

Induction script/sample session

Induction

Have your partner sit or recline comfortably, feet flat on the floor, arms on his lap. Ask him to look at a spot high up on the wall above his normal sightline (he should end up looking up with his eyes, not by bending his neck), and to continue looking at that spot as you continue the induction.

Tell your partner to bring his attention to his feet and lower legs and to relax them, feeling a warm, heavy, tingling sensation in them. Suggest to him that his thighs are relaxing, his stomach, shoulders, arms, etc... Take your time to gradually work through his entire body. Eventually, the warm, heavy feeling should spread throughout his body.

While progressing throughout the body, pause periodically to insert various suggestions such as: “*your breathing is slowing down,*” or “*you’re sinking further into your chair every time you exhales,*” etc. Many of these suggestions come from observing what he is already doing, and they can be very assistive in creating the rapport needed between you and him to generate a good trance experience. Give positive comments throughout the process. Tell your partner that he’s doing very well, and feeling very comfortable. Tell him to let background noises just fade away, and that all he has to do is focus on your voice.

During this process you’ll likely notice your partner begin to blink or his eyes to water; it’s tiring to look upward for an extended period of time. When you see this, tell him it’s ok to blink, for his eyes to feel heavy; tell him it’s ok for his eyes to lose focus as he does his best to keep looking at that spot. Tell him that it’s ok if his eyes get so heavy that they close on their own, and that when they do he’ll relax even more.

If you’ve completed relaxing his entire body and his eyes are still open, suggest that they begin to grow much heavier, and that as you count down from three they’ll close. When you reach three tell him to just let his eyes close down.

Deepener:

Use one or more deepeners to help your partner go deeper into trance. This phase typically takes longer than the induction.

Suggestions:

Give whatever suggestions you’ve agreed upon for this session.

Coming out of trance:

When you’re ready to bring your partner out of trance, give the following suggestion or one similar: *In a moment it will be time for you to come out of trance. I’m going to count up from 1-5, and as I do you’ll begin to wake up, becoming completely awake and alert, very comfortable and feeling great.* Then count up from 1-5, giving suggestions between each number that your partner is starting to wake up, becoming aware of his surroundings, stretching, opening his eyes, and is now wide awake.

Congratulations, you’re a hypnotist.

Some standard Deepeners and Tests

Suggesting your partner is descending down a staircase (sometimes towards a goal, like a bed to lie down in). Have him visualize it as clearly as he can. Suggest every step down brings your partner deeper into trance. Tell him there are 10 steps. Count down the steps while giving reinforcing suggestions.

Descending in an elevator, watching the floor lights change, essentially the same as the staircase deepener.

Imagining a sunset, suggesting that as the sun sets completely your partner will enter a much deeper level of trance.

Imagining the hands moving around on a clock, suggesting as they make a full circuit your partner will go deeper into trance.

Have your partner count down from 100. She should see every number clearly, and watch it fade into black. The next number will begin further away and darker, and will also fade away into black. As she counts down, the numbers begin smaller and smaller. By 90 or 85, they should no longer even appear. With every disappearance of a number, they will go deeper into their trance.

Arm drop: lift up your partner's arm and ask them to fall deeper into trance when the arm drops (preferably onto something soft)

Feel free to come up with your own imagery. If you feel like your partner is more responsive to imagining physical sensations than images or scenes, try adapting some of the trance depth tests into deepeners as described below.

Tests:

You can assess the level of your partner's trance by seeing how well he's responding to some simple suggestions. Some common ones to try:

Handclasp:

Have your partner bring the palms of his hands together and suggest (in some detail) that they're stuck together; ask him to try to separate his hands and see how difficult it is for him.

Hand levitation:

Suggest your partner's arm is becoming lighter and starting to rise towards the ceiling. See how strong a response you get.

Stiff/steel arm:

Have your partner straighten his arm, then suggest it's becoming rigid like a bar of steel. Gently test how stiff your partner's arm becomes.

