

A woman with dark hair and glasses is sitting on a couch. She is wearing a black and white vertically striped, long-sleeved shirt that is open at the chest. She is looking down and to her left, with her right hand near her eye. The background is a plain, light blue wall. The overall lighting is soft and indoor.

# Pillow Talk:

A Comprehensive Guide To Erotic  
Hypnosis & Relyfe Programming

Step-by-Step  
Instructions  
& Notes by  
Michael Scott

2017  
Revised Edition

Hypnosis has existed since the dawn of time, erotic hypnosis for nearly as long.

Historically, hypnosis has been used to create desired reactions in objects of sexual conquest. Sex obsession, on-demand orgasm, conduct addiction and sensation enhancement are just the tip of the iceberg.

Anyone can learn hypnosis, but to learn it correctly, to engage the body and the mind in a lasting and permanent way without causing unintentional damage to the subject, has previously taken extensive training and time.

Now, with using the Relyfe techniques, immediate and lasting changes in sexual perception and reaction can be put in place.

This book is a not a book of hypnosis scripts - though there are many in it - this book is *the* how-to manual for learning to be a powerful erotic hypnotist !

Learn the techniques to Master your love life today !

## Works by Michael Scott Spillan

*Practical Magic: Hypnosis for the Modern Age*

*The Practice of Hypnosis and Hypnotherapy,*  
*Editor and Contributor*

## Fiction

*Ascension*

Publishing as Michael Scott:

*Pillow Talk: A Comprehensive Guide to Erotic  
Hypnosis and Relyfe Programming*

*Kelly's Fall*

***Pillow Talk: A Comprehensive Guide To***

***Erotic Hypnosis &***

***Relyfe Programming***

***Step-by-Step Instructions & Notes***

***Revised Edition***

***by Michael Scott***

This work has been prepared for educational and recreational purposes and is not intended to be a therapeutic work. Neither the author, nor the publisher, take any responsibility for the use or misuse of the techniques and/or scripts contained herein.

All references to actual cases of hypnosis and hypnotherapy contained herein have had names changed to protect privacy of the subjects mentioned.

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Published by Blue Deck Press, Inc.

Columbus, Ohio, USA

ISBN-10: 1542564034

ISBN-13: 978-1542564038

This work is dedicated to my wonderful wife, Melissa, who has encouraged my development of Relyfe Programming, stood beside me through more ridiculousness than any woman should have to endure, and who shares her beauty, light and quiet wisdom with me for reasons I cannot fathom, but am ever grateful for.

Thank you, words are insufficient to express my gratitude for all that you bring into my world. I love you.

***Pillow Talk: A Comprehensive Guide***

***To Erotic Hypnosis & Relyfe Programming***

***Revised Edition***

## Table of Contents

Introduction	9
How To Hypnotize Her	29
Good Erotic Hypnosis (Perfecting It)	67
Hypnosis Scripts	73
<i>Long Induction</i>	85
<i>Short Induction</i>	123
<i>Sinister Arousal</i>	149
<i>Sex Slave</i>	167
<i>Sex Slave II</i>	191
<i>Oral Addiction</i>	217
<i>Sex Dreams</i>	239
<i>Pain Arousal</i>	243
<i>Need For More</i>	255
Relyfe Programming	259
<i>Age Regression</i>	277



<i>Life Binding</i>	279
Telephone, Chat & Email Hypnosis	291
Conversational (Covert) Hypnosis	305
Author's Notes	311

## Introduction to Revised Edition

"If I talk too much about things which I have never claimed any special knowledge, just contemplate the horrifying prospect if I were to get my teeth into something even remotely familiar!"

*-Philip, Duke of Edinburgh and Prince Consort  
to HRH Elizabeth II, Queen of England*

The profound effects of good Relyfe Programming and Erotic Hypnosis will work in your partner both while perfectly conscious and awake and while you have her deep in trance.

When I first wrote Pillow Talk five years ago it was my intention to put together a comprehensive guide, a how-to manual, for people who wanted to practice good erotic hypnosis, for their pleasure and for that of their partners. To this end I prepared a long and eloquent introduction for the work, explaining all of my noble and practical reasons: The advancement of the art of Erotic Hypnosis (hereinafter "EH") the expansion of public awareness of such powerful tools for increased intimacy as Relyfe Programming and EH represent.

I was nearing the end of that magnificent introduction, in the middle of a paragraph detailing my personal philosophy on recreational hypnosis, when I had an epiphany: Most of the people reading the book probably won't really care about Erotic Hypnosis' history, or my personal motivations, nor was I, in truth, writing the book to explain those things.

I was writing Pillow Talk so that people would have a good basic work on EH, and so that I could stop answering very basic questions about how it works. Questions don't bother me, mind you, but I was spending hours on hypnosis forums answering the same ones over and again.

For the several months preceding the writing of Pillow Talk, I had been inundated with questions about Relyfe and EH and its use in the Dominance/submission aspects of BDSM relationships. I tried to find good references to related subjects to point people to and could not. Relyfe Programming was developed to stop people from bleeding emotionally until deeper underlying psychological problems could be addressed. It was not originally intended to set-up pretty girls for spankings, however much fun that may be.

During my research for good references on EH, I found exactly one good website and one half-decent book. I found three books that were garbage and sixteen websites that were worse. I did find countless ones that featured, or brushed on, the application of hypnosis to sex and adult relationships, but none of them conveyed good solid information for the beginning or advanced student of EH. It seems that a lot of very smart and learned people enjoy writing difficult to understand articles about impractical or just plain impossible applications of hypnosis.

On the Relyfe side of the equation, there seem to be two sorts of people asking questions these days: Practitioners who are interested in the kinds of relief that can be found for patients, and creative lovers, both of the Dominant/submissive and the more vanilla variety. This book was written for the second group, the lovers.

A subset of that group came into being just after Pillow Talk's publication, helped by the 2012 "50 Shades" phenomena. The advent of the first truly mainstream novel with a strong BDSM theme - Anne Rice's sublime erotica notwithstanding - created a pleasing increase in both cultural awareness and Pillow Talk sales.

The last five years have seen the creation of EH clubs and some limited attempts at more formalized

education. The Erotic Hypnosis community is still fledgling compared to other, more established fetishes, and though EH is often added to other forms of love and fetish play to enhance effect, as time goes on it is becoming more and more a fetish in its own right, one enjoyed by thousands (a number based on a percentage of volume of sales of Pillow Talk and other works on the subject) and possibly hundreds of thousands.

So, why revise Pillow Talk?

The first edition was put together in a hurry. Without boring you with the pressing reality which caused it to be rushed to market, I will say that I was not satisfied with the completed product. It contained omissions which, in retrospect, seemed obvious, but which at the time didn't occur to me as necessary or even desirable.

Writing today, I have the benefit of extensive reader feedback. Letters and email from thousands of readers, lovers, mental health professionals and fetishists containing ideas, experiences, questions and criticisms which have allowed me to improve this work immeasurably.

I have complied and integrated a great many changes and which I believe will broaden the already exciting world which Pillow Talk is helping make mainstream.

One of the things I am eliminating in this introduction is a long-winded explanation of what is necessary to make effective long-standing changes in core personalities. That, and a cautionary tale, I have shortened and moved to the Relyfe Programming chapter in the back where they should have been in the first place.

Here, though, I think a brief explanation of what makes good hypnosis work should remain. It's important to start with that because so many (but thankfully not all) professional practitioners try to over-complicate the hypnotic process and muddy the waters when it comes to the question of what makes hypnosis work.

Good hypnosis works based on just two things: Focus and Memory. That's it. Nothing more complex than being able to pay attention and remember things.

Focus, in hypnosis, is simple. A person in a hypnotic trance (called the "subject") pays attention, focusing his or her complete attention on the hypnotist to the total exclusion of everything else. Environment, physical sensations, even self-awareness take a backseat to the item of the focus: You, the hypnotist.

Subjects deep in trance can be directed to ignore severe pain, can control blood flow (for example making one arm feel very hot and the other ice cold through the expansion and contraction of veins, arteries and capillaries), have their bodies made "stiff as a board" and perform feats of great recall and physical prowess that they cannot outside of the trance, all because of the induced state of intense focus. They can also become aroused on command because of control over physical memory.

Memory, in hypnosis, is a bit more complex, but still easy to digest. The body, as well as the mind, remembers and reacts based on those memories.

Everything we do, everything we think, every single physiological reaction we experience, whether it be fear, excitement, pain, arousal, pleasure, all of them are triggered by a complex interplay of sensation and memory. Just looking at a car triggers, in the background of our minds, countless memories of cars, countless experiences, drawn from the entirety of a lifetime that are instantly filtered down into a person's immediate response. All that we see, think, and feel in relation to our bodies and the world around us passes through lenses colored by our life experiences.

Experience is not limited to our chronological recollection of events. Instead, it includes all of our

senses, all of our responses, physiological and emotional, producing a gestalt based upon every one of the thousands upon thousands of times that we have had a related experience, encountered a related item, sensed a related smell, seen a related sight, touched a related texture, felt a related feeling.

When I hear the deep thrum of a sport-tuned engine - or even one like I had in my old Olds 442 - I cannot help but become excited. The experience is unconscious, powerful and irresistible. Put me near a Ferrari, an Indy racer or near a running NASCAR stock car and the experience is transcendent. Yes, I know, "drive fast-turn left" doesn't do it for everybody, and to be honest, races themselves don't do much for me, but the roar of the engine, the experience of riding in a fast car, the excitement/fear of a first drive, parking lot donuts, learning to fishtail in a friend's suped-up Nova, and countless other experiences make it so very exciting for me.

Car enthusiasts don't think about this consciously, we just hear the engine gunned, feel the rumble of it in the air, and our subconscious does the rest, playing our experiences like a program in the back of our minds, where they are triggered unnoticed and induce a response of undeniable excitement in our bodies and minds. The process is highly involved and complex, but the access a hypnotist has to it, and the ways in which he or she can make use of it, are as numerous as they are flexible, offering one of the most powerful tools of healing, and for our purposes, erotic play, imaginable. All orgasms begin and end in the mind.

Through the trance, we have direct access to all of the remembered experiences in a person's life and with the consent (or for that matter without the consent) of the person, the hypnotist can bring about profound changes in the subject and the way they and their bodies react.

For example, the process of reframing is one of the most common hypno-therapeutic techniques. In reframing, a hypnotist takes an undesirable reaction or memory (say nervousness about flying) and turns it into something more desirable (such as a childlike excitement at trying something new).

What, though, is the process? What is the hypnotist really doing?

Simple: He is changing the memories and reactions linked to THINKING about flying. If he is really effective and well trained, he will deliberately link flying to strong recollections of excitement, fun or comfort. The hypnotist makes new memories while doing this - called confabulated memories - introducing little things like touch, smells and experiences into the equation in order to make the confabulated memories as full as possible, more real in many cases than any conflicting recollection that might try to enable a sense of fear or a reluctance to fly.

Good hypnosis takes advantage of little things, small plays on memory and recollection, changing how the subject perceives herself and the world around her. The old stage hypnotist's cliché, "You are now a dog, a little dog, you will yip and yap and act like a dog until I tell you otherwise..." is little more than a command to behave like you REMEMBER a small dog would act.

In pain management (the first area I had any experience in) the most successful hypnotists change the way that the body remembers reacting to pain. It's easy to tell a person that their arm will be numb and that they won't be able to feel it, essentially telling them to no longer pay attention to their arm (an aspect of focus and distraction), but for the control of chronic pain it is much better to reframe the way that the body reacts to that specific pain entirely, to change the way it remembers that it should react to it.

It's hard to get the subconscious mind to believe, for any length of time, that it is not experiencing pain that it very much is continuing to feel. A subject can ignore pain in a trance, but the pain is always there waiting to resurface when the subject is no longer distracted by the hypnotist.

With a little effort, a good hypnotist will change a person's recollection of how he or she reacts to a particular pain - a process which has been shown to actually form new neural pathways - turning that

pain into something just as real but not as...well not as painful. That sharp stabbing pain in the leg becomes a warm dry feeling in the middle of the back; the unending ache in the ankle becomes a light tingling feeling in the calf; the budding migraine becomes vaginal swelling and hardening of nipples...

Physical and emotional changes, behavioral and perceptual, are all things that a hypnotist may effect and all are simply extensions of influence over how the subject remembers - or remembers to react to - some external event or stimuli.

So, after that lengthy digression, let me offer a simple definition:

Hypnosis is an induced state of extreme focus in which a person's cognitive, physical and emotional memories become accessible and highly subject to suggestion and alteration.

I find this definition to be accurate and to be vastly superior to the more complex, and yet less informative, one offered by Division 30 of the American Psychological Association.

The two most important things for you, as a recreational hypnotist interested in enhancing your partner's sexual experience, to remember are: Focus and Memory. If you keep your subject's attention and understand that you are creating new ways for her body to remember how it responds, you will do very well and achieve your objectives from your partner's body, while she is both in and out of trance.

The purpose of Pillow Talk is to inform and teach good Erotic Hypnosis skills. It is not intended to serve as a big book of EH scripts.

It IS my intention to put together such a book, to be called...hmm, I'll call it The Big Book of Erotic Hypnosis Scripts. I have a small stack of them - two or three hundred - to sort through and will try to get it out in the next year or so.

I am open to ideas for scripts, things readers might like to see. I enjoy interacting with EH fans and welcome questions, ideas, suggestions, criticisms and other input. My email address for such things is [Mike.Scott@XaxisOnline.com](mailto:Mike.Scott@XaxisOnline.com). Please be certain that I will read everything, but that it might take a while for me to reply to questions.

Many highly effective hypnotherapists have built successful practices solely upon their ability to bring about changes in their patient or client's cognitive memory. I wonder, though, is it not better to change how a person reacts to those painful memories (say taking suppressed rage and anger directed towards one's partner or children and turning it into wistful melancholy toward the painful childhood event causing it) than it is to fiddle with the memory of the actual event, effectively denying the reality of the event itself?

Considering my definition of hypnosis and in light of my experience with many of the aspects of hypnotherapy, I submit that healing (and change) is always best facilitated by acknowledging the past, helping the subject understand their reactions to it, assisting them in deciding how they want that reaction to change, and then changing it.

The treatment of physical discomfort, or in the case of our objectives here the creation of physiological responses such as instant arousal or orgasms on command - can best be handled in the same way.

By addressing how the body remembers the way it reacts to a particular physical sensation or pain, and by reinforcing the changed memory, the hypnotist (you) can, in a lasting way, reframe that sensation or pain and better facilitate the effect you want to create.

In healing, this is important because it doesn't run the extreme risks associated with denying that the pain, physical or emotional, exists. In Erotic Hypnosis play, it allows you to put in place irresistible

post-hypnotic suggestions that remain in force for years without your active reinforcement (see Chapter 4 - Relyfe Programming for more information on making your changes and commands self-reinforcing and permanent).

Agree with my simple definitions or not, for those professional or recreational practitioners who practice Erotic Hypnosis, dramatic and lasting effect is usually the goal and simplicity tends to be the best way to achieve it. Complex memory changes and post-hypnotic suggestions are difficult for your subject to remember and put into effect. No matter how much they may want to if they can't remember what they were told to do, they cannot do it.

This brings me back to programming.

Years back a sweet young woman, Amy, from Bedford, Indiana, who later became very important to me, was seeing a psychologist I knew. She had been raised in a conservative Christian household in a good family (that is to say a family of generous and decent people) and was married to a man she both loved and admired. She had two wonderful children and worked in the hospital in a nearby town, holding down a job she enjoyed as the secretary in the emergency room. By her measure she had everything she ever wanted and was happy.

By the time she was 28, though, she began to seek out anonymous and degrading sexual encounters with men who were often violent. In less than 3 years she lost her husband while becoming estranged from her children and her church.

She sought out help and learned, somewhat belatedly, that when she saw tragedy befall those patients at the hospital she felt were more deserving of happiness than herself she would feel undeserving of the blessings she had. In time, her natural empathy coupled with this feeling of unworthiness to create situations which cost her those blessings.

Humans are weird.

She was disgusted by her conduct, to the point of often becoming violently ill afterward, her conduct being so contrary to the rest of her personality, her moral and cultural beliefs. Since she had identified the problem in hypnosis sessions and was told that she could now stop being promiscuous conventional wisdom says that the problem should have done away.

It did, sort of. She still felt unworthy, but had been told that, been given a powerful post-hypnotic suggestion saying that, she can't engage in sex except in a dedicated relationship.

But she was still attractive and was still getting attention from the men whom she had encouraged to degrade her.

To solve this dilemma Amy began putting on weight. Eating herself to obesity to prevent in a desperate attempt to comply with the no sex requirement. Not consciously, but that's how her mind resolved an otherwise irreducible problem, because no one had addressed her underlying and quite unfounded feelings of unworthiness.

After three failed years of treatment her psychologist sought out a mutual friend who in turn sought me out.

Amy's psychologist is one who has my respect, so I was surprised that no one had thought to deal with the underlying problem. They had simply masked and redirected it, but never actually did anything to build up her sense of self-worth.

After meeting her accidentally, I resolved to fix the problem by sleeping with her myself.

That's actually not true. We did end up in a relationship, but that was not my intention going in. Since I am not a mental health professional, I can offer opinions and theories which would otherwise get someone who is, booted from the profession. I also could offer a fix to the problem that no one else could: I changed those memories that allowed her to feel unworthy.

This eventually led to the Relyfe Programming model. I learned early on that there were just too many memories to reframe. The poor child had felt unworthy most of her life because of a skewed belief that she is flawed by sin and will always be imperfect, while believing that others are, or at least might be, more deserving than she. She also carried that most dangerous of beliefs, that God rewards the worthy in this life and punishes the unworthy.

I try to stay away from theology publicly, but I will say that just isn't the way things work. God might intervene in an individual life from time to time, I am not in a position to confirm or deny this, but He does not uniformly reward or punish based on worthiness while still in this life. Believe me, I know.

Kind Amy's subconscious saw that she was being rewarded when she felt singularly unworthy, and was still seeing these worthy folk at her hospital suffering and there were just too many memories, 30 years worth of them, trying to convince her that God wasn't doing His job in putting her into the gutter, so she needed to do it before He noticed.

There was no way for me to dig around and reframe thousands of memories.

I finally decided that I didn't need to. Instead, drawing on a programming background going back into the 70's, I wrote a program, put her into the deepest trance I could, and read it into her processor, as it were. Soon, Amy had a mental filter in place that used a double bind (see Chapter 1) system that used indirect suggestion in every instance where she felt unworthy, to remind her of any of the thousands of small acts of kindness she engaged in naturally every year, different ones all of the time, and reminded her, silently, in the back of her mind, that only worthy people do these things.

Every time her subconscious played a memory of anything she did for anyone going back to childhood (and we play through our memories all of the time) she got this little "good people do these things therefore you must be a good and worthy person" boost.

I didn't reframe her need to eat. I didn't make any move to restore her self-image through affirmations, I used indirect methods to accomplish the objective of stopping her attempts to bring herself down to the low level she felt she deserved to be at by changing where that perceived level was.

By creating a self-reinforcing set of emotional memories, ones that attach themselves to her actual memories of situations and make her feel better about herself in the process I was able to give her a life-long history of little emotional boosts, padding her emotional history, if you will, with a general feeling of self-worth without ever changing any of the memories she had of her actual life events.

In days the over-eating stopped and within a few weeks she began to walk and then run regularly.

Within 18 months she was once again healthy (though a couple of minor skin reduction surgeries were necessary to get her back into form) and she was happy.

All this from three hypnotic sessions of about an hour each in one day, creating and then reinforcing a Relyfe program designed to run for the rest of her life.

In hypnosis you have access to the subject's memories, both to look at them, discuss them. change them and even implant them. If the memories are creating problems then they can be changed, or better yet, outlook can be changed, permanently to improve the person's life.

Memory is not a fixed factual recollection of actual sequential events<sup>[1]</sup>. It is chaotic and flexible and

one memory can be recalled over and over again in a person's life without his or her conscious awareness, not only impacting itself but also effecting the experiences - and therefore the memories - of each time that it is recalled, consciously or unconsciously.

For the hypnotist it is simply impossible to identify each and every memory that needs to be addressed when facing a problem because it is impossible to identify each and every time that a life event was later recalled and therefore impacted by that memory. This is the prime reason that undesired traits tend to reassert themselves (trauma, fear, anger, etc) even after an event has been changed in the person's memory, even after the core trauma has been identified and dealt with. It may be the reason that so many non-chemical addictions - as well as some of the chemical ones - are so hard to beat because the compulsion driving the sufferer has been reinforced in so many places in her memories.

It seems that memories and secondary recollections of them recreate and reinforce the pressures of the original experience and that eventually those pressures WILL find a way to be expressed, to be released and, if the original memory itself has been changed, leaving no way for the person to identify the original source of the problem, that expression of pressure may cause greater damage than the original trauma did.

Changing the REACTION to the core problem, adjusting it subtly in ways that benefit the subject through a continually running Relyfe program makes it possible to heal without creating damaging pressures from phantom sources.

What, you ask, does all of this have to do with great sexual experiences?

A lot!

Every moment of arousal, every orgasm, begins and is maintained in the brain. In a hypnotic trance every recalled experience can be relived with the same, or even greater, intensity as the original. Other experiences and distractions can be eliminated. Imagine having your girl become aroused without any distraction, as intensely aroused as her body has ever been, UNWILLING AND UNABLE to distract herself from that arousal until you tell her to let it go.

In practice all you are doing is calling up her memories of intense arousal and locking her mind and body's responses into it, causing her to physically relive that intense arousal, continue to relive it until either you bring her out of it or until she is too exhausted to go on (a healthy woman can stay aroused for a LONG time).

She doesn't need to be in a trance for this to be triggered, either. She can be fully conscious and aware, just locked into a post-hypnotic suggestion that can't come loose until you want it to.

Trust me, no experience relates to having the woman you love enjoying this state, particularly when you are the subject of her arousal.

Throughout this book I make references to "scripts". In the world of hypnosis the term "script" refers either to a prewritten hypnotic session to be read to the subject with limited input from the subject herself or it refers to a guide, like a bullet point list, of things that need to be addressed in a session with the subject.

The term "session" refers to the time in which the hypnotist/hypnotherapist is interacting in that capacity with the subject. Some professionals use the term in reference only to the time the subject is actually in a trance. I use the term to refer not only to the time in trance but also to the set-up period leading to a trance and the time immediately afterward where the hypnotist may still be providing some guidance as to what was happening during the trance.

Important note: In this book I write as a male, with female subjects. Anything in Pillow Talk can be



adapted for any gender combination. It is not my intention to offend. I was surprised by the number of readers who thought I should have written using "his/her" and "he/she" instead of "her" and "she". I find such things don't flow well and trust you to be smart enough to adapt.

You can change genders and erogenous zones at will inside my scripts to make them work for you. Remember, Pillow Talk was written to teach and inform, not as a book of locked in scripts.

If you seek more scripts, please visit [www.Relyfe-Online.com](http://www.Relyfe-Online.com) where you will find a growing library of articles and scripts. It should be fully functional by December 26, 2017.

## **Chapter 1**

### **How to Hypnotize Her**

*“If you come to a fork in the road, take it.”*  
--Baseball legend, Yogi Berra

I am going to jump into this chapter with a quick definition. You won't need one until later, but because of several misconceptions about hypnosis, and because I expect a lot of folks will skip past my introduction, I think it best to share one here:

Hypnotic Trance: A state of focus on a single distraction so complete that all other thought and distractions cease to have meaning.

Yes, it's even shorter than the one I put in the introduction, but it's just as accurate and they say the same thing. Keep this in mind. There are several ways to hypnotize her<sup>[2]</sup> and you can find countless examples of videos on YouTube of subjects being hypnotized. For the purposes of EH you want a deep enough trance that you have control over the reactions of the girl's body. In order to achieve this it is best that you understand the basics of hypnosis.

To be safe, I am going to assume you skipped over the verbose introduction to this book and provide a quick explanation for you.

There are several ways to learn hypnosis, and most people try to make things more complex than they really are. Me, silly me, I like to keep things simple.

For our purposes, the hypnosis process has a few basic steps. They are:

1. Set up
2. Anchor
3. Induction
4. Programming / Experience
5. Reinforcement
6. Release

Sounds like a lot of work, but in fact all of these steps take little time.

It is a common misconception that people in a trance are asleep. People in a hypnotic trance are not asleep or anything close to being asleep. This misconception, often fostered by the hypnotist himself, often takes perfectly hypnotizable subjects and confuses them right out of being able to go into a trance. The subconscious mind is very literal, and if you want its attention, you have to be literal, too. People in a trance are not asleep, they are awake and alert, and it is your job to keep them that way.

In a hypnotic trance you have the attention of the other person (called the “subject”), to the exclusion of all else. Your words and the images you suggest are her absolute focus. Once you have her absolute attention, you have access to her memories and her body's memories and then if you are careful, you have control.

The process of putting a person in a trance is called the “induction”. In Chapter 3, I provide two good inductions. The trick is to get their real attention, so that there are no songs playing in the background of their minds, no thoughts about the date last night, no distractions from the kids in the other room or the

twitching of their legs.

Everyone can be hypnotized, and like Milton Erickson, I believe that everyone can be worked into a deep hypnotic trance with the right induction. A verbal induction invokes all of the senses, and distracts the conscious mind. Despite the conscious distraction the hypnotized person is paying attention, absolute attention, to their focus (you).

Ever leave for work in the morning and suddenly find yourself at work without remembering driving there? You very clearly drove safely, piloting a ton of steel at high speeds down the road and were so focused on what you were doing that you couldn't even be bothered to consciously remember actually doing it.

Another example: showering and suddenly wondering exactly how much you have already done. You were moving, awake, but your conscious mind was so engaged, and the situation (background sounds, familiar motions) created an absence of distraction that left you focusing on nothing except your motions.

So wrapped up in that book/tv show/video game/movie that you didn't hear your wife/dad/mother/slave talking to you at normal, or louder than normal levels?

Situational hypnosis. Focused to the exclusion of all else. It is common in that state to even be just a little cloudy mentally when you are finally distracted from whatever has your attention because though you were clearly paying attention to what you were doing, you were also in a trance.

Before beginning, make sure your girl is comfortable, is not going to have to run to the bathroom for a while and that all phones and other distractions are off (no babies, no parents or pets - pets are a real pain when it comes to keeping people in a trance, especially on the phone or by chat, she may be fine, but Fluffy's urgent need to go outside can be your trance's undoing).

So, let's run through the hypnotic process steps:

## 1. Setup

The first step, Setup, is not necessary to achieve your goal of putting your girl into a trance, but in a lot of cases it can make it much easier.

