

# The Various Stages of Hypnosis

(From Leslie LeCron)

1. Lethargy
2. Relaxation
3. Eye Catalepsy
- 4. Arm Catalepsy**
5. Catalepsy of Isolated Muscle Groups
6. Heavy or Floating Feelings
- 7. Complete Muscle Groups**
8. Rapport
9. Smell and Taste Changes
10. Number Block
- 11. Partial Amnesia / Glove Anesthesia**
12. Amnesia
13. Analgesia (No Pain)
14. Automatic Movement
- 15. Partial Hallucinations**
16. Hallucinations (Positive)
17. Bizarre Post-Hypnotic Suggestions
- 18. Anesthesia (No Feelings)**
19. Negative Hallucinations
20. Comatose
21. Somnambulism
22. Deep Trance Identification