Note: All of these "tests" can also be used as deepeners, or even as the beginning of inductions. If someone does not seem to be responding to one of the above suggestions while in trance, reinforcing the suggestion until there is a response can be a good way to help him go deeper.

Pay attention to your partner's closed eyes; eye movement, like in REM sleep, is common with a hypnotized partner. If you see such eye movement things are probably going well.

Formulating a Good Suggestion:

Form your suggestion as clearly and literally as possible.

Phrase it in a positive fashion, focusing on what you DO want your subject to do or feel, not what you DON'T want him to experience (e.g. tell him he is completely stuck to his chair, not he cannot get up).

Anchor it whenever possible on a real, past experience your partner has had. Give them a chance to recall that experience and feeling, then suggest that this is exactly what they're going to feel or do.

Give a clear starting point for the suggestion to take effect (e.g., in a moment, when I count to three you will..., when you hear me say the word ___ you will)

Give a clear ending point for the suggestion (e.g. for the next five minutes you will feel ___, then the feeling will start to disappear..., when you hear me say the word ___ the suggestion will be cancelled ...)

If the suggestion involves multiple instructions, phrase your suggestion in such a way as to make it clear when they should begin. Otherwise, they might begin imagining the earlier portions of your instructions in a different fashion than you would like.

Safeguards for post-hypnotic suggestions

Don't just make the trigger for the suggestion clear, make it SPECIFIC. For example, unless you really mean for your partner to respond to a suggestion when you're not present, tell them they'll respond to a particular suggestion every time they hear YOU say ___, not when they hear ___.

Again, give a clear ending point for the suggestion. It may be very funny for your partner's silverware to give them electric shocks while the two of you are at dinner. It may be less fun for your partner if it's still happening the next day when he's at lunch with his family.

(Well, OK. That might still be really funny—but there are a lot of suggestions you could insert into that scenario that wouldn't be!)

Resources

<http://www.hypnosis101.com/> (Although there is some questionable material in the “metaphysical” section, the articles are very good)

<http://www.hypnosis.com/> A great site for beginners with all of the basics, including many, many great induction scripts that you can follow (under “What is hypnosis” is “Hypnosis scripts”)

<http://www.hypnofocus.com/> Aaron Glotfelter's community forum for erotic hypnosis, including links to many great resources and his own various paid sites, including hypnosisfetish.com and hypnoslave.com.

<http://briandavidphillips.typepad.com/> Brian David Phillip's blog. He is a master hypnotist, and writes about all sorts of things. In the right hand column of his site are links to the blogs and sites of other hypnotists, and near the bottom on the left you can arrange his entries by category. The category “Hypnosis: Erotic and Sexual” is not to be missed.

Fun Things to Try

When it comes to the erotic or kinky aspects of hypnosis, the sky is, proverbially the limit. Many things on this list would not appeal to most people, and this list is by no means exhaustive, but it does give some idea of the sheer scope of activities that are available with hypnosis. Many of these are not possible in any other context.

FUN!

Really interesting bondage

- Encased in steel

- Trapped by tentacles

- Frozen in ice

- Wrapped in a thorny vine

Scenarios/environments:

- Public place

- Flying in the air

- Under the water (but able to breathe!)

- In space (no gravity!)

- While driving a car (the thrills without the imminent danger)

Replaying past experiences

ORGASMS GALORE!

Orgasm on command

Different kinds of orgasms (relaxed, extended, changed gender)

Increased sensitivity/sensation (good OR bad)

- Nipple/ear/whatever orgasms

Oral

- Changed taste of genitals/semen.

- Linked orgasms (“you will orgasm when I do”)

From a distance

- Phone sex

- Orgasm during inappropriate times (class, family reunion, church)

INTENSITY!

(Mind partitions may be necessary for very intense play. [And they can also be helpful for giggling or other distractions])

Virtual stabbing, intense cutting, dismemberment, throat slitting, breaking bones. *

(* We don't necessarily recommend trying any of these, but they are theoretically possible to do in a way that doesn't actually get you hospitalized or killed.)