Every used car salesman worth his salt can tell you that setup makes the deal a lot easier to close. In the used vehicle world, a good salesman can often close the deal before the customer examines the first auto. Convincing the prospective buyer that their dealership is the one to buy from, that others are questionable, that the time to buy is now, and that they are savvy shoppers and a savvy shopper would buy from them, and would buy now. After a set up like that refusing to buy implies that you are not a savvy buyer.

One of the reasons hypnotists fail in achieving a good trance is that they have no setup beyond, “Let’s try this...” Or because their setup is tailored for the wrong person.

There are basically four traits for set up purposes. They are based on who the girl believes herself to be. Sometimes the types overlap. Those types are:

Creative vs. Intellectual/Intelligent

Shy (“kind of shy”) vs. Outgoing (“kind of outgoing”)

In each of these are people who believe they can focus (sit still) and those who believe they cannot. There are always people who believe they can be hypnotized and those who do not believe it. Whichever you are dealing with, they can be hypnotized.

The underlying process for hypnosis is, as I explained earlier, one of focus and memory. That’s it. There are a hundred schools of thought that make it all more complex and no one can disprove them, but I would point out that each of the more complex ones say that there is a group of people who are better subjects than others, and I have just not found this to be so.

Because there are so many approaches, we can pick and chose among them as serves our purposes.

Let’s look at some setups.

For the creative girl you set her up with an explanation like this (without believing a word of it yourself) [\[3\]](#):

After a brief talk about your interest in hypnosis, mention that:

“Studies have shown that creative people are the very best hypnosis subjects because of their ability to visualize situations, because of their empathy (even when they deny it themselves) and because of their mental flexibility. People who perceive even a little creativeness in themselves make such good subjects that they are often surprised by the depth of trance they achieve. Have you ever been so wrapped up in a book or movie, tv show or in listening to a song that you didn’t notice someone come into a room, or didn’t process something they said, even though you clearly should have heard it? You were in a trance. Even mildly

creative people make great subjects, because they pay attention so well on a subconscious level.”

With this setup you are telling the girl that creative people are good subjects, that they have been in trances before (and are getting them to agree with you about this, thereby reinforcing it in their mind) and then you are telling them that “even mildly creative people” are great subjects and therefore she, if she believes she is even a little creative, then she is going to be a great subject. You are not telling her this directly, but it is all implied, will be absorbed by her subconscious and is prepping her for a deep trance (You are also letting her subconscious do all of the work. Girls look for deeper meaning in simple conversations all of the time. Men usually communicate on just one level, we are engineered that way, and it can be a frustrating limitation at times. Women are more subtle, and in the setup we are taking advantage of their natural subconscious ability to find and absorb deeper meanings).

The process consists of letting them identify, subconsciously, with being a good hypnotic subject, and then binding them to being one by implying, again in a subconscious way, that if they do not pay attention to you at a subconscious level they are not the creative person they believe themselves to be. To deny you access to them as a good hypnotic subject would be to deny themselves as a creative person and subconsciously they cannot do that.

The intelligent girl set up is similar in design:

“There are so many studies that prove that people who can think for themselves are always great hypnotic subjects. This is because of their ability to digest information and adjust to new ideas on a subconscious level. You would think it would be the other way around, but, well...have you ever been so wrapped up in a book or movie, tv show or in listening to a song that you didn't notice someone come into a room, or didn't process something they said, even though you clearly should have heard it? You were in a trance. Even mildly intellectual people make great subjects, because they pay attention so well on a subconscious level.”

Again, you are setting the stage for them to believe that their type makes a good subject for reasons that they identify with, you are showing that they have been in a trance before (remember the other kind of natural trances - in shower, while driving, etc) and they are agreeing that they have been and then you are telling them they will be a great subject because “they pay attention so well on a subconscious level” letting them know, subconsciously, that they will pay attention in a trance.

The process is the same, it consists of letting them identify, subconsciously, with being a good hypnotic subject, and then binding them to being one by implying, again in a subconscious way, that if they do not pay attention to you at a subconscious level they are not the intelligent person they believe themselves to be. To deny you access to them as a good hypnotic subject would be to deny themselves as a thinking person and subconsciously they cannot do that.

Once you have completed their intellectual vs. creative set up, you address their personality type setup (outgoing v. shy).

“Outgoing people make even better hypnotic subjects because of their ability to

put themselves out there and relate their thoughts and ideas to people. Communication is the key to hypnosis and outgoing people just plain understand the hypnotist's efforts at communicating with them to achieve a really deep and focused trance."

You are helping them relate, letting them know that they are good subjects and why, and then putting them in a position where they cannot deny (resist) the idea that they are a great hypnotic subject without denying their ability to understand the hypnotist (can't deny you without denying the person they believe themselves to be).

The subconscious mind is literal and traps itself, it will do the work for you if you let it.

For the shy person, the setup (coupled with the intellectual vs. creative portion) can go:

"Shy people make even better subjects because of their natural tendency to be introspective. Shy people know themselves really well, even if they consciously deny what they know. That much better if they don't, but either way, their natural empathy and inherent ability to see what people really mean helps their subconscious mind better understand the plain language of the hypnotist and causes them to achieve really deep and focused trances."

Once again, you are helping them relate, letting them know that they are good subjects and why, and then putting them in a position where they cannot deny (resist) the idea that they are a great hypnotic subject without denying their ability to understand the hypnotist (can't deny you without denying the person they believe themselves to be).

I should take just a minute to touch on the subject of trance logic and trance language. "Trance logic" is a term used to describe how the mind thinks in trance. "Trance language" is the term used for the basic approach to speaking and listening needed to effectively communicate in trance. The conscious mind processes complex ideas and thinks around things.

The subconscious mind is much more literal.

While you do not need to speak to your subjects like they are 10 year olds, it doesn't hurt. Just be sure to keep things simple and be very very clear.

Let me share an example from a chat someone recently sent to me. This was between a newly learning hypnotist and a subject he put under using one of the chat inductions in this book. The girl is in trance while this chat is going on:

**flightdoc:** Was that intense? [he had caused an orgasm]

**kimmie132:** yes

**flightdoc:** Did you ever think someone could do that to you online?

**kimmie132:** no, Sir

**flightdoc:** I want to know exactly what you felt.  
....long pause....

**flightdoc:** I want to know what you felt.  
....another long pause...

**flightdoc:** Well Kim?

**kimmie132:** well what, Sir?

**flightdoc:** I said I want to know what you felt.  
....long pause...

**flightdoc:** Answer me slut !

**kimmie132:** answer what

**flightdoc:** what did you feel when you came?!

Flightdoc sent this to me because he was trying to figure out how Kim, who has demonstrated that she was a great subject, was constantly refusing to answer his questions. They had been doing this online and on the phone for over a month and she was “always playing stupid when I ask her something in trance..” he complained to me.

Now, I like Flightdoc, but he claims to be a hypnotist of prodigious ability and because of this I found it really hard not to laugh. Fact of the matter is, it was not until that last sentence from him that he asked her anything.

He implied a question, but trance logic often does not recognize implied questions, only direct ones<sup>[4]</sup>.

“I want to know exactly what you felt...” told Kim what he wanted, the same way “I want a Ferrari” would tell her what he wanted. He didn’t ask her anything.

To get the response he wanted he should have asked what he finally did, “What did you feel when you came?” The subconscious mind is subtle, but it is also literal.

Always.

The next important thing to understand about trance logic is that because it is literal, it can understand and resist direct suggestions (though it may not). It cannot, however, easily resist carefully crafted indirect suggestions like the ones you used in your set up. I will get to why this is important later, for now just remember that indirect suggestion holds great power over the focused subconscious mind.

Ok, so you have perfected your setup. Your subject is ready to believe, at least subconsciously, that they will make a perfect hypnotic subject.



Now the subject is primed, you have established their hypnosis quotient, you need to begin to establish control, to establish the fact that you are someone they obey.

Many hypnotists/hypnotherapists jump right into putting a person into a trance, without a set up. This is a mistake and subjects who have failed to achieve a deep trance with those hypnotists are often very good subjects. They simply were not ready.

It is our job as the person who seeks to be in control to establish that control early and to keep it. We do this with the set up, and then, if we are smart, with a control anchor.

## 2. Anchor

Control anchors are simple things that establish who is in charge. Everyone surrenders control regularly.

Everyone.

Signs tell us what to do, police officers, highway construction flagmen, and we are used to surrendering control to them without thinking. They say (or indicate) that we should do a certain thing, and we do it automatically. This is the sort of control a quick anchor can help the hypnotist establish, and anchors are easy to create.

A simple anchor is to send your girl (subject) into the other room to get a glass of water for herself and for you “because you are going to get a little thirsty in your trance and will want a drink when I take you out of it and I am going to be doing a lot of talking while you are in your trance”.

This anchor: 1. Gets her used to obeying you (without thinking about it) and, 2. Subconsciously establishes the assumption that she will be going into the trance and reaffirms her complicity to this because she is getting the water for her trance and she is going to listen to you while she is in the trance and you are “...doing a lot of talking...”

She is going to be in the trance, she is reinforcing that by getting the two of you water, and she is practicing obeying you in the process. You have your control anchor.

Another way to establish an anchor is to have her move the chair she is sitting in to a position that makes it easier for you to see her or gauge her reaction in trance. “Kelly, move your chair to the left just a little so I can see you face better while you are in your trance.”

When she does, you have your anchor. She has obeyed you (though not to the extent as she would have with the glasses of water), and in obeying you she has anchored herself to the idea that she has moved the chair so you can see her in her trance.

You can create your own anchors. One of the creative ones I saw a Domme friend practice in an online webcam session was to say, “I am going to establish two special triggers while you are in your trance. These are words or phrases with which I will be able to: one - put you back in a trance more easily later, and - two to instantly be able to bring you instantly out of a trance. In the past I have used things like ‘GO TO SLEEP’ and ‘WAKE NOW’ but it can really be anything. You need to be comfortable with those words, so take a minute to think and then tell me what word or words I should use for you to put you into later trances.”

Once she had an answer, she then said, “And now tell me what word or words I should use to bring you instantly out of a trance.”

She did not ask for this information. She told the subject to provide it and the subject obeyed. In obeying the girl consented to 1. The idea she would be in a trance for the triggers to be put in place, 2. The placement of a working trigger to put her back into trances later and, 3. The placement of a working trigger to bring her instantly out of trances (again which presupposes that she will consent to future trances).

Anchors are not necessary, but they are important. I have worked with any number of people who other

hypnotists have either been unable to hypnotize or who have been unable to achieve deeper trances. I have yet to have this problem when I have done a proper setup and when I have taken the time to anchor. On the rare occasions I have skipped one of these and then went back and did things right, I have always achieved my goal of a deep effective trance.

I should make a note that there are times when other things do interfere, subjects on extreme stimulants cannot focus on anything. People going through withdrawal can be difficult to put into a deep trance at first, and true schizophrenics make horrible subjects for a myriad of reasons, the most significant of which is that any reality that you create for them will be as warped as the reality in which they already live and which their schizophrenia actively distorts now. [I have also worked with three people who I believe to have dissociative identity disorders (multiple personalities). An interesting note to the practice of hypnosis with DID suffers is that everyone of those personalities is always listening at some level, if you tailor your induction to a group instead of an individual you will be better off, believe me. It is always an interesting experience to put a subject into a deep trance and suddenly find yourself engaging in a conversation with someone else entirely.]

In creating your own anchor, just remember that you need to:

1. Have your subject obey you (in other words, don't ask them to do something, tell them to). You can be polite about it, but make certain that you are expressing your assumption that they will do it.

-and-

2. Link obedience with the idea that they are going to be in a trance, and do so in such a way that by obeying they are reinforcing that idea.

Your setup is done, and you have anchored obedience and the idea that she will be in a trance in place. What now?

Now you take her into her first trance. Before you do, though, you need to have established what it is that you want to accomplish with that trance.

In the practice of hypnotherapy the practitioner usually tells the subject what they intend. In the practice of erotic hypnosis this is not necessary and, for the people I am writing this book (often Dominants in BDSM relationships) surprise can be a lot of fun.

You, the hypnotist, however, need to have a clear idea of what you intend to accomplish before you begin. I will provide some guidance on this later on, but for now, just keep in mind that before you put someone in a trance, you should have a clear objective or objectives.

### **3. Induction**

Induction is the actual process of putting your girl in a trance. You "induce" the trance, guiding her into it and making her respond. I have some notes on covert hypnosis for you later on, but for the time being, I am assuming that you have a knowing subject.

Simple inductions usually do not take long and are often effective. Experience, however, has taught me

that the first session with a subject should take her to the deepest trance possible. Not every person reacts the same way to the every induction. The first one I list in Chapter 3 is good for about 85% of women, everyone except those who very easily get motion sickness (you'll understand the reason for this when you read it).

The purpose of the induction is to distract the conscious mind while grabbing and keeping the attention of the subconscious one. One would think that this would be hard to do.

It is not.

A good induction engages all of the senses. Sight, sound, touch and smell. It keeps the conscious mind distracted and the unconscious mind focused on you, the hypnotist. Again, you can use a quick induction you find online, of even one of the ones I include in later sections, but for the first induction I strongly suggest that you use a complete induction.

Once you have properly induced a trance on your subject you can begin making the changes you like. Most hypnotists use relaxation inductions, though relaxation is not necessary, just distraction of the conscious mind and focus of the unconscious mind on you. Focus is the key.

“What,” you ask, “about people who are easily distracted and can't focus on anything, like ADHD sufferers?”

Remember that video game? I can't think of a single hyperactive 14 year old who can't immerse himself for hours in the senses engaging world of video games. If you know how hypnosis works, really works, ADHD suffers are about the best subjects to have, as long as you can keep them engaged.

Many of the most intuitive hypnotists and hypnotherapists shy away from ADHD patients, because they haven't learned to engage the subject's senses.

Any idiot can hypnotize a willing subject who can focus easily. If you really understand the underlying art of hypnosis you can hypnotize anyone.

So, the best inductions engage the girl's mind and her body. People say that men are more physically aware than women are. That's a load of garbage. Nature forces a body awareness on women at an early age that most men cannot comprehend at any age. That awareness is reaffirmed monthly and makes them much better hypnotic subjects than men are, because, as a rule, we guys just do not pay attention to anything as well as women do<sup>[5]</sup>.

That awareness also gives us extra tools for putting her into a deeper and faster trance than we could with a man.

Just remember, what you want to do is keep her attention and engage the senses. Take a look at the Deep Induction in the scripts section. There is a lot of repetition in it, and is it long if you read it right it will take 10-15 minutes to complete, but, once completed, you will have your girl in a very deep trance.

Additionally, you will have put in place a post-hypnotic suggestion that will let you later instantly put her back in that very same deep trance in seconds, instead of minutes.

As you read through it you will notice that she is again given an anchor before we begin the induction

(when you tell her to tell you when she is ready to go into a trance, after telling her to take a few deep breaths and after she has obeyed you). This anchor is not as complete as the earlier ones I have discussed and should be used in conjunction with them, not in place of them.

After you have anchored her with this induction, you begin engaging her senses by painting a picture of the place she is going to be, and what she is going to experience. Having described the weather, the sun on her face, the scents, the feeling of chain in her hands, and the sounds of birds in the background, you have her step into the scene. After she is firmly in the scene, you engage her body awareness by swinging (as long as she doesn't have a motion sickness problem, if she does, use the variation provided at the end).

Because you intend to be able to bring her back to trance later, you need to create a place in her mind and imagination for her to return to. A place that keeps her senses engaged and a place that lets you keep your control. One where she feels comfortable and one where once she is there, she knows at every level of her being that you are in control.

The induction does this. The trigger you put in place to return her there later will be an instant substitute for the long induction later.

You will notice that there is a lot of repetition in the induction. Especially regarding the state she is in, and how she will react to you.

The repetition is important for this first induction. In truth, it is in general during a trance. Memory in trance, at the subconscious level, can be very good, but even the subconscious mind can misunderstand.

Another reason for the repetition is, honestly, to bore the conscious mind to the point of complete distraction. You will likely never hear another hypnotist tell you that, but the subconscious mind you want to be focused on you has to be reached through a very active and energetic conscious mind and I can't think of a better way to explain what is actually happening. You have her paying attention to you and you don't want her to misunderstand what you are telling her.

The inductions I am giving you are passive inductions, there are active inductions as well, handshake inductions and even stationary bike inductions, but remember what I said about engaging all of the senses. This is hard to do with the subject puffing away like she is in spin class.

Once you have put the post-hypnotic suggestions in place that I recommend in the next section, you will never have to worry about the time you spend inducing.

Ok, so how do you know when she is ready? When she is in the trance you want?

The easiest sign is that her eyes are fluttering or you can see her eyes moving back and forth under their lids like they do in R.E.M. sleep.

There are other tests, but if you have her in person, that works best (see the section on phone or chat hypnosis).

#### **4. Programming**

In normal hypnosis this stage would not be considered “programming”, per se. Once a hypnotist has his subject in a trance he can pursue therapy, explore memories or treat problems.

For our purposes here, programming it is.

There are several scripts in Chapter 3 which are designed for quick fun, others are there to put in place permanent changes in the way your girl’s body and mind react to the world around them. Even more powerful ones appear in short suggestion form in Chapter 4.

Like the induction, the programming phase of the subject’s trance is most effective if you invoke many of all of her senses and faculties.

In traditional erotic hypnosis, the hypnotist normally tells the subject what to do.

Many of the public websites (the best I have been able to find as of the time I am writing this being [www.WarpMyMind.com](http://www.WarpMyMind.com), best by sheer volume and variety - many of the files there are great, many not, but I have to admit respect for the effort that has gone into it) make the mistake of just assuming that they can command a subject and achieve the effect they want.

I suspect that most of the people constructing these files have had little formal training in hypnosis or hypnotherapy. I do not mean to sound demeaning to these pioneers in the field, I have great respect for people who can take basic information on hypnosis and turn it into an orgasm, but I think that they (and their subjects) would benefit greatly from reviewing the work of the more mainstream hypnotherapists who have explored psycho-physiological responses.

The techniques I present here have taken much of that work into account.

The command approach in hypnosis used by all of the sites I have reviewed so far is effective with about 60% of all people. It fails in many short term because many personalities just do not like to be told what to do. Long term its effects fade because it becomes a minor memory, like most conversations, and falls quiet in the din of louder more pressing memories amassed over a lifetime.

In order to create effective life-long programs I suggest you review Chapter 4.

Here, let’s talk about the basics of erotic hypnosis and how to make the body and mind respond.

First, there are some tools you will need. They are:

- A. Trance Logic
- B. The Double Bind
- C. Direct & Indirect Suggestion
- D. Post-Hypnotic Suggestions
- E. Scripts

Understanding and using these five tools you can create the responses you want in your girl.

### **A. Trance Logic**

I have mentioned before that the subconscious mind is literal. The conscious mind works its way around ideas and concepts based on a lifetime of experiences and independent thought.

The subconscious mind does not. It takes things for face value. Like the mind of a child, it believes what it is told, and if it is told things that are contradictory, it tries to reconcile both of those things as if they were each true.

Trance logic is the main reason that command hypnosis works so well for some people. Command hypnosis is made to work best through direct suggestion.

### **B. The Double-Bind**

The oddities of trance logic and limitations that literal thinking have in the subconscious mind are well demonstrated in the Double-Bind.

For our purposes a double-bind is created by presenting a girl with two options to choose from as the reason for a situation or condition that you desire as an end result.

The girl is given only two choices as an explanation for the desired end result and has to choose between them.

By choosing between them, the subconscious mind accepts the end result (condition or situation you chose) as being real and factual, and does so without resistance, as a part of the process of selection between the options presented to it.

As an illustration, say you have a girl in a trance who you want to share your enthusiasm for BDSM pornography.

You could ask her: "Is the reason that you enjoy bondage porn because you enjoy seeing girls reduced to being objects? Or is it because you empathize with them, feeling and enjoying the attention they are getting from their lovers?"

A conscious person might answer, "Uh, I *don't* like bondage porn."

The hypnotized girl reduced, to trance logic, however will choose between the two options, and in doing so accepts the underlying proposition, that she enjoys bondage porn.

Once she has done so, accepted the proposition by selecting one of the two reasons you offered her, you have a girl who is ready for a more direct suggestion like:

"I enjoy bondage porn too, and now that your enjoyment is out in the open between us you will find reasons, when we have quiet time, to look at it with me. You will ask me from time to time to look at such images with you."

Follow that up with a different type of double bind and say, "Ask me to tonight, or in the morning before

we eat breakfast. You choose which. Begin our joint experience soon or in the morning. Tell me, will you ask me in the morning, or tonight?"

This is different kind of trance logic problem, the future double-bind. Here you have an end result you desire, and she has to do something for you to achieve it. She will pick one of the two. Once she has, follow up with, "then you will ask me in the morning/tonight and we will enjoy it together."

This brings us to our next tool:

### ***C. Direct & Indirect Suggestions***

Direct suggestion in hypnosis is simple and exactly what it sounds like: telling the subject what she will feel, experience or remember.

An example of direct suggestion would be telling a girl under trance, "you will begin to become aroused, turned on, your breathing will quicken..." Or more simply still, "Wake up."

The limits of direct suggestion as a therapeutic tool are myriad. The greatest being that the subconscious mind will normally resist anything that is inconsistent with the subject's developed personality. Perhaps not immediately, but eventually, and often dramatically.

Indirect suggestion is much more complex. For our purposes we will limit its use to creating roles for your girl.

Indirect suggestion is a very powerful tool when used properly because the subject has no idea that the suggestion is being made and therefore the mind can't resist what the it doesn't know is there.

A good example of indirect suggestion would be to tell your petite 24 year old brunette girl something like "completely accurate studies have shown that all small women with brown hair suppress strong oral tendencies and by their 25 birthday they easily become addicted to oral sex".

Simple, undetectable to the subconscious mind as something it should resist, and irresistible. Every time she looks in the mirror it will she will see a girl who is going to become addicted to oral sex. She will, too, with her subconscious mind doing the work.

Reinforce that suggestion over a couple of sessions and see how her behavior changes as she approaches her birthday.



Which brings us to:

#### ***D. Post-Hypnotic Suggestions***

In erotic hypnosis, post-hypnotic suggestions are commands or ideas you wish the subject, your girl, to follow or obey, reactions or thoughts you wish her to have, after you have taken her out of her trance. Things you cause her to experience inside her trance (a lot of erotic hypnotists enjoy having her aroused or orgasming during trance) are, to be honest, more fun when she is out.

There are several kinds of post hypnotic suggestions, and we will use two of them here. The first is a command seeking a desired result when the subject hears the command word or phrase, called a "Trigger".

Post-hypnotic suggestions of this type are easy to construct, but doing it right can take some thought. They need to be simple, easy to understand, but cannot be too simple.

A hypnotist might, for instance, say, "From now on, any time I say the words GO TO SLEEP you will instantly go into a trance." Or, "When you hear the words, CUM NOW, you will experience an explosive orgasm."

These will work, and took little thought, but they are both dangerous and not well thought out.

The first is dangerous because, as you can imagine, there may be many situations where she may hear you say, "GO TO SLEEP", to her or, worse, to someone else, without intending for her to go into a trance.

Sloppy work.

The second example is one I have seen time and again and is even sloppier because though it is a bit archaic, people still say "Come now, Sir..." or "Come now Bill, do you really expect..." and having your girl orgasm whenever someone says this could lead to unintended consequences.

The law of unintended consequences is best codified in Murphy's Law: *If anything can go wrong, it will.*

To protect against these unintended consequences you have to be very careful. Taking the above examples, better suggestions would be:

"From now on, any time I am touching your arm and say the words GO TO SLEEP you will instantly go into a trance"

-and-

"Whenever you hear me say the words Sara [or whatever name] CUM NOW you will immediately experience an explosive orgasm."

These are specific enough that they should prevent accidental triggering and still remain simple enough to be effective.

The second kind of post-hypnotic suggestion is one which is more situational and reinforces or creates a desired result or effect in your girl, such as:

“From now on, whenever walk through my door you will find yourself becoming aroused. You won’t think about why, it will just seem normal and natural to you to become and stay strongly aroused when you are inside my house. This will happen unconsciously and you will never think about or try to reason why this is.”

Now, to pull all of these together I present our final tool:

### ***E. Scripts***

In order to make sure you do not forget anything you want or need to include in your programming session it is a good idea to work out notes or better yet an entire script ahead of time.

Even the best of hypnotherapists work from notes and scripts. It keeps them from forgetting things that are important, even essential.

There are several scripts in this book, particularly in the third Chapter of this book. Others are available on the [www.Relyfe-Online.com](http://www.Relyfe-Online.com) website.

In order to put together a good script you need clear ideas of what you want to accomplish, and then you need to incorporate the tools listed above, double- binds, direct, indirect and post-hypnotic suggestions (and mind/body engagement outlined in a page or so).

Over time you will learn to provide extemporaneous sessions that are really great, but even then, having a card to remind you of key points can be really helpful, and until you are that good, scripts are pretty much essential to achieve our goal: Good erotic hypnosis.

Keep your scripts simple. The subconscious mind’s power of recollection is significant, but the more things you try to stuff into one session the more likely it is that something will get forgotten.

Ok, you have your environment, you have conducted your setup, you’ve secured your anchor, have conducted your induction and have gone through your well written and thought out script. So what now?

Now we make sure it takes, at least for a while<sup>[6]</sup>.

### ***5. Reinforcement***

I suppose that this section could have been worked into Programming, but it is important enough I felt it warranted its own category.

Earlier I mentioned that reinforcement is important. Just like a person will remember a conversation ten minutes or an hour later, your subject will remember what you want her to of your session ten minutes or an hour later, but in order to make sure she remembers it the next day, week or month, reinforcement becomes necessary.

Historically, hypnotists have used countless forms of reinforcement, the most common, and one I

recommend early on, is repetition (but see Chapter 4- Relyfe Programming). The length of time you keep your subject in session can be adjusted to work in a few repetitions of your core ideas and triggers.

The more something is repeated the more likely it will be retained. I know, we all hated rote learning when we were kids, but it works. You learned the alphabet, 26 separate letters, though it. You know the words to literally thousands of songs because of it. Nothing miraculous about it, nothing tricky, rote works and I suggest you practice it with your girl, at least at first until she gets used to learning in trance.

Some hypnotists use a physical reinforcement, such as having your girl wear something like a rubber band or bracelet. Leave them with a post-hypnotic suggestion that says they will feel the need to fiddle with it during the day and then another suggestion that every time they fiddle with their bracelet or rubber band they will subconsciously remember that they are supposed to obey in the other suggestions.

In the Relyfe section (Chapter 4) there are a few very effective reinforcements. I suggest that you begin with rote, and that even when you practice more complex forms of hypnosis, you continue to use rote.

