

Mother of four —

# Childbirth is painless

Hypnosis is great, said Mrs. John A. (Susie) Magnuson, 25, Rushford, Minn., who has had four children without any pain or discomfort.

The Magnusons' children are: Darin, 4; Dee Dee, 3, and twin boys, Dayne and Dixon, who will be one year old Jan. 25.

"I've felt great after every delivery," said Mrs. Magnuson. "I have had no after pain and have not taken any sleeping or pain pills or other type of drugs.

According to Mrs. Magnuson, hypnosis is a very relaxed state of being in one's sub-conscious mind. There are no two trances alike, she said.

"In my trances everything is very real, life-like and in color," she said.

"Once trained in hypnosis you can use it for everything; it's something no one can take away from you. Besides using it for my deliveries I've also used it for all dental work, going to sleep at night, taking away the discomforts of the everyday routine and weight loss.

When she was first trained, during her first pregnancy, she said that Dr. L. J. Wilson and her husband were able to put her in a trance with a color cue. Since then she has put herself into a trance whenever she feels trance is needed.

Mrs. Magnuson said that when one is first trained one has to practice going into trances at home until the practice becomes spontaneous. The trances gradually get deeper.

"While in a trance you are aware of the people and everything around you, if you want to be. You can talk, walk, see, write, sing and hear. My favorite pastime, while in labor, is walking — I practically walk into the delivery room."

"With my first child I was in a trance 37 hours. I delivered a nine-pound, two-ounce baby boy and had only one stitch. I lost all track of time, never realizing I had missed more than a day.

"During my second pregnancy, I put myself in the trance before I got to the hospital. I did not come out of it until my eight-pound, nine-ounce girl was born.

"The third time I had a double hitter (twin sons). While at home I again put myself into a trance as soon as I began to experience discomfort. I was very excited since I knew beforehand that I was going to have twins. The only difference with this delivery was that I was told to stay in the trance until my second baby was born.

"After my first baby was born, I remember going much deeper into the trance. My second baby was born 13 minutes later. One boy was five-pounds, 13 ounces and the other, six pounds, eight ounces."

While in a trance, Mrs. Magnuson said she has regressed to when she was 1½ years old.

"I saw myself as I was then, and in the right surroundings. My favorite regression is to age three, playing with a bunny I received at Easter time.

Mrs. Magnuson said she didn't remember receiving the bunny, so she asked her mother. She confirmed the happening.

Mrs. Magnuson said she has lost 30 pounds using nothing but hypnosis.

"We don't call it dieting. We change our eating habits, fixing foods differently, eating foods which are good for the body — never being hungry, but being conscious of nutrition."



FORM OF ANESTHESIA . . . While in a deep hypnotic trance, Mrs. John A. Magnuson, Rushford, Minn., experiences no sensation of pain as Dr. L. J. Wilson, Rushford,

Minn., a hypotherapist, pinches her arm with an Allis Clamp, a type of forceps that won't cut the skin.