. Rose invited me to visit Richie and see what we could do.



Rose and Richie.

Hypnosis

I am using hypnosis to enhance the basic electrical properties of brain, body, and mind. This follows from my work in neurology and neurofeedback. I'm following my mentors in applying ideas from electrical engineering to other fields. Doing this Charlie Townes invented the Laser, and Jerry Lettvin discovered that the eye is an organ that thinks.

My idea is to enhance our nervous system by improving our internal awareness of it. Changing one's awareness is the goal of hypnosis. Improving control through awareness is the goal of neurofeedback training. Focusing both approaches on the body's electrical system results in a new kind of mind-body training.

Frequency

A system's properties are determined by the frequencies that pass through it. But before we can control our frequencies, we must be able to conduct currents. After we've enhanced our sense of currents we can better develop an awareness of frequencies. And once we gain control of our frequencies, we can better regulate our body's processes that depend on them.

I created a series of guided visualizations to enhance your internal electrical awareness. A first set of MP3 audio files focus your awareness on your body's electrical circuits. A second set develop your awareness of natural frequencies. A forthcoming third set will explore the resonances that exist in your mind and body between the frequencies you've learned to experience. Understanding resonance is the science of the future.

Listen to each of these audio files daily for a week in order to develop the facility of moving in and out of these states. If you'd like to try it, you can listen to the first recording for free. It's called Currents 1, and can be downloaded by [clicking here](#).



Richie

I took the written scripts of my visualizations to read to Richie. For extra effect I brought my frame drum to beat out the tempos. He greeted me with a nod and continued his active routine of managing three simultaneous activities: running videos, playing online games, and assembling a jig saw puzzle.

I started with a calming script. The slower my rhythm, the more agitated Richie became, turning up whatever rates and volumes were under his control. Sedation is not his preference. I followed that with an elevating progression that began in a state of reverie, moved to the tempo of lively conversation, and then accelerated to the fast tempo of rapid reaction.

Richie reacted with applause to each increase of tempo, matching my allegro speech with the rhythm of his bounce on his exercise ball. When I moved up to prestissimo he bounced so hard he left the ground, raised his arms, and shouted!

When I finished, Richie got up from his desk and approached me, put one hand on his mother's head, the other on mine, and smiled. He led me by the finger to the tablet on his desk and spelled "Thanks for you."

I gave Rose the audio tapes for Richie to listen to if he wanted. Was this therapeutic or just entertaining? I don't think it matters.



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