### **6. Release**

Releasing your subject from her trance can be a little tricky.

On TV you see people in trances being told to “Wake Up” and that the subject does, or at least appears to. Unfortunately, they often aren’t. Have you ever concentrated deeply on something for 40 minutes or more? It is likely that your subject will have a small stress headache after her first session unless you do something about it before hand.

Also, you want to make the release from trance either comfortable or exciting, and for erotic hypnosis you want it to be memorable.

Comfortable, first. During my scripts I always tell the subject that when I bring them out of their trance they will not suffer any ill effects, no headaches or stiff muscles, not disorientation or mental confusion, they will wake clear-headed and feeling refreshed.

No headaches or confusion.

The other thing to do is make sure that the girl wakes completely up. Telling her to wake doesn’t always really work. Remember how literal trance logic is? Well, her subconscious mind may well know she is not sleeping but in some other state and so when you tell her to wake she may determine that she is not asleep.

In my first script, the deep induction, I have a few post-hypnotic suggestions that I recommend, and I leave the subject aroused, very aroused. This is just for the fun of it, and to reinforce, I suppose, that this more than a hypnosis primer, it’s a book about erotic hypnosis.

Especially in the first session it is a good idea to make sure your subject enjoys coming out of the trance, and feels comfortable with going back into a trance with you. This can be suggested during the session, but it should be stressed during the release (see the deep induction session, again).

Remember that release is important and that just saying “wake up now”, especially the first time, is not a good idea.

## **Chapter 2**

### **Good Erotic Hypnosis**

#### **(Perfecting It)**

*“So you’re responsible for the kind of crap channel four produces.”*

--Prince Philip, upon being introduced  
to the Chairman of London’s Channel Four.

There is no reason to produce crap hypnosis. The old adage that *practice makes perfect* proves to be as true in erotic hypnosis as it does elsewhere in life. No one I know, even with the best of guides, starts out hypnotizing people perfectly.

Other than the advice and guidance provided in the last Chapter, I can offer the following suggestions:

***1. Hypnotize someone first, for practice.***

Before you begin working with your girl run through an induction and release a couple of times with other people to get comfortable with the process.

In medicine (surgery particularly) students learn with the “See one, do one, teach one” approach. Since I can’t bring you into the office for a few hours to allow you to see one, I suggest you take a look at some of the videos available on YouTube, and I have an even better suggestion: visit [www.Hypnosis.Edu](http://www.Hypnosis.Edu) which is the website of the Hypnosis Motivation Institute, the first nationally accredited *college* of hypnotherapy. They offer a free 14 hour course, *Foundations in Hypnotherapy* with no further obligation of any kind, and once you take it, they will not drive you crazy trying to get you to take other classes or to buy other things.

I was originally taught and accredited through the now defunct American Hypnosis Society (a wonderful organization which fell to internal discord after the psychiatrist who founded it passed away) over 20 years ago. I try to keep up with the advances in hypnosis and hypnotherapy, and the ongoing education programs they offer make that much easier than it would otherwise be.

One point I cannot stress enough, though, is that in doing their best to maintain a credible and solid accredited program, they cannot fiddle around in the fringes of hypnosis like we are free to do.

What they can do, however, and I believe do well, is provide you with a free way to see *good* hypnotists in action - letting you watch inductions and subjects in the comfort of

your home.

It is not my intention to provide an advertisement for their program, (which I do think is probably the best out there for traditional hypnosis, though like most it fails to walk you through *all* of the important points I make about hypnosis and the process of properly engaging your subject).

If you want a good and free foundation education to supplement what you are learning here, I cannot recommend a better place to find one, and believe me, I have looked.

## ***2. Always be certain when talking to your girl.***

It is OK for you to have doubts the first couple of times you put someone in a trance, it *is not* OK to let that person know you have doubts. Hypnosis is all about confidence and if you don't demonstrate it, your subject won't experience it. The setup and anchors are to create confidence in your girl, don't let yourself undo all of the work you have done by projecting anything less than absolute confidence that they *are* a good subject and that you *will* hypnotize them completely the first time.

### **3. Engage, Engage, Engage**

Remember they have *SIX* senses to engage, not five.

They are:

1. Sight
2. Hearing
3. Smell
4. Taste
5. Touch
6. Body Awareness

I know this counts one more than the traditional list provides, but erotic hypnosis about mind/body awareness more than anything else. How does she feel, is she aroused, are her nipples sensitive, is her clit hard and alive? Is her vagina swollen and erect?

You, the person in control, need to engage each of her senses to the best of your ability. Keep her mind engaged, make her body react. That is your job and her body awareness is more than just sight, hearing, touch, smell and taste. It is a combination of these things and an awareness of the state of her body, her breathing, her heart rate, the sweat on the palms of her hands, the dampness between her legs, the state of her nipples, her swelling pussy.

Too many hypnotists, more than I can count, have sent me their scripts or erotic hypnosis chats for suggestions and review. Too few, very few, of them show any awareness of what actually goes on in a woman's body when she is aroused. So, we will discuss is below.

### **3. Don't be VW**

What, you ask, is a VW. It is what we use to refer to a verbal wussy. That is a person who shies away from vulgarity, instead of using it in its proper place. When you are trying to arouse someone it is far better to say, "in your pussy" or even "cunt" instead of "in your nether regions" or "in your vagina."

Let's be realistic, "clit" is better than "clitoris" in erotic speech, it flows better and

evokes a better response, “cock” is better than “male organ” or “penis”. She is in a trance, for heaven’s sake, and it is not time to be shy about language.



#### ***4. Be descriptive***

In order to engage your girl, be as clear as possible. Don't make the mistake of many erotic hypnotists with things like:

“You are going to become aroused now.”

Without describing, with particularity, what she is going to experience. Try something like:

“As I talk you are going to become increasingly aroused. You know what that feels like, first your pussy is going to swell, you can feel the blood flowing into it, making it erect and tight, ready to receive my cock. Your nipples are growing hard and sensitive, swelling and erect, your clit swollen, you are unable to concentrate on anything except my voice and your arousal growing stronger and stronger, more and more intense.”

Yeah, it's a lot of words, but I am willing to bet that even reading it you got a little worked up, a lot more than you did reading, “You are going to become aroused now...”

I guarantee you that the second will work, the first, not so much.

#### ***5. Be patient***

A lot of new hypnotists and hypnotherapists try to race through their scripts and dialog like there is some prize for finishing quickly. There is not. In fact, there is a penalty - poor hypnosis. Your girl's mind and body need time to digest what you are telling them. No one likes to listen to someone reading at high speed, and she it will be much easier if you give her time to absorb what you say, and give her body time to react to it.

#### ***6. Say it again & again***

Reiteration is important ! Yes, the subconscious mind remembers better than the conscious one does, but it still has trouble remembering things that it has heard just once or twice. The girl is in a trance, she is not going to get bored or tired of hearing you repeat yourself while she is there (but see my next note).

Do not worry about repeating yourself, just do, at least on the important points.

#### ***7. Be Fresh & Original Occasionally***

Once you are hypnotizing her on a regular basis, change things up a little bit. Like a

song you hear too many times, listening to the same script over and over again causes the subconscious mind to begin to tune it out, You can give her the same instructions over and over again, but change the order or the way you phrase it from week to week or month to month, otherwise, like that old song, she will pay less attention to it, be a little less focused.

Also, for lasting changes and sexual triggers, take a look at Chapter 4.

A final note, you will invariably have situations with your girl where some distraction either takes her attention but she stays in the trance, or where something pulls her attention out of the trance. If this happens just put her right back into it and move on like the distraction did not happen. If *you*, the person in control, give power to the distraction it will have power for her. If you disregard it, she will as well.

If you keep these 7 things in mind you will practice good erotic hypnosis and in very short order you will be good at practicing good erotic hypnosis !

## **Chapter 3**

### **Hypnosis Scripts**

*“I don’t read books, I write them.”*

-Henry Kissinger

### Chapter 3 Preface:

Initially, it was my intention to simply put together a big book of erotic hypnosis scripts, rather than a how to guide for the would be erotic hypnotist.

The publisher took a look at my outline for the book, called, appropriately enough, *The Big Book of Erotic Hypnosis Scripts* and called me with so many questions that I finally decided people needed something more.

As I noted in the introduction, I tend to take a reverse engineering approach to hypnosis, and my compatriots and I helped design Relyfe Programming by deciding what we wanted our end result to be, and trying to figure out the best way to achieve it.

We did not *create* the tools we use, but we do feel that we often use them *together* in unique ways.

This does not mean to say that no one has ever used them together in this way before. The fact that we can’t find references to such usage does not mean that it doesn’t exist. The fact of the matter is that, in our prolific, loquacious, net driven, media saturated world, there are very few good texts on how to practice hypnosis and hypnotherapy.

This is not because people are not practicing good hypnosis and hypnotherapy, but instead, I'd like to believe, it is because the good hypnotherapists are just not into the ego trip usually necessary to write a book like this one, and because darn it, we just do not have the time.

Some very good hypnotherapists have written books. Milton Erickson, Ernest Rossi, Roberta Temes, and others have taken the time to share their knowledge and experience with us.

Peter Masters took the socially risky step to write *Look Into My Eyes* helping to pioneer the field of erotic hypnosis.

I am not, those who helped me put together Relyfe are not, pioneer(s) of any kind. Despite the best efforts of the publicist assigned to this book, I do not claim nor do I want recognition for anything other than taking the obvious and codifying some of it into a usable form.

The content of this book is subject to copyrights and as such may not be reproduced or used publicly or privately (except in reading them yourself) without the written consent of either the publisher, Blue Deck Press, or of the author: me.

However, this seems counter to my purposes (as stated in the introduction) of not having to answer a bunch of repetitive questions and of the open dissemination of my limited knowledge and experience.

Never being one to like things which seem, on their surface, to be inherently oxymoronic, I hereby grant you, a purchaser and possessor of this book, a limited license to use any and all of the hypnotic scripts contained in this book, and to reproduce them for your private *or* public use so long as you, if you use them publicly:

1. Promptly notify Xaxis that you have used them and how (advance notice not necessary) by emailing: [rights@XaxisOnline.com](mailto:rights@XaxisOnline.com), or by mailing notice to the address which appears on their website ([www.XaxisOnline.com](http://www.XaxisOnline.com)) for general contact; and,
2. Provide us with a way to reach you should we have questions about their use; and,
3. Always credit their use with the “Quoted from “Pillow Talk: A Comprehensive Guide to Erotic Hypnosis & Relyfe Programming, by Michael Scott, Revised Edition, Copyright 2017, Blue Deck Press, Inc.”; and,
4. Not change the wording of the scripts themselves without prior written consent if you are using them publicly, in private it doesn't matter a bit, you *should* tailor them in private; and,
5. Do not use them to hurt anyone or to cause them to hurt themselves; and,
6. Agree by such use to promptly discontinue their use in any and all forms, should I or the publisher so request, in writing, that it be discontinued.

Frankly, were it not for concerns raised by the publisher I would probably just grant a blanket release to anyone, but there are diabolical people out there who may misuse this material (beyond its already nefarious intent and I completely understand and agree with their caution).

To clarify, my intention is that you enjoy these scripts with someone you care about.

In the Author's Notes section I have relayed some of my more common triggers and their results, you are free to use those as well. It is not my intention that you use these techniques on completely unknowing or unwilling subjects. I am not opposed to surprising her with the results, but she has, I believe (BDSM thinking notwithstanding) the right to know she is going into a trance for sexual purposes.

I am trying to increase the sexual pleasure of consenting adults, not trying to help pedophiles brainwash unknowing 14 year-olds.

So, consistent with the limitations stated above and my comments herein, and with the understanding that this material is to be used among consenting *adults*, you are free to reproduce these scripts to your heart's content. Go get'em !

### **Introduction to Using Scripts:**

*These scripts are meant to be read. They can be modified to be used in online chats (see Chapter 5).*

*Anything appearing between brackets [ ] is an instruction to you, the reader/hypnotist and is not to be read out loud.*

*You should always have read through the script at least once before reading it to someone else. Remember to go through your setup and anchor(s) with your girl before beginning to read your script.*

*It is alright to pause or to make mistakes in reading a script to your girl. If you pause she is still paying attention, and if you make a mistake, simply correct it.*

*Read your scripts slowly, at a steady pace and you will do fine. You are welcome to copy and enlarge them to make them easier to read out loud.*

*Once you have gone through the Long Induction or the Short Induction with your subject once, you will be able to induce them into a trance quickly, and from then on out you can jump right into your scripts/hypnotic session material in seconds, without bothering with the longer induction process.*

*If you prefer not to read them aloud to your girl yourself, versions of these scripts, and more, are available in the Pillow Talk Companion MP3 file set available at [www.XaxisOnline.com](http://www.XaxisOnline.com), just have her put headphones on and listen!*

## Long Induction

[Meant to take a full 15-20 minutes to read, this induction will leave your subject with three triggers:

GO TO SLEEP NOW, to put her instantly in a trance from now on,

CUM NOW GIRL which is self-explanatory and

WAKE NOW GIRL, which is really pretty fast, but gives her time to reorient herself and come out of the trance clear-headed.]

[Remember to setup and anchor your subject]

I want you to take a minute to shift around and get more comfortable so that you can more easily go into a trance where you will be able to focus only on the sound of my voice and nothing else. Take your time, take a few deep breathes and let me know when you are comfortable and ready for your trance.

[Pause until she's ready]

Close your eyes and relax. In a minute I am going to have you swing on a swing set. You are going to think about being little again, and standing in front of a swing set. The set is going to be the kind you find on a playground or in a park. It will be made of painted metal poles and will have chains coming down to the swing seat.

The seat can be made of wood or hard plastic, it can be rubber kind that wraps itself around you when you sit on it or can be hard and firm. You will choose the kind of seat, choose the best kind of seat for you. The day will be warm but not hot.

The sky clear, except for a few white clouds and there will be trees way off in the distance. There will be sand under the swing set.

Take a deep breath and let it out.

And now imagine the scene. A little you, standing in front of the swing set. You can see the metal chains coming down to the seat. You can see the seat clearly.

I want you to go ahead and turn around, take a hold of a chain in each hand and sit down on the swing seat.

Take a moment to get comfortable. It is a comfortable day, the sky is mostly clear and off in the distance you can see trees and other things around the swing.

In a moment you are going to start to swing. When you do, you will put your feet against the ground and push back with your legs. The swing and your body will move back and then you will lift your feet off the ground and lean back, kicking your legs out.

This will cause you to swing up. When you have swung up as far as you can you will lean forward and pull your legs under you causing your body to swing back.

Each time you swing up you will relax more, and go deeper into a trance, focused only on my voice and your swinging. Each time you swing back you will go deeper into a trance, more focused on my voice and your swinging. No other thoughts or sounds will distract you from what we are doing.

Here in our playground you are perfectly healthy and can have no allergies, and will feel no motion sickness.

Now, take a firm grip on the cool steel chains in your hands, push your feet against the ground

[pause]

lift your feet, kick and swing up

now swing back  
and swing up  
and relax

now swing back  
and swing up and relax and swing back  
you are focused only on my voice as you swing up and relax

and swing back  
and swing up into the blue sky and swing back

and swing up

and swing back and relax  
and swing up into the blue sky and swing back

and swing up  
and swing back, brown sand under you and kick out and swing up  
and swing back

and swing up  
pull your legs under you and swing back feel the sun on your face as you swing up and



swing back  
and swing up and go deeper into your trance and swing back  
and swing up into the blue sky and swing back  
and feel the wind rush past as you swing up and swing back  
and pay attention only to my voice as you swing up into the blue sky

and swing back  
and swing up and relax

now swing back

and swing up and relax

and swing back  
you are focused only on my voice as you swing up and relax

and swing back  
and swing up into the blue sky and swing back

and swing up

and swing back and relax  
and swing up into the blue sky and swing back

and swing up  
and swing back, brown sand under you and kick out and swing up

and swing back

and swing up  
pull your legs under you and swing back feel the sun on your face as you swing up and  
swing back

and swing up and go deeper into your trance and swing back  
and swing up into the blue sky and swing back  
and feel the wind rush past as you swing up and swing back  
and pay attention only to my voice as you swing up into the blue sky  
and swing back and relax more as you  
swing up

and relax  
now swing back and you can and swing up and relax  
and swing back  
you are focused only on my voice as you swing up and relax

and swing back

and swing up into the blue sky

and swing back

and swing up

and swing back and relax

and swing up into the blue sky and swing back

and swing up

and swing back, brown sand under you and kick out and swing up

and swing back

and swing up

pull your legs under you and swing back feel the sun on your face as you swing up and swing back

and swing up and go deeper into your trance and swing back

and swing up into the blue sky and swing back

and feel the wind rush past as you swing up

and swing back

and pay attention only to my voice as you swing up into the blue sky

and swing back paying attention only to my voice as you and swing up

and relax

now swing back

and swing up and relax and swing back

you are focused only on my voice as you swing up and relax

and swing back

and swing up into the blue sky and swing back

and swing up

and swing back and relax

and swing up into the blue sky and swing back

and swing up

and swing back, brown sand under you and kick out and swing up

and swing back

and swing up  
pull your legs under you and swing back feel the sun on your face as you swing up and swing back  
and swing up and go deeper into your trance and swing back  
and swing up into the blue sky and swing back  
and feel the wind rush past as you swing up and swing back  
and pay attention only to my voice as you swing up into the blue sky  
and swing back

now swing back and go deeper into your trance

and swing up

and relax

now swing back  
and swing up and relax and swing back  
you are focused only on my voice as you swing up and relax

and swing back  
and swing up into the blue sky and swing back

and swing up

and swing back and relax  
and swing up into the blue sky and swing back

and swing up  
and swing back, brown sand under you and kick out and swing up

and swing back

and swing up  
pull your legs under you and swing back feel the sun on your face as you swing up and swing back  
and swing up and go deeper into your trance and swing back  
and swing up into the blue sky and swing back  
and feel the wind rush past as you swing up and swing back  
and pay attention only to my voice as you swing up into the blue sky

and swing back  
and swing up and relax

now swing back

and swing up and relax and swing back and relax

you are focused only on my voice as you swing up and relax

and swing back

and swing up into the blue sky and swing back

and swing up

and swing back and relax

and swing up into the blue sky and swing back

and swing up

and swing back, brown sand under you and kick out and swing up

and swing back

and swing up

pull your legs under you and swing back feel the sun on your face as you swing up and swing back

and swing up and go deeper into your trance

and swing back

and swing up into the blue sky and swing back

and feel the wind rush past as you swing up and swing back

and pay attention only to my voice as you swing up into the blue sky

and swing back and relax more as you swing up and relax

now swing back and you can and swing up and relax

and swing back

you are focused only on my voice as you swing up and relax

and swing back

and swing up into the blue sky and swing back

and swing up

and swing back and relax

and swing up into the blue sky and swing back

and swing up

and swing back, brown sand under you and kick out and swing up

and swing back

and swing up

pull your legs under you and swing back feel the sun on your face as you swing up and swing back

keep swinging, and in a minute you are going to swing less and less. When I tell you to you will swing less until I tell you to stop.

When you stop you will drag your feet in the sand and stop. When you stop you will be a deep and unbreakable trance, unwilling and unable to wake up.

You are still swinging now, but when you stop you will be calm, relaxed and at peace. Totally comfortable and completely focused on the sound of my voice.

Now, swing up a little less, and back a little less.

Swing up a little less

and back a little less

Swing up a little less

and back a little less.

Now drag your feet and STOP.

Keep a hold of the chains.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace, completely safe and relaxed.

In a moment, I am going to have you release the chains and stand up. When you do I am going to have you turn to the left. Once you have you will find that you are at the bottom of a set of stairs. They may be stairs of wood, or steel. They may be concrete or stone. There will be ten or maybe twelve in all.

Go ahead and let go of the chains and stand up. Now turn left.

You are at the bottom of a set of stairs. To the side you will notice a railing. I want you to take a moment to look at the rail. What is it made of?

[Wait for an answer]

Now, take a firm grip of the rail.

There are 10 to 12 steps in all. In a minute you are going to go up the stairs.

As we take you up each step, you are going to go deeper and deeper into your trance.

By the time you reach the top you will be in a perfect trance were we will have access to see and if we want to change everything there is in you, access to everything about you.

Whenever I ask you a question and you are in a trance, you can answer me with your normal clear voice, or you can change it a little to be clear but of a higher or lower pitch. How it sounds is up to you.

You will not be distracted by your voice, in fact you may find that talking to me puts you even deeper into your trance.

Tell me, [insert her name], how many steps are there to where we will have access to everything about you? Ten or twelve?

Thank you. You are in a deep and unbreakable trance, unwilling and unable to wake up. Calm, relaxed and at peace.

When we wake you from this trance will it will be very easy for us to bring you back into a trance with a command I will give you in the room at the top of these stairs.

As you go up each step, you will get closer and closer to your current adult age, until you reach the top when you will be fully grown up again.

Take a moment and get ready to go up the stairs, and tell me when you are ready.

[Keep track, of the step count and insert two extra here, if need be - I am using 10]

Keep a firm grip on the handrail and go up the first step and go deeper into your trance, more relaxed.

Now go up the second step and feel your legs press down as you do.

[Pause a second or two]

Go up the third, going deeper and more relaxed.

Go up the fourth, keep a hold of the rail, carefully moving your hand as you go up each step.

When we get to the sixth step you will be able to see over the top of the stairs to the room there.

Go up the fifth step, and relax, going deeper into your trance.

Now go up the sixth step.

As you go up each step, you will get closer and closer to your current adult age, until you reach the top when you will be fully grown up again.

You can just barely see over the top step. From here you can see that there is a large room, the details of which you can't quite make out. Also, you can see a comfortable looking chair, a desk near a wall, and in front of the chair, mounted on the wall there is a large screen.

Go ahead and go up the seventh step.

Once you get to the top of the stairs and let go of the rail you will be in the deepest trance imaginable, unable and unwilling to wake up.

You won't remember the details of your trance, and you will never remember or consciously try to remember the details of your trances, unless I tell you to, but you will know you have been in a trance, and you will be surprisingly comfortable with that when you come out of it.

Go up the eighth step.

As you go up each step, you will get closer and closer to your current adult age, until you reach the top when you will be fully grown up again.

Now go up the ninth step.

And finally the tenth. [If she picked 12 keep going until the 12th step.]

You have now reached the top of the stairs.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace. You are standing at the room at the top of the stairs where we have access to all of the various parts of you.

Keep a grip on the rail for a minute.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

You are in the room at the top of the stairs holding onto the rail.

Take a moment to look around. When you let go of the rail in a moment, you will be ready for us to make a couple of small changes in how you react to just three short and special phrases.

From where you are you can see a comfortable chair which is perfect viewing distance away from the screen on the wall. This is a chair you can sit in for hours.

It could be a recliner or a rocking chair, a bean bag chair or a desk chair. It may be made of wood or plastic, leather or covered in fabric, it is completely up to you.

When you let go of the rail you are going to walk over to the chair, sit in it and get comfortable. Once you are comfortable you will be ready to make the changes I mentioned.

You will find them easy to make for the same reasons that going into this trance was easy, you are a good hypnotic subject.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

When you are ready, go ahead and let go of the rail, walk to the chair and get comfortable. You can do this now, or wait a few moments, it's up to you.

Let me know when you get to the chair and are comfortable in it ready to make and accept changes.

[pause until she tells you she is in the chair; by doing so she is acknowledging that she is ready for your changes - gotta love that trance logic !]

OK, now take the time to get comfortable. This is a chair you can sit in for hours. It could be a recliner or a rocking chair, a bean bag chair or a desk chair. It may be made of wood or plastic, leather or covered in fabric, it is completely up to you.

Tell me [insert her name here] what is the chair made of?

[pause for answer]

Good. Take a moment to explore the surface of the chair with your hands, get more comfortable and let me know when you are ready to proceed.

[Pause for her to tell you she's ready]

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not consciously remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.



You are in the chair at the top of the stairs and you are relaxed and at peace. As long as you are in your chair you will remain in your deep trance.

In a moment we are going to give you three special phrases. These phrases will become a part of you, of your mind and body. You are a wonderful hypnotic subject, your mind and body respond easily and well to commands and suggestions you receive in trance.

You won't leave the chair until I ask you to.

The special phrases I am going to give you will cause things to happen that you want to have happen.

Whenever I speak the first special phrase you will instantly and irresistibly return here to the chair at the top of the stairs. Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

Whenever I speak the first special phrase you will instantly and irresistibly return here to the chair at the top of the stairs. Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

The first special phrase is GO TO SLEEP NOW and whenever I speak the words "GO TO SLEEP NOW" you will instantly and irresistibly return here to the chair at the top of the stairs.

Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

If they are typed in all capitalized letters in an online chat with me, you will be able to blink, but not close your eyes, will continue looking at the screen they appeared on, deep in a trance like this one, totally focused on my typed words until I tell you to wake from that trance.

In a minute, when I tell you, on the screen in front of you the four words of the first special phrase that your mind and body will obey are going to appear.

The first special phrase is GO TO SLEEP NOW and whenever I speak the words "GO

TO SLEEP NOW” you will instantly and irresistibly return here to the chair at the top of the stairs. Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

If they are typed in all capitalized letters in an online chat with me, you will be able to blink, but not close your eyes, will continue looking at the screen they appeared on, deep in a trance like this one, totally focused on my typed words until I tell you to wake from that trance.

In a moment those four words are going to appear on the screen in front of you. In a moment the words of the first special phrase that you mind and body will always obey when I speak them will appear on the screen.

Once you can see them clearly they will forever work, forever be a part of you. It may take two or three seconds for the words “GO TO SLEEP NOW” to appear, it may take a few seconds longer.

I will wait here, tell me when you can see them clearly on the screen in front of you.

[wait for her acknowledgment - once she sees them they will work to bring her back here into trance]

Good.

As that special phrase is absorbed and becomes a permanent part of you, unchangeable and forever set in your mind and body, the words will dissolve and fade away from the screen. This will not take long because this sort of thing is absorbed quickly by[creative/intelligent/shy/outgoing] girls like you.

As you forever absorb this command and it is forever set in you the words on the screen will dissolve and fade away. Please tell me when they are completely gone from the screen.

[Pause for an answer]

Very good [insert her name]

You are in a deep and unbreakable trance, unable and unwilling to wake up.

You will not consciously remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your

trance.

The second special phrase I am going to share with you will cause you to have an intense orgasm when I say it, or when you see it typed in all capital letters.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace.

I am going to describe how the orgasm will form, when I say the second special phrase.

