

# RAMEY-SICHORT DEPTH SCALE

## HYPNOSIS

### **Hypnoidal State:**

- Physical relaxation

### **Light State:**

- Eye, Limb and body catalepsy
- Light anesthesia (glove)

### **Medium State:**

- Partial amnesia
- Post-state anesthesia (local)
- Post-state suggestions (simple)

## DEEP STATE

### **Somnambulistic State:**

- Mental relaxation
- Post-state amnesia
- Eyes open while in deep state
- Bizarre post-state suggestions
- Positive visual hallucinations (post-state sense of seeing)
- Positive auditory hallucinations (post-state sense of hearing)
- Spontaneous amnesia (no recall of suggestions or actions while in state)
- Hyperaesthesia (extreme sharpness of the senses)
- Negative visual hallucinations (sense of seeing)
- Negative auditory hallucinations (sense of hearing)
- Age and pre-birth regression
- Complete amnesia (unable to recall any information what-so-ever)

## BEYOND DEEP STATE

### **Esdaile State:**

- Anesthesia without suggestion (general)
- Muscles display a waxy pre-catatonic response

### **Catatonic State:**

- Muscular locking of skeleton (without suggestion)

### **Sichort State:**

- A state of extreme muscle flaccidity (discovered and developed by Walter Sichort)
- Subconscious sensing of danger
- Rapid healing (six to ten times the individuals normal healing rate)
- The **Sichort State** subject can assist another in self-healing through the use of the Sichort *Mind-To-Mind Healing* and/or *Ramey Computer Console Technique*