It will begin as a pressure in your pussy, your clit will become sensitive, it will swell. Your pussy will swell and grow erect and full, ready to receive a cock, my cock. When you are out of your trance and I say the second special phrase your nipples will grow extra sensitive and you will grow more and more aroused, you will almost immediately feel yourself being fucked. You know what your body feels like when you are about to cum.

We are building links back to all of the insanely intense overwhelming orgasms you have ever had, you can feel them forming in your mind now, and anytime when you are out of your trance and I say the second special phrase you will feel your pussy swell and get wet, you will feel your juices flowing and an uncontrollable orgasm forming, between your legs you will feel a cock filling your pussy, sliding in and out, pounding against your clit, whenever you are out of a trance and I speak the second special phrase, or type it in a chat in all capital letters, you won't be able to think or feel anything else, your whole world will be the orgasm, cumming insanely, you will feel pounding against your engorged swollen clit and feel the orgasm building in your pussy, your thighs will tremble, your breasts will swell and the orgasm will burn through you, up through your pussy and belly, through your chest and rip through your mind like fire and you will cum uncontrollably for a minute or more, juices gushing between your legs, the orgasm will explode through you leaving you shaking, trembling.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not consciously remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

The second special phrase I am going to share with you will cause you to have an intense orgasm when I say it, or when you see it typed in all capital letters.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace.

I am going to describe how the orgasm will form, when I say the second special phrase.

It will begin as a pressure in your pussy, your clit will become sensitive, it will swell. Your pussy will swell and grow erect and full, ready to receive a cock, my cock.

When you are out of your trance and I say the second special phrase your nipples will grow extra sensitive and you will grow more and more aroused, you will almost immediately feel yourself being fucked. You know what your body feels like when you are about to cum.

We are building links back to all of the insanely intense overwhelming orgasms you have ever had, you can feel them forming in your mind now, and anytime when you are out of your trance and I say the second special phrase you will feel the your pussy swell and get wet, you will feel your juices flowing and an uncontrollable orgasm forming.

Between your legs you will feel a cock filling your pussy, sliding in and out, pounding against your clit, whenever you are out of a trance and I speak the second special phrase, or type it in a chat in all capital letters, you won't be able to think or feel anything else, your whole world will be the orgasm, cumming insanely, you will feel pounding against your engorged swollen clit and feel the orgasm building in your pussy, your thighs will tremble, your breasts will swell and the orgasm will burn through you, up through your pussy and belly, through your chest and rip through your mind like fire and you will cum uncontrollably for a minute or more, juices gushing between your legs, the orgasm will explode through you leaving you shaking, trembling.

The second special phrase is "CUM NOW GIRL". And when you hear me say it, or see me type it in a chat, you will immediately feel the orgasm we discussed burn through you, you will feel yourself being fucked, your pussy being filled over and over again, you will feel your clit being pounded and the orgasm explode through you for a full minute. Your body will shake and your pussy throb, and you will cum and cum and cum.

On the screen in front of you the second special phrase is going to appear now, the words "CUM NOW GIRL" are forming on the screen. Once you can see them clearly they will forever work, forever be a part of you. It may take two or three seconds for the words "CUM NOW GIRL" to appear, it may take a few seconds longer.

I will wait here, tell me when you can see them clearly on the screen in front of you. Tell me when you can see them clearly.

[Pause and wait for her to see them]

You see the words on the screen because they are now a part of you, of your body's responses to hearing me say "CUM NOW GIRL". And when you hear me say it, or see me type it in a chat, you will immediately feel the orgasm we discussed burn through you, you will feel yourself being fucked, your pussy being filled over and over again, you will feel your clit being pounded and the orgasm explode through you for a full minute. Your

body will shake and your pussy throb, and you will cum and cum and cum.

[wait for her acknowledgment - once she sees them they will work to bring her the intense orgasm we described]

Good.

As that special phrase is absorbed and becomes a permanent part of you, unchangeable and forever set in your mind and body, the words will dissolve and fade away from the screen. This will not take long because this sort of thing is absorbed quickly by [creative/intelligent/shy/outgoing] girls like you.

As you forever absorb this command and it is forever set in you the words on the screen will dissolve and fade away. Please tell me when they are completely gone from the screen.

[Pause for an answer]

Very good [insert her name]

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and focused only on the sound of my voice. No other sounds will distract you and no other sounds are important to you.

You are deep, deep in your trance and feeling surprisingly good about it, having fun, and even though you won't consciously remember the details of the trance, you will continue to associate it with the fun is it, and with being happy and satisfied.

The third and final phrase is an easy one. Whenever you are in a trance, after this trance, and I say the third and final special phrase you will easy and quickly come out of the trance, completely awake and alert, feeling happy and aroused and refreshed. Like most people, you enjoy the intense attention of being in a trance with me, and you will enjoy going into them with me many many times, they are just fun. When I want you to come out of a trance I will want you to come completely out of it, feeling no headaches, just feeling refreshed and happy, so when you are in a trance, any trance *after this trance* and I say the third special phrase you will easily and happily awake from your trance, alert and aroused and refreshed. It won't work for this trance, but it will for every trance after this one.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace. You are focused only on the sound of my voice. No other sounds will distract you and no other sounds will be important to you.

The third special phrase is "WAKE UP GIRL", and in any trance after this one when you

hear me speak those words, or whenever you see me type them in a chat in all capital letters, you will immediately begin to wake from your trance, refreshed and aroused and alert.

On the screen in front of you the second special phrase is going to appear now, the words “WAKE UP GIRL” are forming on the screen. Once you can see them clearly they will forever work, forever be a part of you. It may take two or three seconds for the words “CUM NOW GIRL” to appear, it may take a few seconds longer.

I will wait here, tell me when you can see them clearly on the screen in front of you. Tell me when you can see them clearly.

[Pause and wait for her to see them]

You see the words on the screen because they are now a part of you, of your body's responses to hearing me say “WAKE UP GIRL”. And when you hear me say it, or see me type it in a chat, you will immediately begin to wake from your trance, easily becoming alert and aroused and refreshed, not remembering the details of the trance, never consciously trying to remember the details of the trance unless I tell you to, but remembering them as the fun they are.

[Wait for her acknowledgment - once she sees them they will work to bring out of the trance, alert but aroused]

Good.

As that special phrase is absorbed and becomes a permanent part of you, unchangeable and forever set in your mind and body, the words will dissolve and fade away from the screen. This will not take long because this sort of thing is absorbed quickly by [creative/intelligent/shy/outgoing] girls like you.

As you forever absorb this command and it is forever set in you the words on the screen will dissolve and fade away. Please tell me when they are completely gone from the screen.

[Pause for an answer]

Very good [insert her name]

Now it is time to bring you out of your first trance with me.

We have programmed special phrases in you and they are set in the stone of your body and mind. From now on whenever I say “GO TO SLEEP NOW” you will instantly return to the this chair at the top of the stairs, sliding immediately and uncontrollably into the same deep and unbreakable trance you are in now.

Whenever you are conscious and I tell you to “CUM NOW GIRL” your body will instantly have the explosive orgasm we discussed here, it will be powerful and irresistible. It won't matter where you are or what you are doing, whether you are alone or in company, whenever you are conscious and I tell you to “CUM NOW GIRL” you will feel yourself being fucked in the most intense and pleasurable way and it will grow more and more intense until you have an explosive orgasm.

Whenever you are in a trance in the future, not this time, and I tell you to “WAKE UP GIRL” you will easily come awake from the trance you are in, feeling refreshed, alert and aroused, wet between your legs, clit happy and swollen.

In a minute it is going to be time for you to come out of this trance. In a minute I am going to have you stand up out of your chair, walk to the top of the stair and go down them.

When you reach the bottom of the stairs, you are going to decide whether to come out of the trance immediately or to wait a minute or so.

Getting up from the chair will finally and unchangeably fix the commands, the special phrases and their effects on your body and mind in place. Coming out of the trance will immediately and unchangeably fix the commands, the special phrases, and their effects on your body and mind in place.

Getting up from the chair will finally and unchangeably fix the commands, the special phrases and their effects on your body and mind in place. Coming out of the trance will immediately and unchangeably fix the commands, the special phrases, and their effects on your body and mind in place.

You are in a deep and unbreakable trance, focused only on the sound of my voice.

In a minute, when you the commands, the special phrases, all three of them, are forever permanently fixed in your body and mind, and your body and mind are forever ready to respond to them and obey them, I want you to stand up from the chair at the top of the stair and take a big stretch and then tell me when you have. I will wait...

[Pause and wait for her to finally cement them in her mind and tell you she has done what you told her to do]

Now, walk over to the top of the stairs, take a hold of the railing and tell me when you have a good grip on it. [pause again for her to comply]

Very good [say her name] I am proud of you. You have proven that you are as good a subject as any man could want.

In a moment you are going to go down the stairs. As you do, you are going to grow increasingly aroused and when I let you release the hand rail at the bottom of the stairs you are going to have an explosive orgasm, just as if I had said the words “CUM NOW GIRL” the orgasm will be so intense you will moan and you will scream !

When you let go of the railing at the bottom of the stairs, you will experience a mind shattering orgasm, just as if I had said the words “CUM NOW GIRL” to you and just as you will every time you are conscious, not in trance, and I say the words “CUM NOW GIRL”.

When I say go, I want you to start going down the stairs, one at a time. As you go down each one you will say a number out loud, 1 - 2 -3 and so on, counting your way down to the bottom. When you reach the bottom you will keep a grip on the rail and start to feel the orgasm build, your body grow ready for it, your pussy being fucked, your nipples pinched and rubbed and when you are ready you will let go of the rail and you will have a mind blowing orgasm, just like you will every time you are conscious and hear me say the words, “CUM NOW GIRL” the orgasm will be so intense you will moan and you will scream !

When I say go, I want you to start going down the stairs, one at a time. As you go down each one you will say a number out loud, 1 - 2 -3 and so on, counting your way down to the bottom.

When you reach the bottom you will keep a grip on the rail and start to feel the orgasm build, your body grow ready for it, your pussy being fucked, your nipples pinched and rubbed and when you are ready you will let go of the rail and you will have a mind blowing orgasm, just like you will every time you are conscious and hear me say the words, “CUM NOW GIRL”. The orgasm will be so intense you will moan and you will scream !

[Pause a few moments]

GO !

[and wait for the scream]



## Short Induction

[The short induction is designed for to use for girls who are either susceptible to motion sickness or who just didn't for some reason, go under with the long induction. I call it the short induction because it takes a lot less time to deliver and in truth, a lot of people use it successfully, but I should also tell you that the Long Induction just plain achieves deeper trances in most people. The end effect should be the same, but I thought you should know FYI. It puts the same three triggers in place (instant trance after this one, orgasm on command, and instant safe release from orgasm) and sets you up for all of the fun of the scripts after this one, and any you create yourself.]

[Walk her through your setup and anchor(s), then read this *slowly*, letting her absorb everything. Pause for a moment after each number.]

In a minute I am going to have you look at the corner, where the two walls meet. You are going to look midway up the wall and keep your eyes fixed in the same spot. I am going to speak to you and count down backwards from ten to one.

By the time I get to six you are going to be paying attention to me and nothing else. But the time I get to four you will have stopped thinking about anything else at all and like most people you will have closed your eyes without even noticing it. By the time I get to one you will be locked deep in a trance until I bring you back out of it.

Take a couple of deep breaths. Get comfortable and when you are ready to go into your trance let me know and we will get started.

[pause for her to "get ready for *her* trance"].

OK find a good spot half way up the corner there. Now take a deep breath [pause]

Let it out, keep looking at your spot on the wall.

TEN [pause]

Relax and breathe normally, keep looking at your spot until you close your eyes at five or four,

NINE [pause]

Continue to relax and breathe easily, normally, keep looking at your spot

EIGHT [pause]

That's good, listen to my voice, let it follow you down into your trance, and continue to relax.

SEVEN [pause]

You are relaxed and at peace, very good, keep breathing normally.

SIX [pause]

It is OK if you have to close your eyes before you get to four, just keep breathing normally and relax.

FIVE [pause]

Relax more and more with every breath.

FOUR [pause, for an extra second or two]

Breathe normally. As you go deeper and deeper my voice will follow you down.

THREE [pause, her eyes will be closed by now]

Breathe.....relax and let my voice follow you down

TWO [pause]

Very good and

ONE

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace and focused only on the sound of my voice. No other sounds can distract you, and no other sounds will be important to you. You are just relaxed and at peace, paying attention to my voice.

In a moment you are going to find yourself standing at the bottom of a set of stairs.

They may be stairs of wood, or steel. They may be concrete or stone. There will be ten or maybe twelve in all.

The image, very real and very solid will begin to form in front of you now.

[pause for about five seconds]

You are at the bottom of a set of stairs. To the side you will notice a railing. I want you to take a moment to look at the rail. What is it made of?

[wait for an answer]

Now, take a firm grip of the rail. There are 10 to 12 steps in all. In a minute you are going to go up the stairs. As we take you up each step, you are going to go deeper and deeper into your trance.

By the time you reach the top you will be in a perfect trance where we will have access to see and, if we want to, change everything there is in you, access to everything about you.

Whenever I ask you a question and you are in a trance, you can answer me with your normal clear voice, or you can change it a little to be clear, but of a higher or lower pitch. How it sounds is up to you. You will not be distracted by your voice, in fact you may find that talking to me puts you even deeper into your trance.

Tell me, [insert her name], how many steps are there to where we will have access to everything about you? Ten or twelve?

Thank you. You are in a deep and unbreakable trance, unwilling and unable to wake up. Calm, relaxed and at peace. When we wake you from this trance it will be very easy for us to bring you back into a trance with a command I will give you in the room at the top of these stairs.

Take a moment and get ready to go up the stairs, and tell me when you are ready.

[Keep track, of the step count and insert two extra here, if need be - I am using 10]

Keep a firm grip on the handrail and go up the first step and go deeper into your trance, more relaxed.

Now go up the second step and feel your legs press down as you do. [Pause a second or two]

Go up the third, going deeper and more relaxed.

Go up the fourth, keep a hold of the rail, carefully moving your hand as you go up each step.

When we get to the sixth step you will be able to see over the top of the stairs to the room there.

Go up the fifth step, and relax, going deeper into your trance.

Now go up the sixth step.

You can just barely see over the top step. From here you can see that there is a large room, the details of which you can't quite make out. Also, you can see a comfortable

looking chair, a desk near a wall, and in front of the chair, mounted on the wall there is a large screen.

Go ahead and go up the seventh step.

Once you get to the top of the stairs and let go of the rail you will be in the deepest trance imaginable, unable and unwilling to wake up or to pay attention to anything other than the sound of my voice.

You won't remember the details of your trance, and you will never remember or consciously try to remember the details of your trances, unless I tell you to, but you will know you have been in a trance, and you will be surprisingly comfortable with that when you come out of it.

Keep a hold of the handrail and

Go up the 8th step.

And now go up the 9th.

[if she picked twelve steps read this, if not, skip ahead

Now go up the 11th.

Keep a hold of the rail and go up the 12th.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace. You are standing at the room at the top of the stairs where we have access to all of the various parts of you.

Keep a grip on the rail for a minute.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

You are in the room at the top of the stairs holding onto the rail

Take a moment to look around. When you let go of the rail in a moment, you will be ready for us to make a couple of small changes in how you react to three special phrases.

From where you are you can see a comfortable chair which is perfect viewing distance away from the screen on the wall. This is a chair you can sit in for hours.

It could be a recliner or a rocking chair, a bean bag chair or a desk chair.

It may be made of wood or plastic, leather or covered in fabric, it is completely up to you.

When you let go of the rail you are going to walk over to the chair, sit in it and get comfortable.

Once you are comfortable you will be ready to make the changes I mentioned.

You will find them easy to make for the same reasons that going into this trance was easy, you are a good hypnotic subject.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

When you are ready, go ahead and let go of the rail, walk to the chair and get comfortable. You can do this now, or wait a few moments, it's up to you.

Let me know when you get to the chair and are comfortable in it.

[pause until she tells you she is in the chair; by doing so she is acknowledging that she is ready for your changes - gotta love that trance logic !]

OK, now take the time to get comfortable. This is a chair you can sit in for hours. It could be a recliner or a rocking chair, a bean bag chair or a desk chair. It may be made of wood or plastic, leather or covered in fabric, it is completely up to you.

Tell me [insert her name here] what is the chair made of?

[pause for answer]

Good. Take a moment to explore the surface of the chair with your hands, get more comfortable and let me know when you are ready to proceed.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not consciously remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

You are in the chair at the top of the stairs and you are relaxed and at peace. As long as you are in your chair you will remain in your deep trance.

In a moment we are going to give you three special phrases. These phrases will become a part of you, of your mind and body. You are a wonderful hypnotic subject, your mind

and body respond easily and well to commands and suggestions you receive in trance.

You won't leave the chair until I ask you to.

The special phrases I am going to give you will cause things to happen that you want to have happen.

Whenever I speak the first special phrase you will instantly and irresistibly return here to the chair at the top of the stairs. Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

Whenever I speak the first special phrase you will instantly and irresistibly return here to the chair at the top of the stairs.

Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

The first special phrase is GO TO SLEEP NOW and whenever I speak the words "GO TO SLEEP NOW" you will instantly and irresistibly return here to the chair at the top of the stairs.

Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

In a minute, when I tell you, on the screen in front of you the four words of the first special phrase that your mind and body will obey are going to appear.

The first special phrase is GO TO SLEEP NOW and whenever I speak the words "GO TO SLEEP NOW" you will instantly and irresistibly return here to the chair at the top of the stairs.

Whenever I speak the words of the first phrase - or whenever you see me type them in all capital letters in an online chat - you will instantly and irresistibly return to the chair at the top of the stairs, and will be in the same deep and unbreakable trance you are now, safe and comfortable, quickly growing relaxed and ever deeper into your trance.

In a moment those four words are going to appear on the screen in front of you. In a

moment the words of the first special phrase that you mind and body will always obey when I speak them will appear on the screen.

Once you can see them clearly they will forever work, forever be a part of you. It may take two or three seconds for the words "GO TO SLEEP NOW" to appear, it may take a few seconds longer.

I will wait here, tell me when you can see them clearly on the screen in front of you.

[Wait for her acknowledgment - once she sees them they will work to bring her back here into trance.]

Good.

As that special phrase is absorbed and becomes a permanent part of you, unchangeable and forever set in your mind and body, the words will dissolve and fade away from the screen. This will not take long because this sort of thing is absorbed quickly by [creative/intelligent/shy/outgoing] girls like you.

As you forever absorb this command and it is forever set in you the words on the screen will dissolve and fade away. Please tell me when they are completely gone from the screen.

[Pause for an answer]

Very good [insert her name]

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not consciously remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

The second special phrase I am going to share with you will cause you to have an intense orgasm when I say it, or when you see it typed in all capital letters.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace.

I am going to describe how the orgasm will form, when I say the second special phrase.

It will begin as a pressure in your pussy, your clit will become sensitive, it will swell. Your pussy will swell and grow erect and full, ready to receive a cock, my cock.

When you are out of your trance and I say the second special phrase your nipples will grow extra sensitive and you will grow more and more aroused, you will almost immediately feel yourself being fucked.

You know what your body feels like when you are about to cum. We are building links back to all of the insanely intense overwhelming orgasms you have ever had, you can feel the links forming in your mind now, and anytime when you are out of your trance and I say the second special phrase you will feel the your pussy swell and get wet, you will feel your juices flowing and an uncontrollable orgasm forming, between your legs you will feel a cock filling your pussy, sliding in and out, pounding against your clit.

Whenever you are out of a trance and I speak the second special phrase, or type it in a chat in all capital letters, you won't be able to think or feel anything else, your whole world will be the orgasm, cumming insanely, you will feel pounding against your engorged, swollen clit and feel the orgasm building in your pussy, your thighs will tremble, your breasts will swell and the orgasm will burn through you, up through your pussy and belly, through your chest and rip through your mind like fire.

You will cum uncontrollably for a minute or more, juices gushing between your legs, the orgasm will explode through you leaving you shaking, trembling.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You will not consciously remember the details of this trance, and you will never remember or consciously try to remember the details of your trances unless I tell you to, but your mind and body will easily absorb all that you are told while you are in your trance.

The second special phrase I am going to share with you will cause you to have an intense orgasm when I say it, or when you see it typed in all capital letters.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace.

I am going to describe how the orgasm will form, when I say the second special phrase.

It will begin as a pressure in your pussy, your clit will become sensitive, it will swell. Your pussy will swell and grow erect and full, ready to receive a cock, my cock.

When you are out of your trance and I say the second special phrase your nipples will grow extra sensitive and you will grow more and more aroused, you will almost immediately feel yourself being fucked. You know what your body feels like when you are about to cum.

We are building links back to all of the insanely intense overwhelming orgasms you have ever had, you can feel them forming in your mind now, and anytime when you are out of



your trance and I say the second special phrase you will feel the your pussy swell and get wet, you will feel your juices flowing and an uncontrollable orgasm forming, between your legs you will feel a cock filling your pussy, sliding in and out, pounding against your clit.

Whenever you are out of a trance and I speak the second special phrase, or type it in a chat in all capital letters, you won't be able to think or feel anything else, your whole world will be the orgasm, cumming insanely, you will feel pounding against your engorged swollen clit and feel the orgasm building in your pussy, your thighs will tremble, your breasts will swell and the orgasm will burn through you, up through your pussy and belly, through your chest and rip through your mind like fire and you will cum uncontrollably for a minute or more, juices gushing between your legs, the orgasm will explode through you leaving you shaking, trembling.

The second special phrase is "CUM NOW GIRL". And when you hear me say it, or see me type it in a chat, you will immediately feel the orgasm we discussed burn through you, you will feel yourself being fucked, your pussy being filled over and over again, you will feel your clit being pounded and the orgasm explode through you for a full minute. Your body will shake and your pussy throb, and you will cum and cum and cum.

On the screen in front of you the second special phrase is going to appear now, the words "CUM NOW GIRL" are forming on the screen. Once you can see them clearly they will forever work, forever be a part of you.

It may take two or three seconds for the words "CUM NOW GIRL" to appear, it may take a few seconds longer.

I will wait here, tell me when you can see them clearly on the screen in front of you. Tell me when you can see them clearly.

[wait for her acknowledgment - once she sees them they will work to bring her the intense orgasm we described]

You see the words on the screen because they are now a part of you, of your body's responses to hearing me say "CUM NOW GIRL".

And when you hear me say it, or see me type it in a chat, you will immediately feel the orgasm we discussed burn through you, you will feel yourself being fucked, your pussy being filled over and over again, you will feel your clit being pounded and the orgasm explode through you for a full minute.

Your body will shake and your pussy throb, and you will cum and cum and cum.

Good.

As that special phrase is absorbed and becomes a permanent part of you, unchangeable and forever set in your mind and body, the words will dissolve and fade away from the screen. This will not take long because this sort of thing is absorbed quickly by [creative/intelligent/shy/outgoing] girls like you.

As you forever absorb this command and it is forever set in you the words on the screen will dissolve and fade away. Please tell me when they are completely gone from the screen.

[Pause for an answer]

Very good [insert her name]

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and focused only on the sound of my voice. No other sounds will distract you and no other sounds are important to you. You are deep, deep in your trance and feeling surprisingly good about it, having fun, and even though you won't consciously remember the details of the trance, you will continue to associate it with the fun is it, and with being happy and satisfied.

The third and final phrase is an easy one.

Whenever you are in a trance, after this trance, and I say the third and final special phrase you will easy and quickly come out of the trance, completely awake and alert, feeling happy and aroused and refreshed. Like most people, you enjoy the intense attention of being in a trance with me, and you will enjoy going into them with me many times, they are just fun.

When I want you to come out of a trance I will want you to come completely out of it, feeling no headaches, just feeling refreshed and happy, so when you are in a trance, any trance *after this trance* and I say the third special phrase you will easily and happily awake from your trance, alert and aroused and refreshed. It won't work for this trance, but it will for every trance after this one.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace. You are focused only on the sound of my voice. No other sounds will distract you and no other sounds will be important to you.

The third special phrase is "WAKE UP GIRL", and in any trance after this one when you hear me speak those words, or whenever you see me type them in a chat in all capital letters, you will immediately begin to wake form your trance, refreshed and aroused and alert.

On the screen in front of you the second special phrase is going to appear now, the words

“WAKE UP GIRL” are forming on the screen.

Once you can see them clearly they will forever work, forever be a part of you. It may take two or three seconds for the words “WAKE UP GIRL” to appear, it may take a few seconds longer.

I will wait here, tell me when you can see them clearly on the screen in front of you. Tell me when you can see them clearly.

[pause and wait for her to see them]

You see the words on the screen because they are now a part of you, of your body’s responses to hearing me say “WAKE UP GIRL”. And when you hear me say it, or see me type it in a chat, you will immediately begin to wake from your trance, easily becoming alert and aroused and refreshed, not remembering the details of the trance, never consciously trying to remember the details of the trance unless I tell you to, but remembering them as the fun they are.

[wait for her acknowledgment - once she sees them they will work to bring out of the trance, alert but aroused]

Good.

As that special phrase is absorbed and becomes a permanent part of you, unchangeable and forever set in your mind and body, the words will dissolve and fade away from the screen. This will not take long because this sort of thing is absorbed quickly by [creative/intelligent/shy/outgoing] girls like you.

As you forever absorb this command and it is forever set in you the words on the screen will dissolve and fade away. Please tell me when they are completely gone from the screen.

[Pause for an answer]

Very good [insert her name]

Now it is time to bring you out of your first trance with me.

We have programmed special phrases in you and they are set in the stone of your body and mind.

From now on whenever I say “GO TO SLEEP NOW” you will instantly return to the this chair at the top of the stairs, sliding immediately and uncontrollably into the same deep and unbreakable trance you are in now.

Whenever you are conscious and I tell you to “CUM NOW GIRL” your body will instantly have the explosive orgasm we discussed here, it will be powerful and irresistible. It won't matter where you are or what you are doing, whether you are alone or in company, whenever you are conscious and I tell you to “CUM NOW GIRL” you will feel yourself being fucked in the most intense and pleasurable way and it will grow more and more intense until you have an explosive orgasm.

Whenever you are in a trance in the future, not this time, and I tell you to “WAKE UP GIRL” you will easily come awake from the trance you are in, feeling refreshed, alert and aroused, wet between your legs, clit happy and swollen.

In a minute it is going to be time for you to come out of this trance. In a minute I am going to have you stand up out of your chair, walk to the top of the stair and go down them.

When you reach the bottom of the stairs, you are going to decide whether to come out of the trance immediately or to wait a minute or so.

Getting up from the chair will finally and unchangeably fix the commands, the special phrases and their effects on your body and mind in place. Coming out of the trance will immediately and unchangeably fix the commands, the special phrases, and their effects on your body and mind in place.

Getting up from the chair will finally and unchangeably fix the commands, the special phrases and their effects on your body and mind in place. Coming out of the trance will immediately and unchangeably fix the commands, the special phrases, and their effects on your body and mind in place.

You are in a deep and unbreakable trance, focused only on the sound of my voice.

In a minute, when the commands, the special phrases, all three of them, are forever permanently fixed in your body and mind, and your body and mind are forever ready to respond to them and obey them, I want you to stand up from the chair at the top of the stair and take a big stretch and then tell me when you have. I will wait

[pause and wait for her to finally cement them in her mind and tell you she has done what you told her to do]

Now, walk over to the top of the stairs, take a hold of the railing and tell me when you have a good grip on it. [pause again for her to comply]

Very good [say her name] I am proud of you. You have proven that you are as good a subject as any man could want.

In a moment you are going to go down the stairs. As you do, you are going to grow increasingly aroused and when I let you release the hand rail at the bottom of the stairs you are going to have an explosive orgasm, just as if I had said the words “CUM NOW GIRL” the orgasm will be so intense you will moan and you will scream !

When you let go of the railing at the bottom of the stairs, you will experience a mind shattering orgasm, just as if I had said the words “CUM NOW GIRL” to you and just as you will every time you are conscious, not in trance, and I say the words “CUM NOW GIRL”.

When I say go, I want you to start going down the stairs, one at a time. As you go down each one you will say a number out loud, 1 - 2 -3 and so on, counting your way down to the bottom.

When you reach the bottom you will keep a grip on the rail and start to feel the orgasm build, your body grow ready for it, your pussy being fucked, your nipples pinched and rubbed and when you are ready you will let go of the rail and you will have a mind blowing orgasm, just like you will every time you are conscious and hear me say the words, “CUM NOW GIRL” the orgasm will be so intense you will moan and you will scream !

When I say go, I want you to start going down the stairs, one at a time. As you go down each one you will say a number out loud, 1 - 2 -3 and so on, counting your way down to the bottom.

When you reach the bottom you will keep a grip on the rail and start to feel the orgasm build, your body grow ready for it, your pussy being fucked, your nipples pinched and rubbed and when you are ready you will let go of the rail and you will have a mind blowing orgasm, just like you will every time you are conscious and hear me say the words, “CUM NOW GIRL”. The orgasm will be so intense you will moan and you will scream !

[pause for just a few moments]

GO !

[and wait for the scream]

## **Sinister Arousal**

[This script is a personal favorite of mine because it causes your girl to get aroused at the most frustrating times during the day. You will may need to modify it a bit for what they do during the day. This is to be used after you have first used the Long Induction or the Short Induction on your girl so that she can be quickly put into her trance.

This trance has *two* possible endings, the first leaves her feeling good and mellow, but nothing else until a little later in the day.

The second has the same effects later in the day away from you, but wakes her completely aroused and ready for sex. You should choose which ending you want and be ready to move to the right page before you start to read the script.]

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Take a minute to get comfortable and let me know when you are ready to be put into your trance.

[pause until she indicates that she is]

GO TO SLEEP NOW                      [pause]

GO TO SLEEP NOW                      [pause]

GO TO SLEEP NOW

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and at peace.

Take a moment to look at the chair you are in.

You will remember what it is like from your last trance. It is comfortable and one that you enjoy sitting in. You will be in it until I bring you out of this trance and you feel at home sitting there.

Relax and breathe, in a few moments the number five is going to appear on the screen in front of you. There is something about the number 5 that you have enjoyed since childhood, and now it is going to help lead you down deeper into this already deep trance.

You can see the number on the screen in front of you now. Let me know when it is perfectly clear.

This may take a moment or two, so we can relax and wait for it.

[pause for her to confirm that she can see it clearly]

Now, as I count down from five to one, you will see the numbers on the screen change. When we get to one you will be so completely relaxed that you will be unable to think or react to anything unless I tell you to.

As we count down, you will relax more and more, you will feel any distractions or stresses from the day fading away. You will become more and more at peace, moving deeper and deeper into your trance. My voice will follow you down.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm and relaxed, at peace. You are in the chair in the room at the top of the stairs and can clearly see the five on the screen in front of you.

As we count down from five to one you will relax more and more, you will feel any distractions or stresses from the day fading away and you will become more and more at peace, moving deeper and deeper into your trance. My voice will follow you down.

You can see the five now, so...

FOUR [pause]

You can feel yourself sinking down into the chair, your body relaxing, any stress you may feel being pulled down and out of you, leaving you feeling light and comfortable.

THREE [pause]

The room at the top of the stairs is comfortable and as you breathe deeply you will notice a light pleasant scent, nothing overwhelming, just something nice.

TWO [pause]

You have moved deeper into your trance, as deep or deeper than you have ever been...and

ONE [pause]

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace and focused only on the sound of my voice. You are perfectly comfortable, far away from the concerns of the day, unable to think or react to anything unless I ask you to.

When you wake from this trance you won't remember the details of the trance, and you

will never consciously try to remember the details of your trances, but your mind and body will respond in the way it has been programmed to during them.

You are surprisingly comfortable with the instruction you receive in your trances and will continue to enjoy them and their effects, even when they are embarrassing and out of your control.

This trance won't take very long. Though you don't remember it from your earlier trances and conversations, we are doing things you have agreed to and will enjoy as you become more and more the girl these words were made for.

In a minute on the screen in front of you an image of you is going to appear. She will be wearing her most comfortable lounging around clothes and will be laying in bed.

Because we are watching you on the screen we are going to refer to you as you and her as the girl and as she and her, to make it easier to understand whether I am talking about you in the chair or her on the screen, though you are in fact the same person.

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and at peace and you are focused only on the sound of my voice. Nothing else can distract you, and nothing else is important to you, you are just calm, and relaxed, deep, deeper into your trance.

The image is forming now, and as it does, you will notice that she has her eyes closed, and that she is in a particularly deep trance. In a moment you will be able to see her clearly, and when you can see that she is in the sort of trance that will allow us complete control over the reactions of her body and mind you will tell me what she is wearing.

[pause - wait until she tells you, if she doesn't provide colors of her top or ask whether she is wearing pants or a skirt, ask about them and wait for an answer]

Good. Thank you.

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and at peace and you are focused only on the sound of my voice.

Nothing else can distract you, and nothing else is important to you, you are just calm, and relaxed, deep, deeper into your trance.

She is comfortable on the bed and in the deepest trance possible completely ready for any instruction we have for her.



She is listening, as you are listening, from now on, during the day, when it is safe to do so, she is going to find that her mind drifts to me.

She will start to become aroused at the worst possible times. As long as she isn't driving or operating machinery of any kind, on and off during the day her pussy is going to swell, and her nipples are going to swell and become super-sensitive.

Her mind and body know and remember what being super-aroused is like, and now she will not be able to control it, on and off during the day, for several minutes at a time, up to half an hour or more, she will become uncontrollably aroused, her clit will become so sensitive that she will be aware of walking and any pressure from walking or rubbing her legs together will put her clit on fire burning to be touched.

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and at peace and you are focused only on the sound of my voice.

Nothing else can distract you, and nothing else is important to you, you are just calm, and relaxed, deep, deeper into your trance.

You can see her clearly on the screen in front of you as we release from inside of her, her true sexuality, the sexual her that she has always been able to keep buried beneath the surface.

She is a hyper-sexual creature and from now on, on and off during the day, when she is not driving or operating any machinery, her pussy is going to swell, and her nipples are going to swell and become super sensitive.

Her mind and body know and remember what being super aroused is like, and now she will not be able to control it, on and off during the day, for several minutes at a time, up to half an hour or more, she will become uncontrollably aroused, her clit will become so sensitive that she will be aware of walking and any pressure from walking or rubbing her legs together will put her clit on fire burning to be touched.

Without realizing that it is happening she is going to find that her hands unconsciously move to her super sensitive nipples to touch them. Without realizing that it is happening, she is going to find that she, when she is aroused, she will rub her legs together to put pressure on her swollen clit.

If you look at her face you can see a small smile as her mind and body absorb these new changes, as we build the links inside her body and mind to fix these reactions and actions in place where I want them, where they belong.

As she becomes more and more aroused she is going to have to find somewhere to play

with herself, to touch herself until she can orgasm. Until she does, she will remain hyper-aroused, unable to concentrate on anything else. No matter where she is, no matter who is with her or what she is doing. Only playing with herself until she orgasms, or having sex with me, will relieve the fire burning in her clit, in her pussy, in her nipples, and in her mind.

Her mind is going to drift to me on and off during the day, uncontrollably this will happen and any time she thinks about me, she will become aroused to some degree; excited and happy.

She is listening, as you are listening, from now on, during the day, when it is safe to do so, she is going to find that her mind drifts to me. She will start to become aroused at the worst possible times. As long as she isn't driving or operating machinery of any kind, on and off during the day her pussy is going to swell, and her nipples are going to swell and become super sensitive.

Her mind and body know and remember what being super aroused is like, and now she will not be able to control it, on and off during the day, for several minutes at a time, up to half an hour or more, she will become uncontrollably aroused, her clit will become so sensitive that she will be aware of walking and any pressure from walking or rubbing her legs together will put her clit on fire, burning to be touched.

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and at peace and you are focused only on the sound of my voice. Nothing else can distract you, and nothing else is important to you, you are just calm, and relaxed, deep, deeper into your trance.

You can see her clearly on the screen in front of you as we release from inside of her true sexuality, the sexual her that she has always been able to keep buried beneath the surface.

She is a hyper-sexual creature and from now on, on and off during the day, when she is not driving or operating any machinery, her pussy is going to swell, and her nipples are going to swell and become super sensitive. Her mind and body know and remember what being super aroused is like, and now she will not be able to control it, on and off during the day, for several minutes at a time, up to half an hour or more, she will become uncontrollably aroused, her clit will become so sensitive that she will be aware of walking and any pressure from walking or rubbing her legs together will put her clit on fire, burning to be touched.

Without realizing that it is happening, she is going to find that her hands unconsciously move to her super sensitive nipples to touch them. Without realizing that it is

happening, she is going to find that, when she is aroused, she will rub her legs together to put pressure on her clit.

When you look at her face you can see a small smile as her mind and body absorb these new changes, as we build the links inside her body and mind to fix these reactions and actions in place where I want them, where they belong.

As she becomes more and more aroused, she is going to have to find somewhere to play with herself, to touch herself until she can orgasm. Until she does, she will remain hyper aroused, unable to concentrate on anything else. No matter where she is, no matter who is with her or what she is doing. Only playing with herself until she orgasms, or having sex with me, will relieve the fire burning in her clit, in her pussy, in her nipples, and in her mind.

As you watch you can see her beginning to squirm on the bed, she is thinking about me now. Watch as her hands drift down between her legs, she can feel the pressure of her fingers through her clothes and she is becoming insanely aroused.

The two of you are the same girl. She is you, you are her.

She is listening, as you are listening, from now on, during the day, when it is safe to do so, you are going to find that your mind drifts to me. She will start to become aroused at the worst possible times. As long as she isn't driving or operating machinery of any kind, on and off during the day your pussy is going to swell, and your nipples are going to swell and become super sensitive.

Your mind and body know and remember what being super aroused is like, and now you will not be able to control it, on and off during the day, for several minutes at a time, up to half an hour or more, you will become uncontrollably aroused, your clit will become so sensitive that you will be aware of walking and any pressure from walking or rubbing your legs together will put your clit on fire burning to be touched.

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and at peace and you are focused only on the sound of my voice. Nothing else can distract you, and nothing else is important to you, you are just calm, and relaxed, deep, deeper into your trance.

You can see you clearly on the screen in front of you as we release from inside of you your true sexuality, the sexual that you have always been able to keep buried beneath the surface.

You are a hyper-sexual creature and from now on, on and off during the day, when you are not driving or operating any machinery, your pussy is going to swell, and your

nipples are going to swell and become super sensitive. Your mind and body know and remember what being super aroused is like, and now you will not be able to control it, on and off during the day, for several minutes at a time, up to half an hour or more, you will become uncontrollably aroused, your clit will become so sensitive that you will be aware of walking and any pressure from walking or rubbing your legs together will put your clit on fire, burning to be touched.

Without realizing that it is happening you are going to find that your hands unconsciously move to your super sensitive nipples to touch them. Without realizing that it is happening, you are going to find that when you are aroused you will rub your legs together to put pressure on your clit.

If you look at her face you can see a small smile as your mind and body absorb these new changes, as we build the links inside your body and mind to fix these reactions and actions in place where I want them, where they belong.

As you becomes more and more aroused you are going to have to find somewhere to play with yourself, to touch yourself until you can orgasm. Until you do, you will remain hyper aroused, unable to concentrate on anything else. No matter where you are, no matter who is with you or what you are doing. Only playing with yourself until you cum, or having sex with me, will relieve the fire burning in your clit, in your pussy, in your nipples, and in your mind.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm and relaxed and at peace. You can feel the changes we are making, the sexual creature we are letting free in you on the screen becoming comfortable with the changes we are making.

In a moment the image of her, of you, in the screen is going to fade. Once the changes we have made are fixed and permanent, once they will work each and every day, the image will fade. This may be happening now, it may take a moment or two, even several seconds. Once the changes are fixed, working and permanent, the image of her, or you, will fade completely from the screen and I want you to tell me when it does. I will wait until it has faded, tell me when it has.

[pause, it may take several seconds]

Very good [insert her name] Very good.

In a minute I am going to have you wake from this trance. But for now, you are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and a little aroused still from the changes we have made and from what she, from what you, watched you going through on the screen as you adjusted to those changes.

When you wake from this trance, in a minute when I tell you to wake, you will not consciously remember any of the details of this trance, of anything we did or said, but your mind and body will have adjusted to the changes we made and they will react as they have been told they would, as you have already seen them react on the screen.

[Alternate ending #1 - Quick happy ending]

Now, relax, when you wake you will be comfortable and happy. You have enjoyed this trance and have fun when we play with hypnosis. When you awake you will feel rested and playful and a little aroused.

When you wake you will be comfortable and happy. You have enjoyed this trance and have fun when we play with hypnosis. When you awake you will feel rested and playful and a little aroused. This is becoming your normal state, aroused, playful and happy.

I am going to count to three and then have you wake. When you do wake at my command it will reinforce all of the earlier commands I have given you in this trance and in earlier ones, especially the special phrases I have for you.

Tell me when you are ready for this to happen, ready to come out of this trance. You can wait up to 30 seconds, take your time.

[pause for a response]

One            Two            Three WAKE UP GIRL

[Alternate ending #2 - Aroused insanely afterward]

Now, relax, when you wake you will be comfortable and happy. You have enjoyed this trance and have fun when we play with hypnosis. When you awake you will feel rested and playful and a little aroused.

When you wake you will be aroused, actually sexually hungry, in heat like a cat. Your pussy is beginning to swell now, like it did for her, for you on the screen.

While I am talking to you now you are becoming aroused. You can feel the blood flowing into your pussy, making it swell, your clit getting hard, super sensitive, beginning to burn in need to be touched. There is a pressure, an awareness between you legs and in a moment your mouth is going to begin to water.

There is a link between your nipples and your clit. Your nipples are getting hard and swollen, sensitive, super insanely sensitive and you need to be touched, need for me to touch you. Your breath is becoming faster and you need to be touched, the need is moving up from between your legs, up through your swollen pussy and into your belly,

up into your tits and burning into your mind. Soon it will be uncontrollable you will *have* to be touched, have to have me touch you, the need will be so great when I wake you, you will immediately need for me to touch you, will reach out to me, needing me in you, anywhere in you. The need for me to touch you and to keep touching you, to keep using you, to keep fucking you will keep getting stronger until I cum.

You may cum over and again, but until I cum you will not find final relief from your insane burning need to have me inside of you.

I am going to count to three and then have you wake.

When you do wake at my command it will reinforce all of the earlier commands I have given you in this trance and in earlier ones, especially the special phrases I have for you. When you wake you will not be able to think about anything except the need to have me inside of you right now - a need that will not fade, will not go away until I cum, you are a sexual creature and will need this fuck uncontrollably in every cell, every part of your body.

WAKE UP GIRL

## Sex Slave

[This script is designed to “help” your lover become comfortable with being her natural “slave state”. It is designed to make things easy for her to find herself at your feet, serving your sexual needs first.]

The script after this one, Sex Slave II is designed to heighten this comfort into a deep need for this kind of role in your life and a desire to learn more about it to serve *you* better. Like all of the others, it is intended to be used *only* after one of the two inductions provided have been at some point earlier. The MP3 file of this script in the Pillow Talk Companion Set available on [www.XaxisBooks.com](http://www.XaxisBooks.com) is particularly effective. I have considerable feedback about various readers' use of it and would welcome yours as well if you have the time.]

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Take a minute to get comfortable and let me know when you are ready to be put into your trance.

[pause until she indicates that she is]

GO TO SLEEP NOW [pause]

GO TO SLEEP NOW [pause]

GO TO SLEEP NOW

You are in the chair at the top of the stairs, you are in a deep and unbreakable trance, unwilling and unable to wake up. You are in the chair at the top of the stairs, calm, relaxed and a peace.

Take a moment to look at the chair you are in. You will remember what it is like from your last trance. It is comfortable and one that you enjoy sitting in.

You will be in it until I bring you out of this trance and you feel at home sitting there.

Relax and breathe, in a few moments the number five is going to appear on the screen in front of you. There is something about the number 5 that you have enjoyed since childhood, and now it is going to help lead you down deeper into this already deep trance.

You can see the number on the screen in front of you now. Let me know when it is perfectly clear. This may take a moment or two, so we can relax and wait for it.

[pause for her to confirm that she can see it clearly]

Now, as I count down from five to one, you will see the numbers on the screen change. When we get to one you will be so completely relaxed that you will be unable to think or react to anything, unless I tell you to. As we count down, you will relax more and more, you will feel any distractions or stresses from the day fading away and you will become more and more at peace, moving deeper and deeper into your trance. My voice will follow you down.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm and relaxed, at peace. You are in the chair in the room at the top of the stairs and can clearly see the five on the screen in front of you.

As we count down from five to one you will relax more and more, you will feel any distractions or stresses from the day fading away and you will become more and more at peace, moving deeper and deeper into your trance. My voice will follow you down.

You can see the five now, so...

FOUR [pause]

You can feel yourself sinking down into the chair, your body relaxing, any stress you may feel being pulled down and out of you, leaving you feeling light and comfortable.

THREE [pause]

The room at the top of the stairs is comfortable and as your breathe deeply it smells pleasant, nothing overwhelming, just something nice

TWO [pause]

You have moved deeper into your trance, as deep or deeper than you have ever been...and

ONE [pause]

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace and focused only on the sound of my voice. You are perfectly comfortable, far away from the concerns of the day, unable to think or react to anything unless I ask you to.

When you wake from this trance you won't remember the details of the trance, and you will never consciously try to remember the details of your trances, but your mind and body will respond in the way it has been programmed to during them.



You are surprisingly comfortable with the instruction you receive in your trances and will continue to enjoy them and their effects, even when they are embarrassing and out of your control.

This trance won't take very long. Though you don't remember it from your earlier trances and conversations, we are doing things you have agreed to and will enjoy as you become more and more the girl these words were made for.

More and more each day you are going to find that you are thinking more and more about being the natural sexual creature that you were made to be.

You have a great natural sense of perspective and a deeper ability to understand yourself than most people really have. Here in the room at the top of the stairs, your ability to understand yourself is even deeper and you have accepted me as your guide in that understanding.

I am going to ask you a question now, and will answer it open and honestly: Have you accepted me as your sexual exploration guide because of my experience? Or have you accepted me as your guide more because of the bond that you feel exists between us?

Either reason is OK, but tell me which it is. Have you accepted me as your sexual exploration guide because of my experience?

Or have you accepted me as guide more because of the bond that you feel exists between us?

[pause for response - either answer is good, as a double-bind it secures your position as her sexual guide  
- all she has to do is answer.]

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and are enjoying yourself as you always do when you are in trance.

You have chosen me to act as your sexual guide and you are increasingly more comfortable with this.

You are in the chair at the top of the stairs and you are calm, relaxed and at peace. As long as you are in the chair you will remain in your trance, deeply in your trance.

You are relaxing more and more with every word that I speak, and as you relax more and more we are moving together deeper and deeper inside you, to the place where your very core personality resides.

With every word that I speak it will seem more and more natural for you to think of

yourself as subservient to me, my slave. You may not be able to think of yourself as being one to anyone else, yet, but with me it seems like a natural thing, a natural fit.

You are in a deep and unbreakable trance, unable and unwilling to wake. Calm relaxed and absorbing each and every word I speak. You will not consciously remember the details of this trance, and you will never try to remember the details of your trances, but your mind and body will continue to obey, will continue to absorb what you have learned about yourself in your trance.

In this trance you have learned that you find yourself naturally thinking of being my slave. That the idea feels natural and arouses you.

Let me ask you a question: Do you think this is more because you have always been a slave looking for the right owner? Or, do you think it is more because your sexual identity has slowly developed in this direction more recently?

[pause for her to answer - this double-bind creates the subconscious acknowledgment that *she* is feeling natural about being your slave and is aroused by it]

This realization about your natural need to be a slave, to be my slave has developed over time and feels right.

Since you have been feeling it more recently it will begin to grow incredibly stronger, be something you think about more and more during the day when you have quiet time, and at night when you sleep your subconscious mind will make the adjustments necessary for you to be even more comfortable with being my slave.

You are in a deep trance, accepting our conversation for what it is. It is the reality about you. You are focused on the sound of my voice, no other sounds will distract you, no sounds will awaken you until I bring you out of this trance.

From now on you will find yourself identifying more and more each day with being my slave girl. It seems natural and automatic to wonder what it is that will make me happy, natural and automatic to do the things that will put me in a good mood. You are coming to realize more and more that, no matter what else people or society may say, your true purpose in life, the thing that makes you feel complete is doing things that make me happy.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace. You are focused on my voice and no other sounds will be important to you, no other sounds can be important to you until I wake you up.

Already you have decided to be my slave. During the next several days you will continue to find links in your memory that support this identity for you. The process will

not be conscious, it will not be something you think about. In the background your mind will continue making your adjustment to being the slave you are, the slave that you want to be.

The slave you are is sexual. The slave you are will find that she is aroused easily, aroused more and more.

She is sensual and her skin is alive and as you continue your journey through each day you will find that it is hard to remember thinking in any other way than to think as the slave that you are.

So tell me girl: Does a slave like you think about keeping her man sexually pleased first, putting that ahead of everything else in her life? Or, does she think more about seeing that all of his needs are met no matter what?

[Pause long enough for her to answer - this is a question you may have to repeat because it was complex, if she does not answer for quite a while, ask a second time].

I knew this was the approach you would take, this is the approach a true and natural slave takes.

You are a natural slave and like all true natures, this cannot long be suppressed. You will find that you cannot suppress it.

The need to please me will slowly become a part of everything you are, of everything you do.

It will become more and more natural for you to find yourself kneeling before me or beside me. During the day you will find yourself thinking about this, in quiet times, when you are not busy with other things you will think about little things like that to show me how suitable you are as a slave, how much I can enjoy you as a slave. You won't know or remember why you think about these things your mind simply will turn to them, like it turns to familiar songs, like it turns to daydreaming or thinking about other things.

To reaffirm the growing slave part of you, you will find that you enjoy wearing things that signify your condition.

You will find something to wear around your neck, a collar, a scarf at first maybe, at first at home, maybe just at night and then more and more. It will feel comfortable, natural.

When you wake from this trance you won't remember the details of the trance, and you

will never consciously try to remember the details of your trances, but your mind and body will respond in the way it has been programmed to during them.

You are surprisingly comfortable with the instruction you receive in your trances and will continue to enjoy them and their effects, even when they are embarrassing and out of your control.

This trance won't take very long. Though you don't remember it from your earlier trances and conversations, we are doing things you have agreed to and will enjoy as you become more and more the girl these words were made for.

More and more each day you are going to find that you are thinking more and more about being the natural sexual creature that you were made to be.

You have a great natural sense of perspective and a deeper ability to understand yourself than most people really have. Here in the room at the top of the stairs, your ability to understand yourself is even deeper and you have accepted me as your guide in that understanding.

I am going to ask you a question now, and will answer it open and honestly: Have you accepted me as your sexual exploration guide because of my experience?

Or have you accepted me as your guide more because of the bond that you feel exists between us?

Either reason is OK, but tell me which it is. Have you accepted me as your sexual exploration guide because of my experience? Or have you accepted me as your guide more because of the bond that you feel exists between us?

[pause for response - either answer is good, as a double-bind it secures your position as her sexual guide- all she has to do is answer.]

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and are enjoying yourself as you always do when you are in trance.

You have chosen me to act as your sexual guide and you are increasingly more comfortable with this.

You are in the chair at the top of the stairs and you are calm, relaxed and at peace. As long as you are in the chair you will remain in your trance, deeply in your trance.

You are relaxing more and more with every word that I speak, and as you relax more and more we are moving together deeper and deeper inside you, to the place where your very

core personality resides.

With every word that I speak it will seem more and more natural for you to think of yourself as subservient to me, my slave. You may not be able to think of yourself as being one to anyone else, yet, but with me it seems like a natural thing, a natural fit.

You are in a deep and unbreakable trance, unable and unwilling to wake. Calm relaxed and absorbing each and every word I speak. You will not consciously remember the details of this trance, and you will never try to remember the details of your trances, but your mind and body will continue to obey, will continue to absorb what you have learned about yourself in your trance.

In this trance you have learned that you find yourself naturally thinking of being my slave. That the idea feels natural and arouses you.

Let me ask you a question: Do you think this is more because you have always been a slave looking for the right owner? Or, do you think it is more because your sexual identity has slowly developed in this direction more recently?

[pause for her to answer - this double-bind creates the subconscious acknowledgment that *she* is feeling natural about being your slave and is aroused by it]

This realization about your natural need to be a slave, to be my slave has developed over time and feels right.

Since you have been feeling it more recently it will begin to grow incredibly stronger, be something you think about more and more during the day when you have quiet time, and at night when you sleep your subconscious mind will make the adjustments necessary for you to be even more comfortable with being my slave.

You are in a deep trance, accepting our conversation for what it is. It is the reality about you. You are focused on the sound of my voice, no other sounds will distract you, no sounds will awaken you until I bring you out of this trance.

From now on you will find yourself identifying more and more each day with being my slave girl. It seems natural and automatic to wonder what it is that will make me happy, natural and automatic to do the things that will put me in a good mood. You are coming to realize more and more that, no matter what else people or society may say, your true purpose in life, the thing that makes you feel complete is doing things that make me happy.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace. You are focused on my voice and no other sounds will be important to you, no other sounds can be important to you until I wake you up.

Already you have decided to be my slave. During the next several days you will continue to find links in your memory that support this identity for you. The process will not be conscious, it will not be something you think about. In the background your mind will continue making your adjustment to being the slave you are, the slave that you want to be.

The slave you are is sexual. The slave you are will find that she is aroused easily, aroused more and more. She is sensual and her skin is alive and as you continue your journey through each day you will find that it is hard to remember thinking in any other way than to think as the slave that you are.

So tell me girl: Does a slave like you think about keeping her man sexually pleased first, putting that ahead of everything else in her life? Or, does she think more about seeing that all of his needs are met no matter what?

[Pause long enough for her to answer - this is a question you may have to repeat because it was complex, if she does not answer for quite a while, ask a second time].

I knew this was the approach you would take, this is the approach a true and natural slave takes.

You are a natural slave and like all true natures, this cannot long be suppressed. You will find that you cannot suppress it.

The need to please me will slowly become a part of everything you are, of everything you do.

It will become more and more natural for you to find yourself kneeling before me or beside me. During the day you will find yourself thinking about this, in quiet times, when you are not busy with other things you will think about little things like that to show me how suitable you are as a slave, how much I can enjoy you as a slave. You won't know or remember why you think about these things your mind simply will turn to them, like it turns to familiar songs, like it turns to daydreaming or thinking about other things.

To reaffirm the growing slave part of you, you will find that you enjoy wearing things that signify your condition. You will find something to wear around your neck, a collar, a scarf at first maybe, at first at home, maybe just at night and then more and more. It will feel comfortable, natural.

I am going to walk you out of this trance in just a minute. As I walk you out of it, you will become more and more comfortable with your role as my slave.

[Depending on the situation, you will want to use this or the first alternate ending]

[Alternate ending #1]

When you wake from your trance and you will find yourself waking as my total slave. You will not actively return to your normal condition - the condition where you are still adjusting to being my slave - and for now you will awake my complete and total obedient sex slave. You will have an uncontrollable need to please me, to serve me in any way I command sexually. You are in a deep and unbreakable trance unable and unwilling to wake up. You are calm, relaxed and at peace. You will not consciously remember the details of this trance and you will not consciously try to ever remember the details of your trances, but your mind and body will continue to absorb what we learn about you in trance. It is good that you enjoy and regularly want me to put you back into your trance.

When you wake from this trance you will have no other identity than being my slave until I say the words "RETURN TO NORMAL". Until I say "RETURN TO NORMAL" you will go back to being the girl who is growing into her true and natural role as my slave.

When you wake from this trance, you will wake with no other thoughts, no other identity than my sex slave, born and made to serve and please me.

When you wake from this trance you will have no other identity than being my slave until I say the words "RETURN TO NORMAL". Until I say "RETURN TO NORMAL" you will go back to being the girl who is growing into her true and natural role as my slave.

When you wake from this trance, you will wake with no other thoughts, no other identity than my sex slave, born and made to serve and please me.

I am ready you walk you out of your trance and into being my total and obedient sex slave. Because you may need a minute to adjust to being my aroused and total sex slave and having no other identity, I am going to wait until you tell me it is time to come out of your trance as my slave. You may be ready now, it may take 10 or 20 seconds, it may even take a full minute.

You can chose, now, 10 seconds, 20 seconds, or even a full minute.

Because you may need a minute to adjust to being my aroused and total sex slave and having no other identity, I am going to wait until you tell me it is time to come out of your trance as my slave. You may be ready now, it may take 10 or 20 seconds, it may even take a full minute. You can chose, now, 10 seconds, 20 seconds, or even a full minute.

I will wait, tell me when you are ready.

[Pause until she tells you she is ready, remember you have given her up to a full minute. If more than about 90 seconds pass, reread that last paragraph and wait again, but the second time she will be ready]

Now, I am going to count down from 7 to 1. When I get to one, you will be told to open your eyes. When you open your eyes you will look upon me through the eyes of a slave, you will wake up a slave.

SEVEN

You are growing more and more comfortable in your daily role as the girl becoming my total slave.

SIX

When you wake from this trance you will wake with no other identity than slave girl, my total and complete slave, until I say the words "RETURN TO NORMAL" when you will return to being the girl adjusting and growing into my full time slave. Until I say "RETURN TO NORMAL" you will not even be able to remember having any other life beyond being my slave. You will be incapable of remembering any other life or identity until I say "RETURN TO NORMAL".

FIVE

You will not consciously remember the details of this trance, and you will never to remember the details of your trances, but you will absorb them and the revelations of your true reality from them.

FOUR

You are a natural slave and your mind and body are adjusting to letting the slave girl, my slave girl the true part of your personality, free and into your daily life.

THREE

When you When you wake from this trance you will wake with no other identity than slave girl, my total and complete slave, until I say the words "RETURN TO NORMAL" when you will return to being the girl adjusting and growing into my full time slave. You will be incapable of remembering any other life or identity until I say "RETURN TO NORMAL".

TWO

You are a natural slave girl and you enjoy going into your trances for me and with me. You find it easier and easier to enter your trance, deeply and instantly at my command,



returning here to the chair at the top of the stairs.

The next time I say the word “ONE” you will finish adjusting to being a total sex slave for me without any other identity until I tell you to “RETURN TO NORMAL”. When I say the next number, the last number that makes you wake from this trance you will wait a moment, until this adjustment to total slave without any other identity is complete, and then you will open your eyes and wake as my total ready and eager sex slave.

[Pause for just a moment or two]

ONE

[you would best support this temporary change by calling her only “slave” until you release her from this change and for heavens sake, be sure to say “RETURN TO NORMAL” when you are done. Otherwise the effects will fade, but it could cause a lot of problems until it does completely]

[Alternate ending]

You are going to enjoy the freedom that being the true you that you are as you grow into your slavery with me.

You will find that doing thins for me makes you happy, doing little things, or big ones. Making me upset worries you until you make it right.

You know, have always known in your heart, that you have a unique ability to make men happy sexually, and that this was and is your true purpose in life and you enjoy sharing this part of yourself with me more than you ever thought you could.

You are in a deep trance. You will not remember the details of your trance, and you will never try to remember the details of your trances but your mind and body will continue to enjoy and adjust to them and the revelations we come to during them,

You are going to enjoy the freedom that being the true you that you are as you grow into your slavery with me.

You will find that doing thins for me makes you happy, doing little things, or big ones. Making me upset worries you until you make it right.

You know, have always known in your heart, that you have a unique ability to make men happy sexually, and that this was and is your true purpose in life and you enjoy sharing this part of yourself with me more than you ever thought you could.

Now it is time to come out of your trance.

When you do you will be happy and aroused and these feeling will remain with you for a long time, and will return every time you think about being my slave.

Whenever you think about being my slave you will feel happy and eager and aroused. You have memories of being eager and aroused before dates or sex or other things and you will find now that thinking about being my slave makes you happy and eager and aroused.

I am going to count from 5 down to 1. When we reach one you will wake happy and eager and aroused, ready for the new adjustments to your life that we have discussed today.

FIVE

You are a good hypnotic subject and you will enjoy being in trances more and more.

FOUR

You are a natural slave, and are enjoying the transition to slave more and more.

THREE

You will find that the triggers, the special phrases we put in place before grow stronger each day as you move more and more into your slavery.

TWO

You will not remember the details of your trances and will never consciously try to remember the details of your trances.

When you open your eyes you will be ready to advance your role as my slave.

ONE

Wake up girl and tell me how you feel.



## Sex Slave II

[This script is meant to be used with a willing participant, but sounds like it is not during the text. I originally put this together for a couple where the girl told me “Well, I want to be a slave but I just don’t think I can bring myself to act like that around people.” Ha! I worked this out over a couple of days. It was not an interactive script, that is to say that it does not require the reader to hear the answers from her, so the husband was able to read it into a .wav file for to listen to in afternoon when she got home from work in the hour before he arrived. I wrote this, watched its effect, smiled and then forgot about it (though I can tell you now, years later, she is still happy in her role.

A few years back I was going through the contents of an old memory card from a long ago discarded smart phone and stumbled across this script.

Much of what would later evolve into Relyfe Programming can be found in this script. After you read the Chapter on Relyfe, reread this script and see if you can pick them out.]

[Like the scripts before it, this script requires that you have run the girl through the long or short induction at least once.]

Now I want you to relax. Close your eyes and keep them that way until I tell you otherwise. Take a couple of deep breaths hold them for a few seconds and let them out.

[pause long enough for this to happen]. And, GO TO SLEEP NOW

relax and get settled and GO TO SLEEP NOW [pause] GO TO SLEEP NOW.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace and are in the chair at the top of the stairs, the chair you saw the first time we went into a trance together here.

I am going to count from 7 down to 1 and as I do you are going to go even deeper into your trance. You are focused on only the sound of my voice, which will follow you down, as you pay attention only to me and what I am saying.

SEVEN

You are breathing normally and as you do every breath I take and every word I speak will help you slip deeper and deeper into your trance, always paying attention to my words



SIX

You are growing more and more comfortable with being in trances and enjoy the intimacy of hypnosis.

FIVE

While you make it a point to never consciously remember the details of your trance, you mind and body accept and absorb everything that happens.

FOUR

People in trances like the one you are in learn special things about themselves, they don't think about what they learn, but they do absorb. It is because they don't think about what they are learning that they learn so well. You have always learned certain kinds of things well, you are learning this very quickly.

THREE

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are focused only on the sound of my voice, no other sounds will matter and no other sounds will distract you while you are in this trance.

TWO

You are moving deeper and deeper into your trance while I talk, my voice following you down as you go deeper and deeper.

ONE

You are in a very very deep trance, a trance so deep that you can absorb things at the most basic level of yourself.

You know you better than anyone and we are helping you grow more and more comfortable with who and what you are.

Everyone has levels and places inside themselves where their secret-selves and where special memories are kept.

When you are here in your trance we have complete access to those places. I will not have you reveal them to me, they are yours to keep, but I will tell you about some of the things that you keep there, and I will help you find the truths about the person you are, to better help you become the person you secretly want to be.

When you are in your trance you are very quick about certain things. One of those things is that you are very quick to understand what you are really, truly, like when you are in your trance. I am going to ask you a question, and you will answer it to yourself after I do, you may take time to decide, I am going to wait a whole 20 seconds for your answer before continuing, so you can take 3 or 5 or even ten seconds to answer.

When you are in your trance you are very quick about certain things. One of those things is that you are very quick to understand what you are really, truly, like when you are in your trance. I am going to ask you a question, and you will answer it to yourself after I do, you may take time to decide, I am going to wait a whole 20 seconds for your answer before continuing, so you can take 3 or 5 or even ten seconds to answer.

My question is this: Is the reason that you are quick to accept and absorb the truth about the things we discuss about who and what you really are when you are in a trance because you have always been that able to see what you are? Or, is it because only in a trance can you see the truth about yourself?

I will wait for your answer.

[pause about 20 seconds, or until she answers - by answering the question in this double bind she is subconsciously accepting the underlying proposition that the things you are telling her about herself in trance are true, her actual answer does not matter].

You are in a deep and unbreakable trance, unwilling and unable to wake up, focused only on the sound of my voice.

You will find that as you learn more about yourself when you are in your trance, you will understand yourself better when you are out of your trance. As you come to accept who and what we discuss that you are in your trance you will find that life outside of your trance is easier and that you are happier and feel more complete and satisfied in your life.

You will find that as you learn more about yourself when you are in your trance, you are able to understand yourself better when you are out of your trance. As you come to accept who and what we discuss that you are in your trance, you will find that life outside of your trance is easier and that you are happier and feel more complete and satisfied in your life.

I am going to tell you something about girls who are natural slaves to their men.

Girls and women who are natural slaves to their men are usually very happy because they are not confused about who they are supposed to be.

Girls and women who are natural slaves to their men usually grow confident in their relationships because they know what it is that their men want from them and no longer

have to guess all of the time what it is that is expect of them.

Girls and women who are natural slaves to their men usually spent a great deal of their lives, before they released their natural slaves, hiding from who they are.

Girls and women who are natural slaves enjoy pleasing their men sexually and quickly develop very high sex drives themselves as they realize subconsciously that they are what they are.

One girl and woman who is a natural slave, who was always meant to be a true sex slave and slave in all ways to her man, looks exactly like you do.

One girl and woman who is a natural slave, who was always meant to be a true sex slave and slave in all ways to her man sees you when she looks in the mirror.

One girl and woman who is a natural slave, who was always meant to be a true sex slave and slave in all ways to her man is the only person who has ever worn all of the clothes you have worn

That girl and woman is one who is growing more and more comfortable knowing that she should not look other men in the eyes when she is out, without her man's permission.

That girl and woman feels safe and protected when she is with her man...even if she never has before, and that woman feels little insecurities from her past coming up when she thinks about not pleasing her man, not being the slave he wants her to be.

Girls and women who are natural slaves to their men are usually very happy because they are not confused about who they are supposed to be.

Girls and women who are natural slaves to their men usually grow confident in their relationships because they know what it is that their men want from them and no longer have to guess all of the time what it is that is expect of them.

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One girl and woman who is a natural slave, who was always meant to be a true sex slave and slave in all ways to her man, sees you when she looks in the mirror.



One girl and woman who is a natural slave, who was always meant to be a true sex slave and slave in all ways to her man, is the only person who has ever worn all of the clothes you have worn

That girl and woman is one who is growing more and more comfortable knowing that she should not look other men in the eyes when she is out, without her man's permission.

That girl and woman feels safe and protected when she is with her man...even if she never has before, and that woman feels little insecurities from her past coming up when she thinks about not pleasing her man, not being the slave he wants her to be.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace, focused only on the sound of my voice.

You feel oddly happy when we have you in your trance and you enjoy the intimacy of hypnosis, which is why you submit to it so well, so much better each time you are in a trance. There are things you are very good at, things you take pride in being good at and from now on you and I will both know that you are very good at being in a trance absorbing more and more about the real you, the you you are when you are happy. The slave you.

I am going to tell you a secret about yourself now, one which I think you know, but which you may have denied in the past because you thought it was not proper to let people know about, one which you possibly were worried about people knowing, or which you possibly even denied to yourself until we discussed. That secret is that you are a very highly sexual creature, a very sexual and sensual girl inside and you are growing more so each and every day.

We both know that you are hyper sexual and that you have tried at times in your life to redirect that passion, or to suppress it, and that repressing it has always made you unhappy.

Now your secrets are out here in the room at the top of the stairs, here in your trance, and now we are going to release the girl who is the hyper-sexual girl, the one who sometimes has been repressed or hidden.

You feel oddly happy when we have you in your trance and you enjoy the intimacy of hypnosis, which is why you submit to it so well, so much better each time you are in a trance. There are things you are very good at, things you take pride in being good at and from now on you and I will both know that you are very good at being in a trance absorbing more and more about the real you, the you you are when you are happy. The slave you.

I am going to remind you of a special secret about yourself now, one which I think you

know, but which you may have denied in the past because you thought it was not proper to let people know about, one which you possibly were worried about people knowing, or which you possibly even denied to yourself until we discussed. That secret is that you are a very highly sexual creature, a very sexual girl inside and you are growing more so each and every year.

We both know that you are hyper-sexual and that you have tried at times in your life to redirect that passion, or to suppress it, and that repressing it has always made you unhappy.

Now your secrets are out here in the room at the top of the stairs, here in your trance, and now we are going to release the girl who is the hyper-sexual girl, the one who sometimes has been repressed or hidden.

There are hidden memories, hidden experiences, ones you don't think about often or at all that all support and provide proof to you subconsciously that you are indeed made to be the hyper-sexual slave to your man that you really are, the one that sometimes you have been afraid to try to be.

Now that your secret is out here in your trance, those hidden, rarely or never thought about memories are going to link themselves to your personality more fully, they are going to assert themselves like all freed memories do, to help you become even more comfortable being the slave you have repressed the one you have to denied, the one who is coming to the surface in you now.

Each and every day you will explore the slave side of you more as you learn these things about yourself.

Sometimes learning things like this, that you repressed being the female slave that you really are, can be hard and take time, sometimes learning things like this about yourself can be quick and easy. You know you better than anyone does so I am going to ask you a question and you can answer it out loud:

Have you already completely accepted that you were born and meant to be a sex and pleasure slave for your man? Or, will it not be until later in the week before you have completely accepted this true fact about yourself?

[pause for at least 20 seconds to give her time to absorb this question and the underlying truth - that she will accept her sexual slavery]

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and are moving deeper into your trance now, having absorbed our conversation to this point.

Now that you are what we know you to be you will become more interested in photographs of girls in bondage, not just to look at but to experience. When you see a picture of a girl wearing a collar or a gag you will be aroused by it. In the back of your mind you will experience what she is feeling, enjoying the intense attention she must have received from men when that picture was taken.

When you see pictures or drawings of girls in bondage your pussy will swell, growing fuller and erect, ready to accept a full cock. When you see pictures or drawings of girls or women in bondage you will feel the intense attention they must have received from their men when the picture was being taken and the slave inside you will react to that by becoming aroused as you know you should.

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and are moving deeper into your trance now, having absorbed our conversation to this point.

Now that you are what we know you to be you will become more interested in photographs of girls in bondage, not just to look at but to experience.

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[read this part slowly]

You can feel the links in your mind forming between seeing women and girls in bondage and intense arousal.

These links are connected with all of the times you were intensely aroused and that kind of arousal will grow stronger and stronger each time that you see a picture of any kind of woman or girl in bondage.

[go back to reading at your normal speed]

The kind of attention that a girl or woman experiences when she is a slave is intense, and something that you seek out in your heart, something you crave and need now.

Tell me, is this because you didn't receive the kind of attention you needed as a child?

Or, is it because you had the attention you needed now but no longer get it in non-slave relationships?

[by answering this question, she acknowledges that she craves and needs the attention of a bondage/slave relationship - a cute double bind]

Each day you will unconsciously find your past and current experiences slipping into place for your slavery, supporting you as a slave and helping you to feel better and better about finding yourself in this perfect situation for you - having found a man who understands this always growing need to be a slave.

Memories and experiences will easily bind themselves to your ideas of being my slave, not just because it feels right, but also because it is right.

Everything in your life until today has prepared you for this life and it seems more and more natural every day.

Each day you will unconsciously find your past and current experiences slipping into place for your slavery, supporting you as a slave and helping you to feel better and better about finding yourself in this perfect situation for you - having found a man who understands this always growing need to be a slave.

Memories and experiences will easily bind themselves to your ideas of being my slave, not just because it feels right, but also because it is right.

Everything in your life until today has prepared you for this life and it seems more and more natural every day.

You are in a deep trance, unbreakable and you are unwilling to wake up. You are focused on my voice and are so deep in your trance that you will not try to consciously remember the details of your trance, you will never try to remember the details of your trances, but your mind and body will absorb the information and instruction you receive in your trance and you will find it more and more normal and natural to seek out our time together in trance.

I am going to reinforce several instructions for you now.

As the slave you are and have acknowledged yourself to be with me here today, you will absorb and obey them.

You will continue to enjoy the idea of obeying as the slave you are, submissive to me, learning your role and what is expected of you.

You will ask and learn to ask more and more about what you can do to make me happy and will yourself be happy when I set rules and limitations on your behavior.

It is, of course, natural for you to want me to know what you are doing at all times, so you will enjoy asking my permission before you do things, big things and little ones. You will take a silly secret pleasure asking my permission and will enjoy it when I say “yes”, and when I say “no” it will feel especially good because I am exercising control over you. Even when I say “no” about something important to you - in that case you may be disappointed, but you will be especially turned on by my control when I do.

It is natural for you to want me to know what you are doing at all times, so you will enjoy asking my permission before you do things, big things and little ones. You will take a silly secret pleasure asking my permission and will enjoy it when I say “yes”, and when I say “no” it will feel especially good because I am exercising control over you. Even when I say “no” about something important to you - in that case you may be disappointed, but you will be especially turned on by my control when I do.

From now on you will find it strangely comfortable to sit on the floor by my feet. Like a child laying near her parents, when you get tired you will want to lay near or at the feet of your man, of your Master.

More and more you are going to find yourself calling me Sir. In your mind you are switching and swapping Master and Sir for the other names you have for me.

At times you will not even be able to use other words and names for me, Master and Sir being increasingly natural and right in your mind, in the very core of your being, for me.

You are in a deep and natural unbreakable trance, unable and unwilling to wake up. You will not remember and you will never try to consciously remember the details of your trances, but your mind and body will continue to absorb what you learn about yourself here in your trances.

From now on you will find it strangely comfortable to sit on the floor by my feet. Like a child laying near her parents, when you get tired you will want to lay near or at the feet of your man, of your Master.

More and more you are going to find yourself calling me Sir. In your mind you are switching and swapping Master and Sir for the other names you have for me.

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You are in a deep and natural unbreakable trance, unable and unwilling to wake up. You will not remember and you will never try to consciously remember the details of your trances, but your mind and body will continue to absorb what you learn about yourself here in your trances.

Once you come out of your trance and from now on it will be natural and normal for you to think of yourself as the happy slave you are becoming, the happy slave you are.

Each and every day you will find reasons to find images of bound women and girls, bound slaves and you will imagine yourself in their situation, the intense attention they are receiving, and you will continue to enjoy it.

Each day you will talk to me or look online to learn more about slavery and how to be a better slave. It will be easier and easier for you to express to me what you need to be fulfilled as a slave, and to allow me to set and define the limits of your slavery.

You are in a deep and natural unbreakable trance, unable and unwilling to wake up. You will not remember and you will never try to consciously remember the details of your trances, but your mind and body will continue to absorb what you learn about yourself here in your trances.

Once you come out of your trance and from now on it will be natural and normal for you to think of yourself as the happy slave you are becoming, the happy slave you are.

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Each day you will talk to me or look online to learn more about slavery and how to be a better slave.

It will be easier and easier for you to express to me what you need to be fulfilled as a slave, and to allow me to set and define the limits of your slavery.

You are in the room at the top of the stairs and in a deep and unbreakable trance. In the room in front of you, on the wall, is a screen we can use to see your memories or anything in the world. In a minute, on the screen in front of you an image of you, slave, is going to appear.

I am going to describe it, but it will not appear until I tell you. When it does, you will see yourself laying on the floor on a blanket or a pillow or a towel on the floor next to a chair [or couch] that I am sitting in.

The you that you see will be happy and comfortable, she will be wearing a little collar and either loose comfortable clothes or she will be completely naked. Except for the collar.

You can take a moment now, the image is forming on the screen and when I count to three it will be perfectly clear to you.

ONE

You can already see some of the details forming.

TWO

Your form and image on the screen will be clear and you will see yourself in the near future happy and enslaved on the floor next to me.

THREE

You can see yourself there, comfortable, happy on the floor at my feet.

I want you to take a good look at the image and tell me honestly, which part makes you most happy to be there: the fact that you are finally and truly ready for your slavery now? Or, the fact that I have finally found the perfect willing slave for myself?

[Another great double-bind]

It is now time to bring you out of your trance. You have already accepted yourself as the slave you are and are ready to continue and increase your sexual exploration of the natural slave you are.

Over the coming days and weeks you will take time to enjoy being a slave more and more. It will become more natural and right for you. You will ask me to repeat this trance [or will listen to it as a file] regularly.

If more than a few days pass during the first month after I put you through this trance without us revisiting it you will feel increasingly uncomfortable physically and emotionally until we go back through it again. The need to hear this over and again will be very very strong in you for the first 30 days after you first hear all of this, then that need will slowly fade as the things you learned here become more and more the complete and total you.

It is now time to bring you out of your trance. You have already accepted yourself as the slave you are and are ready to continue and increase your sexual exploration of the natural slave you are.

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need will slowly fade as the things you learned here become more and more the complete and total you.

It is time for me to bring you out of your trance, when I do you will wake up as my slave, you will remember being who you used to be and will still be able to function as that person as you need to, but normally and naturally you will be more and more just the happy girl who is my slave, more and more you will be the girl who is happy to be my slave.

It is time for me to bring you out of your trance, when I do you will wake up as my slave, you will remember being who you used to be and will still be able to function as that person as you need to, but normally and naturally you will be more and more just the happy girl who is my slave, more and more you will be the girl who is happy to be my slave.

I am going to count to five now and when I reach five you will open your eyes, awake as my slave, open and ready to continue your natural role as my slave.

ONE

You are ready to accept your role as my slave, and will only open your eyes when I get to the last number and you have completely accepted your role as my happy slave.

TWO

When you open your eyes, once I get to the last number, and as soon as you see me you will either whisper very clearly or say completely out loud the word "Master".

THREE

When I get to the last number and you come out of your trance, you will feel surprisingly comfortable and happy and will continue that way on and off all of the time as the things you have learned about you slip into place in your mind, body or memory.

FOUR

You are ready to accept your role as my slave, and will only open your eyes when I get to the last number and you have completely accepted your role as my happy slave.

When you open your eyes, once I get to the last number, and as soon as you see me you will either whisper very clearly or say completely out loud the word "Master".

Ready and happy to obey me.

FIVE

[and listen for her to cement herself to you as she whispers or says Master]



### **Note on the next four scripts:**

*Oral Addiction, Sex Dreams, Pain Arousal* and *Need For More* are mini-scripts. They require an induction in place already, but after that can be used to have a lot of fun, either as stand alone sessions, or in conjunction with others.

### **Oral Addiction**

[This little script is cute but can be tricky if you don't give the girl a small release valve. I have given this script to several people who have left out the safety value portion that lets the girl out of it when you are not available - I would not recommend that because an addict who cannot get her drug of choice, will find another drug, even if it is not as good. I suggest that unless you are in a committed relationship, you leave the actual addiction language out of this script, and that if you are going to use it, you discuss it first with your partner and get her consent. Anything else would just be wrong].

[Be sure she is deeply in her trance]

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace and focused only on the sound of my voice, no other sounds will distract you, no other sounds will be important to you.

When you come out of this trance, you are going to be more properly addicted to performing oral sex, to sucking off my cock, you are comfortable with the idea, and to be honest, will be surprised by the strength of the addiction.

You know that you enjoy the taste of my cock in your mouth, the feel of it against your lips. There is something naughty about having your face near my groin, your tongue touching me there.

In the secret parts of your mind you have always known that this is natural and enjoyable for you, but now we are going to help you find the obsession for it in you.

You have always had little failures or obsessions or insecurities, and they will now find release in sucking me off, in the taste of my cock, in the texture of my cum.

When you come out of this trance, you are going to be more properly addicted to performing oral sex, to sucking off my cock, you are comfortable with the idea, and to be honest, will be surprised by the strength of the addiction.

You know that you enjoy the taste of my cock in your mouth, the feel of it against your lips. There is something naughty about having your face near my groin, your tongue

touching me there.

In the secret parts of your mind you have always known that this is natural and enjoyable for you, but now we are going to help you find the obsession for it in you.

You have always had little failures or obsessions or insecurities, and they will now find release in sucking me off, in the taste of my cock, in the texture of my cum.

You are going to find that you not only enjoy the taste of my cock in your mouth, the texture of it rubbing and sliding across your tongue, my smell in your nose, you will find that you just can't get enough of it, and that you can actually cum from sucking on me.

Even as I speak a link is being reinforced between your tongue and your clit. When I am aroused, everything you feel on your tongue you will also feel on your clit.

When my cock touches your tongue you will feel it in your clit, when my cock pushes between your lips you will feel it pressing your pussy open, as it slides into your mouth you will feel it filling your cunt.

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When my cock touches your tongue you will feel it in your clit, when my cock pushes between your lips you will feel it pressing your pussy open, as it slides into your mouth you will feel it filling your cunt.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

During the day, when you have nothing else important to think about you will find that your thoughts automatically and irresistibly turn to thinking about going down on me, taking my cock in your mouth. When you do you will find your mouth watering, and you may feel more than a little naughty, which will just make you think about it more and more.

Whenever you have to kneel for any reason, or bend over for anything, the idea of kneeling or bending before me will come to mind and arouse you, guiding you to thinking about taking my cock, into your mouth.

During the day when you get hungry the first thing you will think about putting in your mouth will be me, my cock. When you do put food in your mouth and it passes your lips and touches your tongue you will feel a tingle in your pussy, in your clit and become aroused thinking about my cock.

You can still do the things you need to do during the day, but more and more you are finding that your default thoughts, the thoughts your mind turns to whenever you have nothing really important to think about you will find that your thoughts are always thoughts about my cock between your lips, the smell of my body turning you on, the taste of my cum in your mouth and it will excite you.

Whenever you are upset and unconsciously need comfort you will find it only by sucking on my cock. You will find that you are unable to reach for food for comfort. You will not be able to smoke [use this only for smokers] or drink alcohol. Only sucking me off, taking my cock into your mouth and so feeling it in your pussy, will make you feel better.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace, though at the end of this session you will be extremely aroused and ready and eager to suck me off.

You know how addicts act, at first they just need what they are addicted to, and then if they don't get it they really, really need it, become obsessed with getting it, will do anything for it. Nothing else is important until they can have what they are addicted to. Even when they aren't in super need yet, they will always take what they are addicted to if it is offered to them, and when they do need it, only getting what they need matters.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

When an addict doesn't get what they need over the course of a day, they begin to feel physically uncomfortable, they may begin to get upset and even physically ill, and longer they go, the worse it becomes until they absolutely have to have what they are addicted to right away, now! If not, they feel like they are going to die.

When they do get it, they are relieved and happy again until they need it later.

From now on you are an oral addict for me. Addicted to sucking me off.

Whenever you are upset and unconsciously need comfort you will find it only by sucking on my cock. You will find that you are unable to reach for food for comfort. You will not be able to smoke [use this only for smokers] or drink alcohol. Only sucking me off, taking my cock into your mouth and so feeling it in your pussy, will make you feel better.

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When they do get it, they are relieved and happy again until they need it later.

You are an oral addict for me. Addicted to sucking me off each day, more often if I agree. You are so addicted, the links between your clit and your tongue, between your mouth and your pussy are so strong, that you can easily cum, over and again, every few minutes, by going down on me. Powerful and intense orgasms.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

If, for whatever reason, we cannot be together on a certain day for you to service your addiction, if it is truly impossible for you to come to me, then the addiction will remain under control, you will still need to, but you will be able to manage to function without tasting me in your mouth.

If it not impossible, then you will not be able to decide to stay away, your need to seek out my cock, to suck on the need will grow stronger and stronger during the day, until you will be able to think about nothing else but it's taste, it's touch, having it in your mouth, hungry for it, desperate for it, until you can finally find relief in sucking on me, taking me into your mouth, sucking insanely on me until I cum.

When an addict doesn't get what they need over the course of a day, they begin to

feel physically uncomfortable, they may begin to get upset and even physically ill, and longer they go, the worse it becomes until they absolutely have to have what they are addicted to right away now. If not, they feel like they are going to die.

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This is your addiction, and we are going to reinforce it now.

When you come out of this trance you will have an immediate, compulsive need to have me inside your mouth. You will not think, you will not be able to think, your body will move on its own, like an addict does, you are an addict. When you come out of this trance your body will move so your head is in front of me, your mouth will seek out my cock. You will be starving and desperate for it, no thoughts in your head, just a deep driving need, from far down inside of you, an insane overwhelming need to suck me off.

You have always had little failures or obsessions or insecurities, and they will now find release in sucking me off, in the taste of my cock, in the texture of my cum.

You are going to find that you not only enjoy the taste of my cock in your mouth, the texture of it rubbing and sliding across your tongue, my smell in your nose, you will find that you just can't get enough of it, and that you can actually cum from sucking on me.

Even as I speak a link is being reinforced between your tongue and your clit. When I am

aroused, everything you feel on your tongue you will also feel on your clit.

When my cock touches your tongue you will feel it in your clit, when my cock pushes between your lips you will feel it pressing your pussy open, as it slides into your mouth you will feel it filling your cunt.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

During the day, when you have nothing else important to think about you will find that your thoughts automatically and irresistibly turn to thinking about going down on me, taking my cock in your mouth. When you do you will find your mouth watering, and you may feel more than a little naughty, which will just make you think about it more and more.

Whenever you have to kneel for any reason, or bend over for anything, the idea of kneeling or bending before me will come to mind and arouse you, guiding you to thinking about taking my cock, into your mouth.

During the day when you get hungry the first thing you will think about putting in your mouth will be me, my cock. When you do put food in your mouth and it passes your lips and touches your tongue you will feel a tingle in your pussy, in your clit and become aroused thinking about my cock.

You can still do the things you need to do during the day, but more and more you are finding that your default thoughts, the thoughts your mind turns to whenever you have nothing really important to think about are always thoughts about my cock between your lips, the smell of my body turning you on, the taste of my cum in your mouth and it will excite you.

Whenever you are upset and unconsciously need comfort you will find it only by sucking on my cock.

You will find that you are unable to reach for food for comfort. You will not be able to smoke [use this only for smokers] or drink alcohol. Only sucking me off, taking my cock into your mouth and so feeling it in your pussy, will make you feel better.

You are in a deep and unbreakable trance, unable and unwilling to wake up. You are calm, relaxed and at peace, though at the end of this session, you will be extremely aroused and ready and eager to suck me off.

You know how addicts act, at first they just need what they are addicted to, and then if



they don't get it they really, really need it, become obsessed with getting it, will do anything for it. Nothing else is important until they can have what they are addicted to. Even when they aren't in super need yet, they will always take what they are addicted to if it is offered to them, and when they do need it., only getting what they matters.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

When an addict doesn't get what they need over the course of a day, they begin to feel physically uncomfortable, they may begin to get upset and even physically ill, and longer they go, the worse it becomes until they absolutely have to have what they are addicted to right away, now! If not, they feel like they are going to die.

When they do get it, they are relieved and happy again until they need it later.

From now on you are an oral addict for me. Addicted to sucking me off.

Whenever you are upset and unconsciously need comfort you will find it only by sucking on my cock.

You will find that you are unable to reach for food for comfort. You will not be able to smoke [use this only for smokers] or drink alcohol. Only sucking me off, taking my cock into your mouth and so feeling it in your pussy, will make you feel better.

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agree. You are so addicted, the links between your clit and your tongue, between your mouth and your pussy are so strong that you can easily cum, over and again, every few minutes, by going down on me. Powerful and intense orgasms.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

If, for whatever reason, we cannot be together on a certain day for you to service your addiction, if it is truly impossible for you to come to me, then the addiction will remain under control, you will still need to, but you will be able to manage to function without tasting me in your mouth.

If it not impossible, then you will not be able to decide to stay away, your need to seek out my cock, to suck on it will grow stronger and stronger during the day until you will be able to think about nothing else but it's taste, it's touch, having it in your mouth, hungry for it, desperate for it, until you can finally find relief in sucking on me, taking me into your mouth, sucking insanely on me until I cum.

When an addict doesn't get what they need over the course of a day, they begin to feel physically uncomfortable, they may begin to get upset and even physically ill, and longer they go, the worse it becomes until they absolutely have to have what they are addicted to right away, now! If not, they feel like they are going to die.

When they do get it, they are relieved and happy again, until they need it later.

You are an oral addict for me. Addicted to sucking me off each day, more often if I agree. You are so addicted, the links between your clit and your tongue, between your mouth and your pussy are so strong that you can easily cum, over and again, every few minutes, by going down on me. Powerful and intense orgasms.

You will not consciously remember the details of this trance, and you will never consciously try to remember the details of our trances, but your mind and body will continue to respond to what you learn about yourself, what I reveal about you, in them, and you will continue to enjoy them, to seek them out for both of us.

If, for whatever reason, we cannot be together on a certain day for you to service your addiction, if it is truly impossible for you to come to me, then the addiction will remain under control, you will still need to, but you will be able to manage to function without tasting me in your mouth.

If it not impossible, then you will not be able to decide to stay away, your need to seek out my cock, to suck on it will grow stronger and stronger during the day until you will

be able to think about nothing else but it's taste, it's touch, having it in your mouth, hungry for it, desperate for it, until you can finally find relief in sucking on me, taking me into your mouth, sucking insanely on me until I cum.

This is your addiction, and we are going to reinforce it now.

When you come out of this trance you will have an immediate, compulsive need to have me inside your mouth. You will not think, you will not be able to think, your body will move on its own, like an addict does, you are an addict. When you come out of this trance your body will move so your head is in front of me, your mouth will seek out my cock. You will be starving and desperate for it, no thoughts in your head, just a deep driving need, from far down inside of you, an insane overwhelming need to suck me off.

You don't know and don't care why you are obsessed, addicts can't and don't think about those things, you just are, they just are.

I am going to count to five and as I do your obsession is going to grow, the links between your clit and your tongue, your mouth and pussy will get even stronger and, when you wake from this trance, you will have no thoughts, just a desperate need for my cock and cum in your mouth a burning need that will continue until I cum.

When I finally cum, you will experience an explosive orgasm that will begin in your pussy and burn up through you, exploding in your brain, causing you to shake and tremble uncontrollably as wave after wave of pleasure rip through you.

This is your addiction, and we are going to reinforce it now.

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You will not think, you will not be able to think, your body will move on its own, like an addict does, you are an addict. When you come out of this trance your body will move so your head is in front of me, your mouth will seek out my cock. You will be starving and desperate for it, no thoughts in your head, just a deep driving need, from far down inside of you, an insane overwhelming need to suck me off.

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When I finally cum, you will experience an explosive orgasm that will begin in your pussy and burn up through you, exploding in your brain, causing you to shake and tremble uncontrollably as wave after wave of pleasure rip through you.

ONE

Your mouth is beginning to water and your pussy is swelling, getting wet.

TWO

Each day your addiction is going to grow, stronger and stronger, each time you see me or any other man your addiction to my cock will grow stronger.

When you wake from this trance you will have no thoughts, just an obsessive need to get your mouth on my cock, to taste it, to make me cum.

FOUR

Your mouth and pussy, your tongue and clit, are now permanently linked. Your nipples and clit are growing swollen and hard, super-sensitive and you are getting insanely aroused, and

FIVE

Come suck me off

## **Sex Dreams**

[This little number can be fun to read into a file and to listen to yourself, modifying it as needed, as well as reading it to your girl]

We are going to make a change, in how you dream. As you know, every person dreams every night, but most of the time they do not remember the details of their dreams.

Tonight, and every night, you are going to have very erotic dreams. The stresses and problems, good things and successes of your day will all cause your dreams tonight and every night to be filled with you having sex, in one way or another, with the person who turns you on the most, in the way that turns you on the most.

During your dreams you will feel what is happening in the dream happening on your body, it will be completely real, yet you will not wake until the end.

During the dreams you will feel yourself in the sex acts you are dreaming about, your sleeping body will become irresistibly aroused, super turned on, your hands will unconsciously find your nipples, they will find their way down between your legs and you will grow more aroused, unable to wake, but getting into the sex in your dreams more and more until you can't stand it any more and your dream becomes so real that it makes you cum.

As the orgasm explodes through your body you will wake, finally wake, cumming and remembering all of the details of your dream, clearly as if you had just had sex there in your bed.

Tonight, and every night, you are going to have very erotic dreams. The stresses and problems, good things and successes of your day, will all cause your dreams tonight and every night to be filled with you having sex, in one way or another, with the person who turns you on the most, in the way that turns you on the most.

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As the orgasm explodes through your body you will wake, finally wake, cumming and remembering all of the details of your dream, clearly as if you had just had sex there in your bed.

When you wake from this trance you will not consciously remember the details of it, and you will never try to consciously remember the details of your trances, but as you get comfortable in bed tonight, your subconscious mind will remember what is coming and prepare for it and, tonight, you will have these intense dreams full of intense sex, with the person who turns you on the most, until you wake cumming.

Tonight, and every night, you are going to have very erotic dreams. The stresses and problems, good things and successes of your day, will all cause your dreams tonight and every night to be filled with you having sex, in one way or another, with the person who turns you on the most, in the way that turns you on the most.

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When you wake from this trance you will not consciously remember the details of it, and you will never try to consciously remember the details of your trances, but as you get comfortable in bed tonight, your subconscious mind will remember what is coming and prepare for it and, tonight, you will have these intense dreams full of intense sex, with the person who turns you on the most, until you wake cumming.

[Either wake them from the trance, or have them fall asleep for the night, or continue with the rest of your session, just remember when they are moaning you awake at night, you brought the sleeplessness on yourself !]

## **Pain Arousal**

[This is another short one, and it can be modified to suit your specific needs. I have played with several variations of this script and this one seems to get the most attention in the BDSM community. Interestingly enough, girls approach me about it more than their guys do, and have a preference for it the way it is, but you can limit it to spanking, or pretty much any pain]

Now, we are going to build some new links in your body and brain. As you know, all of the different parts and feelings in your body are linked together through your nervous system and your brain.

Here, in the chair at the top of the stairs, we are going to make some changes in how your body reacts to light and intense pain.

From now on, whenever you feel the snap or slap of a flogger or belt against your ass, or anywhere, the feeling will instantly be transmitted to your clit and to your pussy. Any time that you feel the slap of a flogger or belt against your ass or back, your breasts or nipples, that feeling will instantly be transmitted to your clit and pussy as a sharp explosion of pleasure.

From now on, whenever you feel the snap or slap of a flogger or belt against your ass, or anywhere, the feeling will instantly be transmitted to your clit and to your pussy. Any time that you feel the slap of a flogger or belt against your ass or back, your breasts or nipples, that feeling will instantly be transmitted to your clit and pussy as a sharp explosion of pleasure.

You will become more intensely aroused, the longer the flogging or beating goes on.

Any time that you feel the slap of a flogger or belt against your ass or back, your breasts or nipples, that feeling will instantly be transmitted to your clit and pussy as a sharp explosion of pleasure.

After the flogger or belt have slapped you three or four times your arousal will increase, more and more, with each slap, building and building, turning you on more and more, making your clit swell, your pussy fill, forcing your legs apart wider and wider as your clit and pussy swell, by the sixth slap you will be so hot, so ready to cum that you will begin to moan and by the eighth slap or snap a burning orgasm will explode through your body, up through your pussy and belly, into your chest and ripping through your brain.

And then the count will start over. Getting you ever more aroused as long as the pain, each new slap continues, each seven or eight slaps or snaps of the flogger or belt making you cum harder, harder than the last.

Links are building in your brain and body between the most intense orgasms you have

ever had, the ones that arched your back and curled your toes, the ones that made you cry out and left you super-sensitive, links are being formed between these orgasms and being beaten with a flogger or a belt, and the orgasms are being increased in strength, several times stronger, almost too strong for you to take.

Even as I speak you can feel the links building.

Tell me, do you feel them building in all of your body at once? Or are they building in your pussy first and then spreading outward into the rest of our body and brain?

[wait for her answer to this double bind]

From now on, whenever you feel the snap or slap of a flogger or belt against your ass or anywhere the feeling will instantly be transmitted to your clit and to your pussy.

Any time that you feel the slap of a flogger or belt against your ass or back, your breasts or nipples, that feeling will instantly be transmitted to your clit and pussy as a sharp explosion of pleasure.

You will become more intensely aroused, the longer the flogging or beating goes on.

Now, on the screen in front of you an image of you is going to appear. You are going to be naked, with your hands tied loosely over your head. I am going to be there with a flogger or belt in my hand and I am going to beat or flog you to orgasm. What you feel on the screen you will feel here in this room with me as well and it will not scare you, in fact it will excite you insanely.

Let the image form. I want you to take a good look, you are standing there naked, but comfortable and feeling safe.

I am there with you and am holding the one that excites you more, a flogger or a belt. I want you to take a good look and tell me, which is it, a flogger or a belt?

[pause for her answer and insert it where I use one or the other in brackets below]

In a moment, I am going to begin a short, eight count beating [flogging] When I get to the eighth snap of the belt [flogger] you are going to have a very strong orgasm both on the screen and here with me.

You will feel everything you feel on the screen. Each time the flogger [belt] hits you on the screen, the feeling will be transmitted to your clit and your pussy.

Every time it hits you will feel a slap of electric pleasure on your clit, deep inside your pussy. Every slap will arouse you more, by the third you will be really aroused, but the sixth you will be ready to cum and by the eighth the orgasm will explode through your



body like fire!

With every number I say up until eight, you will see me and feel me hit you with the belt [flogger].

You have a few seconds to prepare, tell me when you are ready for your first beating to orgasm, you can wait up to 10 seconds to be ready.

[pause for her to say "OK"]

Here we go, watch as I hit you the first time:

ONE [pause]

good you can feel the stinging in your pussy and clit.

TWO [pause]

I can see you getting aroused, and can tell your pussy is swelling.

THREE [pause]

You are beginning to squirm and I can see it is getting harder to keep your legs together, on the screen in front of you, you can see how insanely aroused you are.

FOUR [pause]

Getting harder to be still, as you feel the stinging in your skin and in your swollen pussy and clit.

FIVE [pause]

You are getting close now, the fire is beginning to build inside.

SIX [pause]

I can see that you are so close and fighting it but can't.

SEVEN [pause]

You are learning to love watching the belt [flogger] as it slaps into your bare ass and I know you are about to cum but will stay in your trance when I say...

EIGHT

CUM!

[pause and wait for her to finish]

Very good, the links are burned into you now, permanently a part of your mind and

body now.

From now on, any time that you feel the slap of a flogger or belt against your ass or back, your breasts or nipples, that feeling will instantly be transmitted to your clit and pussy as a sharp explosion of pleasure.

After the flogger or belt have slapped you three or four times your arousal will increase, more and more, with each slap, building and building, turning you on more and more, making your clit swell, your pussy fill, forcing your legs apart, wider and wider, as your clit and pussy swell, by the sixth slap you will be so hot, so ready to cum that you will begin to moan and by the eighth slap or snap a burning orgasm will explode through your body, up through your pussy and belly, into your chest and ripping through your brain. And then the count will start over. Getting you ever more aroused as long as the pain, each new slap continues, each seven or eight slaps or snaps of the flogger or belt making you cum harder, harder than the last.

As you come out of this trance, and for the several moments after you have all of these experiences and needs, all of these body and mind responses will settle themselves in your psyche. It may take up to half a minute. You won't say anything when you come out of your trance until they do. Once you say your first word after this trance the things we have done in this trance, the experience you have had, the changes we have made, will become permanently and irresistibly fixed in your mind and body.

Every time you speak or say even one word, make a single sound, they will be permanently and irresistibly fixed as a part of you forever.

Links are built and permanent in your brain and body between the most intense orgasms you have ever had, the ones that arched your back and curled your toes, the ones that made you cry out and left you super-sensitive, links are being formed between these orgasms and being beaten with a flogger or a belt, and the orgasms are being increased in strength, several times stronger, almost too strong for you to take.

Even as I speak, you can feel the finished connections solid in your body and mind.

You are now a pain slave, a girl who's very nature is to cum from being flogged [beaten] and when I wake you from this trance you will be ready and eager to experiment with these feelings here with me now and anytime I want to.

Links are built and permanent in your brain and body between the most intense orgasms you have ever had, the ones that arched your back and curled your toes, the ones that made you cry out and left you super-sensitive, links are being formed between these orgasms and being beaten with a flogger or a belt, and the orgasms are being increased in strength, several times stronger, almost too strong for you to take.

Even as I speak, you can feel the finished connections, solid in your body and mind.

You are now a pain slave, a girl who's very nature is to cum from being flogged [beaten] and when I wake you from this trance you will be ready and eager to experiment with these feelings here with me now and anytime I want to.

As you come out of this trance, and for the several moments after you have all of these experiences and needs, all of these body and mind responses will settle themselves in your psyche. It may take up to half a minute. You won't say anything when you come out of your trance until they do. Once you say your first word after this trance the things we have done in this trance, the experience you have had, the changes we have made, will become permanently and irresistibly fixed in your mind and body.

Every time you speak or say even one word, make a single sound, they will be permanently and irresistibly fixed as a part of you forever.

When I count to three you will awaken from this trance, unable to consciously remember any of the details of it, but ready to obey and enjoy sexual pain in your new role as a pain slave.

When I count to three, you will come out of your trance and for the several moments after you have all of these experiences and needs, all of these body and mind responses will settle themselves in your psyche. It may take up to half a minute. You won't say anything when you come out of your trance until they do. Once you say your first word after this trance the things we have done in this trance, the experience you have had, the changes we have made, will become permanently and irresistibly fixed in your mind and body.

Once you have, once you are ready to speak, the first thing you will say will be, "I want you to hurt me."

You won't remember being told to say it, but you will mean it when you do.

Saying that will make you feel strangely safe, and very excited. It will make you eager to please.

When I count to three, you will come out of your trance and for the several moments after you have all of these experiences and needs, all of these body and mind responses will settle themselves in your psyche. It may take up to half a minute. You won't say anything when you come out of your trance until they do. Once you say your first word after this trance the things we have done in this trance, the experience you have had, the changes we have made, will become permanently and irresistibly fixed in your mind and body.

Once you have, once you are ready to speak, the first thing you will say will be, “I want you to hurt me.” You won't remember being told to say it, but you will mean it when you do.

Saying that will make you feel strangely safe, and very excited. It will make you eager to please.

ONE

TWO

THREE

[Be sure to give her time to adjust and to speak first. It may take a minute or two.]

## **Need For More**

[This is a really short one, but it can be fun and can be modified as needed]

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and are listening only to the sound of my voice.

No other sounds will distract you, and no other sounds will be important to you. You are just calm and at peace and focused on me.

You enjoy the intimacy of being in a trance, and the intense attention you get, being just one-on-one with me when you are in a trance, and from now on, when things are quiet and we are looking for something for us to do, you will feel comfortable and ask to be put into a trance.

This can happen several times a day, or maybe just once a day. Either way is up to you.

You are in a deep and unbreakable trance, unwilling and unable to wake up. You are calm, relaxed and at peace and are listening only to the sound of my voice.

No other sounds will distract you, and no other sounds will be important to you. You are just calm and at peace and focused on me.

You enjoy the intimacy of being in a trance, and the intense attention you get, being just one-on-one with me when you are in a trance, and from now on, when things are quiet and we are looking for something for us to do, you will feel comfortable and ask to be put into a trance.

This can happen several times a day, or maybe just once a day. Either way is up to you.

Since you enjoy the intimacy of hypnosis and since you enjoy the things we do when you are in a trance, do you think you will be asking me to bring you into one daily because of the desire for deeper intimacy? Or will you be asking me daily because what we do when you are in trance excites you so much?

[pause and wait for the answer and the double-bind to take].

Terrific ! Just as I thought ! [I know, but it is a good general answer, even if it works both ways and may not exactly be true].

And then take her out of her trance.

Additional scripts will be available at the [www.Relyfe-Online.com](http://www.Relyfe-Online.com) website beginning December 10,

2017, with new scripts being added several times a month.

I have recently begun using a gestalt audio file technique which uses human and automated voices along with subliminals to achieve stunning results. As I note above, the conscious mind cannot resist what it doesn't know it's hearing. This is proving to be particularly true with the gestalt method files.

Beginning on December 20th, most of the scripts appearing in this book and on the Relyfe site will be available as instant download MP3 audio files at [www.XaxisBooks.com](http://www.XaxisBooks.com). (The one in this books are available there now).

Most of the written material at the Relyfe site will remain free. Material at XaxisBooks is either free or available for a nominal fee.

There is a free erotic dreams file there now based on the script appearing in this book, and every December 1st there will be free Christmas deals there, offerings of various of my audio works and gestalt files, for as many years as Xaxis will allow me to play in their yard.

## **Chapter 4**

### **Relyfe Programming**

*"Happiness is beneficial to the body, but it is grief that develops the powers of the mind."*

– Marcel Proust, *The Secret Cheat Game*

–

Relyfe Programming is the art and science of creating a subconscious program, one designed to run permanently in the back of a hypnotic subject's mind for the purpose of accomplishing a desired objective.

In sex play, Relyfe allows the hypnotist to change sexual attitudes, sexual interests, the focus of desires and even the subject's physical reactions permanently, actually causing their mind and body to believe that she has ALWAYS felt and/or reacted in the desired way. These changes can be as dramatic as the hypnotist wishes, and in most cases their effects can be immediate.

Relyfe produces its results by combining several tried and tested hypnotic techniques - as well as a few new ones - in a unique approach to change. It was originally developed to act as a way to stop, to interrupt, psychological pain immediately, in order to allow clinicians and therapists to prevent unnecessary suffering until underlying problems could be rooted out and addressed.

In most psychological treatment models, patients can take years or even decades to identify and address the source of serious problems. Even the most competent and dedicated psychologists and therapists can be stymied by a patient's lifetime of emotional/psychological problems. Those years and decades of therapy - if the patient has the... er... ah.... patience to continue treatment that long - without relief often leave the patient, and the therapist, feeling helpless to put an end to the suffering, even when real, if slow, headway is truly being made.

Relyfe Programming, when successfully used, stops the hurt so that the healing can begin.

Reread that last sentence, it sounds trite, but in this case it's true. Hmm, trite and true. My English professor is spinning in his grave right now.

Relyfe, representing a programming method for the mind and body, can be First Aid for the soul.

Years ago I took a combined First Aid and Senior Life Saving course as the first step to becoming a certified Water Safety Instructor. The man teaching the class was a crusty old fellow who had been a combat medic in two wars (WWII and Korea). Leaving the service he became an Emergency Medical Technician in Columbus, Ohio, and taught everyone from pimpled faced aspiring life guards to fellow EMT's and even trauma surgeons, and he made it clear that the world's best hospitals & surgeons cannot repair a patient who dies in the field.

He pounded, constantly, on the three B's of lifesaving: Breathing, Beating and Bleeding.

"See if they're breathing, keep their hearts beating and stop the bleeding!!!"

All three of these effect the other, and he once told the story of man he knew who was so fixated on CPR that he didn't notice that every time he pressed the patient's chest he was pushing copious amounts of blood out through the gash in his leg. Through prodigious effort the man's heart was restarted, he started breathing, and then died two minutes later because of excessive blood loss.



The bleeding has to stop in order for the heart to go on beating, for the surgeon to have time to repair the damage and for the patient to have time to heal.

Relyfe is designed to stop the bleeding in order to keep the subject breathing, to keep her heart beating.

A psychologist friend of mine reached out to me in the late mid-1990's. She had been rather annoyed with me for several years because I was still a bit of a child the last time we met, and I had proven this by acting like one. I was most certainly the last person she wanted to seek help from, even informal help, but she had nowhere to turn with this one, she's run out of options.

Her daughter, we'll call her Kim, was in treatment for self-mutilation. She was a cutter, and had light marks all up and down her the inside of her forearms to prove it.

Recently, she had begun working on the inside of her thighs and, in the process, had put herself in the hospital with a severe staph infection, one that she hid from her family for weeks until it almost killed her.

Kim's mom, my somewhat ambivalent friend, had tried pretty much every conventional therapy, which had produced nothing more than "I do it because the pain makes me feel...".

The only thing meaningful that six years of therapy had produced was that one sentence. Several times, said in myriad ways, mind you, but still essentially just that one sentence.

Hypnosis had been tried in the past, but the effects of being told directly in a trance that she wouldn't cut herself and would tell her mother when she felt like cutting herself lost out, over and again, to a lifetime of not trusting her mother to help with this (few teenagers actually believe their muutherrrr should be kicking around in the secret corners of their mind) and wanting to feel something, anything. The hypnosis practicing psychiatrist had told Kim's mother that her little girl was a poor hypnotic subject and blamed the failure of his work on the fact that she was "clearly unable to achieve a deep trance."

I was working through a problem of my own at the time. My ex-wife had inspired a serious problem with financial panic attacks which were effectively destroying my life and so I was brushing up on hypnotic theory subject in order to pursue that most perilous and ill-advised of vices: self-treatment. I had just helped another fine young lady in Indiana and was riding the emotional wave of that success, ready to take on the world, or at least another project.

Kim's mom had remembered me saying once, rather glibly, that anyone could be put in a deep trance if the hypnotist actually knew what he was doing, and she called me to ask if this was true.

I, still being somewhat glib, told her that of course it was, and we arranged to have lunch. I suspect that in a secret part of my mind I enjoyed the prospect of her needing me for something.

A planned hour lunch turned into a full afternoon of conversation filled with surprising revelations about the problems Kim's parents had while they were still together and the incredible pressures Kim and her ex-husband had put on their three children to achieve, pressures both had later come to regret.

I agreed to talk with both Kim and her mother and the following Saturday. With her mother present (neophyte's mistake, one I never made again, but at least it turned out to be harmless this one time, Mothers do not need to hear answers to the kinds of questions that are often asked of their children in hypnosis), I put then 17 year old Kim into a very deep trance, very easily (she was a terrific subject from the beginning, I don't understand some hypnotists).

I have found that one of the truest tests of the depth of a trance is hypnotic amnesia. If you repeatedly

tell a subject that they will not remember, and will not ever try to remember, the details of their trance, even if you tell them to, and once they wake they have no conscious recollection of it, you had a deep trance.

Kim was in a deep trance. While she was in it, I made inquiries into the reasons for her mutilation, and asked what she meant about pain making her feel... I learned nothing. While I cannot prove it, I believe that six years of dodging the question had given her the ability to hide the answer from direct inquiry.

I tried several tried and true - as opposed to trite and true - methods. Age regressing, indirect suggestion, post-hypnotic compulsions and eventually produced nothing. Again.

We took a break and I spoke with conscious Kim and asked her a question no one apparently had before: Do you want, truly want, to stop cutting yourself?

Kim is as chatty an adolescent as I have met. My question stopped her cold.

I probed deeper and it turned out that she knew she SHOULD want to stop. Knew her mother and doctors wanted her to stop and even knew that the infection she had hidden - hidden because she was trying to hide her renewed cutting from her Mom - could have killed her, but she just didn't really WANT to stop. It wasn't that she particularly wanted to continue, but she didn't really want to stop, either. Cutting helped her feel, when she didn't think she could otherwise and she wanted to go on feeling.

We all agreed that she SHOULD stop, NEEDED to stop, but she didn't WANT to stop.

People typically don't change unless they want to. We needed Kim to want to stop.

I asked for a week to think things through. During that week I realized that I couldn't just tell her in trance that she wanted to quit. She didn't and sooner or later, no matter how much I reinforced a post-hypnotic suggestion telling her that she did, it wouldn't be true and she had at least six years worth of memories telling her it wasn't.

Memory, as I mention earlier in this book, is a strange thing. Memories are triggered thousands of times a day without our conscious thought. In order to change how Kim perceived cutting herself, I was going to have to either take the time to address every memory she had of doing so, and then address every connected memory created by every time a memory of cutting herself was triggered, and then address every memory connected to that those memories (a time intensive investment to be sure) or I was going to have to find some way for her to do all of that herself (the lazy man's way out). She easily have tens of thousands of related memories lurking in the recesses of her mind that could reassert themselves and then the needs that caused her old behavior patterns would eventually reemerge.

Realizing the task of rooting out all of those memories would be impossible I chose to be lazy (though to be honest, I probably would have chosen to be lazy, in any event) and I designed a truly effective Relyfe Program.

The following Saturday, Kim and I, sans her mother, but while being videotaped - hey, a man in his 30's, putting a pretty and vulnerable 17 year old into a trance that she is going to be unable consciously remember, NEEDS to video tape his actions for his own protection - and we attacked the problem.

I put in place a program that started with her age regressed to 6 years of age, well before the cutting started, and there in discussed with her how she felt about OTHER people cutting themselves? "Yucky" was the most gentle thing she said. Six year old Kim also told me that people who would do that were stupid and when I asked her what she would say to people who want to cut themselves, she said to tell

them to "get over themselves" and that they were being "disgusting".

I then put in place a post-hypnotic suggestion, using both direct and indirect methods, telling her that every time she thought about anyone, anyone at all, cutting themselves she would whisper inside her head that what they were thinking about doing was "yucky", "stupid" and "disgusting" and that they didn't need to do it, not even to feel. I then linked these words, yucky, stupid and disgusting, to specific things that her little 6 year old mind considered to be yucky (liver), stupid (talking back to teachers) and disgusting (what you see when mommy is changing baby sister's diapers).

This suggestion was to be triggered whenever she thought about anyone cutting themselves, and whenever she saw anyone handling anything they might cut themselves with.

A second post-hypnotic suggestion told her to be surprised that she or anyone might actually do anything like cutting themselves, and to realize that no one, no one at all, needed to do anything like that anymore.

This PHS also constituted a self-reinforcing loop, and to further lock it in place, I placed a post-hypnotic suggestion that would cause these earlier suggestions to be reinforced every single time she walked through the front door of any building until she was old enough to drink legally.

Next, she received a self-reinforcing post-hypnotic suggestion that released in her the same sense of "feeling" that she had when she was cutting herself whenever she thought about, and didn't engage in, cutting herself. Once she made the decision not to cut she would experience the same feeling of mild emotional discomfort that cutting herself created.

Finally, I left her with a PHS that told her that once she realized she didn't need to cut herself anymore to feel, she would know what it was that was driving her to need to feel in that way, that she'd then be able to release it forever, to feel like a "normal" person does.

I conducted the session slowly. We took two breaks and it lasted almost six hours, total time in trance. I had to change tapes!

Afterward, I gave her a compact disk with a 45 minute long reinforcing .wav file (this WAS a while back) that would help refresh what she had learned in her sessions, all of the post-hypnotic suggestions, because the programming I had put in place was complex, and memory is not perfect. I was worried at the time that this was too complex for a single session and that it would be difficult for her subconscious mind to assimilate everything that we needed for her to. Repetition perfects recall of complex instructions in the same way that it does recall of song lyrics.

She listened to the .wav file three times over two weeks, to be safe. Later experience tells me that this was probably not necessary, but I was still learning.

Kim has not cut herself since our marathon session. Her mind has a lifetime of confabulated memories and experiences, created by our Relyfe program, of being repulsed by people who cut themselves (yucky, stupid, disgusting!) and of "feeling" when she thought about cutting herself and did not. In weeks she knew she would never cut herself again.

With our program running, and according to its mandate, two months after that marathon 6 hour+ session, Kim realized the cause of her cutting in therapy for the first time: When she was just about to turn 12, Kim's uncle, who lived with her family, died in Army Reserve training accident. Everyone in the family had felt acute pain when he passed, but she, Kim, hadn't really felt anything. He'd been good to her, she loved him, and she knew she should be feeling something, but she just didn't, though she felt guilty over not feeling the pain of his death.

She was, in fact, repressing the pain she was feeling while everyone else was suffering badly. In doing so, it was necessary for her to suppress pretty much all of her emotional pain in order to keep a lid on the pain of his death.

Kim was a girl going into puberty at the time this happened and needed to feel. Because she had a death's grip on her emotions, particularly sad ones, and because people, especially adolescents, need to feel, she began cutting herself in order to do so.

The problem had been identified and she and her therapist began working on it. After several months of tear filled sessions addressing LOTS of painful things that had been repressed, Kim put the demon of her uncle's death to bed permanently.

The last I heard, more than a decade had passed since she last cut herself, and at least five years since she had shown any more than normal difficulty expressing life's regular barrage of suffering in a healthy and human way.

So, sex.

Relyfe Programming gives you, the hypnotist, the ability to make long term lasting changes in the way that a person's mind and body react in any given situation.

It has been used to cause increasingly constant arousal. No one can experience physiological effect 24/7, the body can't be scared or happy or aroused all of the time, but it can be taught to feel one thing for increasingly long periods of time, ranging into several hours at a time.

Relyfe has been used to change the things that arouse and even for gender reorientation. Yes, in my experience it IS possible to guide a resolution in many people, there IS such a thing as gender orientation confusion. That being said, I am not and will not espouse the absurd position that gender identity is somehow a matter of choice, it's not, sexual orientation and even gender identity CAN be fluid in a lot of people, but most people are not in a position where it is.

I know I am going to get in trouble, again, for pointing this out once more, but male and female brains ARE different, biologically different. I have sets of PET scans and MRI's to share with anyone who wants to argue with me about that.

That being said, experience has taught me that brains can be wired differently than the base.

I, personally, have used it to take a as pure a heterosexual girl as you can imagine of 24 years and transition her into happy bisexuality.

Here is where I will probably get in trouble, but experience has established for me that women easily transition into bisexuality, where as men, even those who for one reason or another want to, often have great difficulty being bi. Hetero or homosexual, okay. Even for those who can be in flux, a woman who for whatever reason, is transitioned to bisexual stays that way without any special effort. A man who does, but who was previously fixed hetero or homosexual, does not.

This may be because women ARE more emotionally flexible. It may be because men's brains don't add new cellular connections as quickly as women's do after age 28. Don't ask me why, I've read in reliable studies that ours don't, not as fast as theirs do - we DO still learn, and do still add connections, but adult women's brains are marvels for this, and WOW, you should see what happens to them in pregnancy!

I am getting off subject, but since a lot of people read Pillow Talk intending to induce bisexuality in their partners, and a lot of the correspondence I received was on this subject, I thought I had better address it.

If your partner is a woman, you'll likely succeed without a Relyfe program of great depth. If your subject is a guy, spend a few weeks working the program out, preferably with his active participation; it will help, a lot.

Back on subject:

Relyfe been used to help women with strong physical aversions to oral sex into happy oral relationships and to make rape victims move beyond with the experience they had, eliminating haunting physiological symptoms (migraines and other more dramatic physical and emotional symptoms) permanently, one victim eventually enjoying an active military career when she had been increasingly incapacitated by blinding headaches and internal problems (though she clearly has other unaddressed problems, she CAN and does function well).

The year before Pillow Talk was published I helped a young husband change his bride's inability to orgasm and horridly "stiff" performance (once called 'frigidity') into a fiery insatiability that they both enjoyed.

Personally, in my sex life RP has allowed me to enjoy women who are addicted to oral sex and to create multi-orgasmic partners with a deep appreciation for the art of the erotic paddling and whose approach to sex came to be in sync with mine perfectly.

I also accepted the challenge of taking a devoted lesbian and rendering her actively bisexual on a bet. Her girlfriend didn't believe it was possible, and Daddy needed a new pair of shoes! Well, actually, she set the terms of the bet, I set the stakes: the loser had to help an attorney friend of ours, Jackie, "come out" to her old school revivalist Christian family.

I was determined to win.

My friend's girlfriend was a willing participant, but was dead set certain that I was barking up the wrong tree. She'd been a lesbian all of her life, and that was that.

After three days of talking to her for about an hour a day the match began. I went back to her childhood, changed her interest in friends, when to preadolescence, recalled little mild sexual thrills she had interacting with girls and with confabulated memories and life-binding (see below), assigned those thrills to this or that cute boy at school.

I found times when she was excited by the touch of another girl in high school, and copied that reaction to contact with this boy or that. Two sessions (after all, pride was at stake) of three hours each, four days apart. In the last 90 minutes or so the program to sexually excite her through male contact, and then to make her as comfortable with sexual contact with men as she was with women by again confabulating the body's physiological and emotional memory, the program to propagate those responses throughout her subconscious memories running from childhood until now, was made operational.

The terms of the bet let her cook like this for 60 days, and then we got to ask her about it. We were NOT, either of us, to discuss it with her or anyone during that time. I didn't.

My friend broke the deal. About 55 days in she was getting tired of asking her girlfriend to stop looking at guys, so we met early.

The girl, who had been her BFF since high school and her dedicated loyal and monogamous girlfriend for nearly a decade, had been having erotic dreams about guys, particularly another friend of theirs, for more than a month and was strongly attracted to him as a person and a man. She hadn't lost interest in my friend, in fact her feelings of attraction were stronger than ever, but she really wanted to bed the

unsuspecting guy, too.

Ultimately, this solved their baby-making problem, but that's a tale to share another day.

I won the bet and Jackie came out to her family with my friend at her side.

"Okay, Mike. That's great!" You say, with barely restrained enthusiasm, "But how does it work?"

Relyfe Programming works by changing the way a person, their mind and body, remembers that it has "always" reacted to things. It uses several tools, the most important of which are age regression, life binding, and self-reinforcing propagation.

### **Age Regression**

Age Regression is exactly what it sounds like, taking a subject back to an earlier age, not just by telling them "you are now age 10" but rather by literally walk them back, sealing off the experiences and maturity which comes with that age, and by opening up them up to the receptiveness of that earlier age.

At the end of this Chapter you will find a Relyfe script. In it you will see an Age Regression scenario that takes steps backward, a diminishment in experience, age, even in size that the person experiences in her mind. There are several age regression scripts available online, but this one is strong, it evokes the senses and it does a good job of locking the person in at the age you want.

This script is specific to one person, the result of asking that person specific questions prior to putting her in the trance. The answers to those questions appear in [BRACKETS] and are capitalized. The questions you can work out for yourselves, they are simple things like

"Where did you go to school when you were 17?"

"What was your favorite scent at home growing up?"

"What was the name of the street you lived on when you were 10?"

"Did you live in a house or an apartment then?"

"How many floors to your house?"

"When you were 7, did you have your own room or did you share one with someone else?"

Once the subject is walked back to the age you want, in this case, age 7.

As soon as you have your subject back to the age you want, the script you see there moves to the Relyfe objective using life binding and self-reinforcing propagation.

### **Life-Binding**

Life-Binding is the process I use to tie confabulated memories of a person's experiences, mental and physical responses, into place permanently without changing her actual chronological history. Some of her memories, yes, her history, as checkable through outside sources, no. Avoiding conflicts with the recollection of others is part of the art of Relyfe Programming.

Because this work is one on sexual subjects, the example I have chosen to provide is one which is sexual. After I wrote the first version of Pillow Talk I received a request from a reader for a specific

script. I did one better and offered a phone session to accomplish the couple in question's goal.

We exchanged several emails, securing answers to questions that I needed, and then I worked out a script ahead of time - I do not like winging Relyfe scripts, party hypnosis, wing it, life long changes, be prepared - then set an appointment to call, and did.

In this case, the couple I was dealing with was another lesbian couple, both with strong careers and with well set personalities. They had been together for nearly a decade and they had a switch D/s relationship. Both held the other in high regard, and they had each routinely acted in a Dominant role, with the other being the submissive in their relationship for weeks on end, but neither was sexually excited, or even really comfortable, dominating the other, but for 9 years both had been willing to assume that role for the other's happiness.

Both had liked the idea of being on the receiving end domination in their sexual experiences, of being controlled in their relationship, of being controlled in and out of bed. Both wanted someone else to have the power to make final decisions in their joint lives and both enjoyed the subtle signs of being submissive to the other.

One of them, the one who reached out to me, even enjoyed more overt signs of being controlled, such as being corrected in front of friends, and even being openly subjected to discipline when she didn't perform as required, such as being sent to their room, spanked or paddled, being told to shut up in front of others or being made to stand in the corner.

Each of the women, call them for discussion sake, Brenda and Amy, not their real names, but somehow appropriate, were professionals. Amy being a sociologist at a major state university and Brenda a financial advisor at a Tier II brokerage specializing in retirement planning.

Their personal histories created a need to have a structure to function within, to have someone set expectations for them, and to hold them to those expectations, setting rewards for achieving them and punishments for failing to. Both liked, truly found fulfillment, in serving the other.

B & A literally flipped a coin and decided that Brenda would take the chance at becoming the dominant partner, permanently.

Amy was the one who first reached out to me and confided in me that she was relieved, but that I might have a hard time with Brenda because she didn't really believe in hypnosis or Relyfe Programming.

Emails back and forth between Brenda and I provided me extensive background information, things about her life, her friends, about her first arguments with Amy and about her objectives in life. I learned about her working environment and about her life view.

I then had two test sessions over the phone with Brenda, ones based largely on the material in Pillow Talk.

For the first, we went through a proper set-up, established that Brenda could be following my rules while getting ready for and being in trance, made sure that we wouldn't be interrupted by anything, and then put her deep, very deep, into a trance. In that trance I created a confabulated memory of an incident that didn't happen and brought her out of the trance and had her explain all of the details of the incident to me, which I recorded to play back to her later. She also had a post-hypnotic suggestion to, overnight, forget all about the incident and telling me the details thereof.

Before our next hypnotic session I asked her about the incident, she was annoyed because there was no such incident - in the one I created for her I had her tell me all about the time she danced naked at a

Christmas party - and then I played her the recording, her own voice telling me, in colorful detail, about the party, who was there, what she was wearing, why she stripped, where she danced and the describing the dance.

She was flabbergasted, but we had established for her, beyond a doubt, that she could go into a VERY deep trance. Suddenly she BELIEVED.

Then we got down to the business of changing her sexual focus from submission to dominance.

As you go through the script (which, being too long to fit into the limited space I have here, is available at [www.Relyfe-Online.com/PillowTalk](http://www.Relyfe-Online.com/PillowTalk) as a download, it's abbreviated to take out information that a savvy stalker could use to identify the girls but is complete enough for you to follow and understand) you'll see things that are very general and could apply to anyone. You will also see things that could only be the result of intimate knowledge of the subject.

You know by now that in a trance repetition is important, especially when working on a complex subject. Several things in the script that were repeated at random places throughout my reading of the script are not, for convenience sake, repeated over and again in this reprint.

Those items appear inside of { } marks.

You have read about double binds, you'll find them in her session script, reinforcing the confabulated memories, supporting the Relyfe Program and its propagation.

Life-binding requires finding memories relevant to the goal and attaching effects to them that you desire. In Brenda's case the memories needed were ones of her arousal, and then memories of Amy and other women interacting with her, particularly ones she found attractive, as well as situations she reacted to.

Especially helpful were her memories of the TV soap operas she watched with her mother. Soaps of the 70's and 80's were rife with women being dominated and, more importantly in this case, women being submissive.

Another helpful fact can be found in Brenda having been a team captain for her high school girl's diving team and the coaches' daughter, a circumstance which was full of early sexual reactions to fellow teammates which I was able to take advantage of in life binding changes to her.

The final thing that made this project relatively easy was Brenda's honest attraction to Amy. She was both attracted to, and in love with, her life-mate and wanted to make their relationship work for both of them all of the time.

Read through the script and then head back here for a primer/refreshers, I'll wait ...

Okay!



To create a Relyfe Program you need to

*1. Determine your objective.*

What do you want to do? Change a person's sexual focus? Induce arousal at the sight of beards? Make your girl addicted to performing oral sex? Be clear on your goal in your mind, write it down and keep it in mind throughout your program development. Do nothing extra that does not directly support your objective. Resist the temptation to pursue more than one objective in any one Relyfe Program. The more complex you make the program, the more likely something will be fouled up, try not to dump too much on her to remember.

*2. Learn 10 things about your subject's early life that you can use for a solid age regression.*

The best age regressions for Relyfe Programs go back to ages 6 to 9, and then work forward from there into adolescence. At those ages your subject understands most of the words you are likely to use (yes, it IS possible to speak beyond your age regressed subject's vocabulary, even if you are using language she would understand at her present age) and at that age she will likely trust you because of the simple fact that you are an adult she knows, trust you can carry forward from the youngest age you regress her to.

Where did she go to school when she was 6? Did she have siblings? What was the name of the nearest one to her in age? Were they close? What was the name of her elementary school at age 6 and 8? Did she have a favorite teacher? If so, at what age was that and who was it? Was she involved in any after school activities in those ages you need to work with her in? When was her first sexual encounter? Who was it with? Who was her first crush? And, what is her most intense sexual fantasy?

Finally in a preparatory trance, find out when her most intense arousal was, and what was causing it, some thought, some feeling, something brought it about in her mental circuitry and you are going to want to link into that.

*3. Decide what you want use for confabulated memories.*

In the case of Brenda and Amy, I chose to use times when Brenda saw women dominating women. Triggered arousal at the submissive woman's submission, excitement at the idea of wielding the kind of power that the dominate woman had. I used teachers, coaches, professors, employers and a bully at school.

Brenda, being a submissive at the beginning, had lots of memories where she was aroused by subtle submission, either when it happened or when she thought of it later. Instances where she felt closer to the dominant woman involved simply because the woman provided structure or invoked power over Brenda. I turned these into situations where she envied the woman's power, envisioning herself as the other party, and Amy in the role of Brenda, being helpful, obedient, submissive.

*4. Decide what you want to link to for reinforcing.*

Your best link points for sexual changes, for any changes really, are not primary memories, things that they think consciously about all of the time, but rather things that they never actively think about, but which are important enough that they are always DOING them. Walking up steps, even just one. Answering phones, folding clothes, relaxing in the tub, and especially sex play with Amy.

*5. Create a set of post-hypnotic suggestions that will cause the subject to experience what you want her to under the force of this extra suggestion until such a time as the Relyfe Program is in full effect.*

In the script you will see a later suggestion that Brenda play the dominant role for a month for fun,

instead of just their typical two weeks, and that she will really get into it because she knows that if the Relyfe Program doesn't work she will get a full month out of Amy having to dominate her. This goal of extra time I used as an excuse for her to allow herself to get into the role for a bit. By the time the month is up, though, somewhere between three and four weeks, the program will have her realize that she IS enjoying being the dominant, that she had always wanted to be the dominant and that she was simply repressing it because she was unnecessarily worried about what others, especially Amy, would think about her.

Brenda never needed to believe that it was actually the Relyfe Program causing the change, it was alright for her to think, as a Relyfe subject should, that she had ALWAYS been this way and, at best, that the program simply gave her the nudge she needed to accept the truth.

Good Relyfe Programs, running the way that they should, always leave the person with the belief that whatever they are experiencing, whatever they are feeling, is the way that they have always been, that what they are feeling is natural for them and that it is acceptable for them to feel the way that they do. In Brenda's case I added the idea that she didn't need to deny or suppress it any longer because she could see that Amy accepted her dominance in their relationship, accepted it openly and eagerly, was ready to accept Brenda as the clear and undeniable head of their household, and her as Amy's Mistress, both in and out of the bedroom.

As noted earlier in this work, indirect suggestion and double binds are essential to the success of any deep core personality change. The mind in a trance state doesn't resist either because it's not aware that they are effectively commands to change.

With them, and being careful to plan your program in detail, you can effect dramatic change in your subject that will last a lifetime.

## Chapter 5

### Telephone & Chat Hypnosis

*[This section has been adapted from an article I was asked to prepare for the 2010 edition of The Practice of Hypnosis and Hypnotherapy.]*

*It is designed as a guide to help you perform your session over the internet or on the phone, but I cannot stress enough the great advantages you will have practicing in person. Like most things in life, person-to-person, face-to-face, is just plain better.]*

Hypnosis is a complex process which is best undertaken in person, where the practitioner has the benefit of observing the demeanor and expressions of their subjects<sup>14</sup>. This is, however, not always possible.

Physical restrictions and geographical limitations are just two of the reasons subjects may seek out remote assistance. Subjects who are physically unavailable are just as entitled to the best experience we can provide as those who are available to us in our

bedrooms. Sometimes a subject will simply need the reinforcement of a suggestion you placed earlier (weeks, months, even years earlier) to prevent a crisis, at other times a full electronic intervention may be called for.

I am reminded of a young friend who I had been working through a phobia with. She was unexpectedly called away to help with a familial obligation (due to her grandmother's sudden hospitalization, she was asked to stay with her developmentally disabled 50 year old aunt, some 1,100 miles away).

Making significant progress, she was reluctant to interrupt her sessions for what would have been months. We continued her sessions by phone for three months, and for one by Yahoo Messenger's Video Conferencing option. We met with great success, finished, and now, nearly a decade later, she is still phobia free.

Some highly capable and creative hypnotherapists have conducted telephone sessions regularly. Thomas Dawes - an early pioneer in remote hypnosis - Roberta Temes, Ph.D - author of the first textbook dedicated to medical hypnosis - and Milton Erickson, MD - widely regarded as the Father of modern hypnotherapy - all treated patients by phone, and touted its effectiveness.

There are two different situations you may face for remote hypnosis. The first is the easiest, the established subject who seek the continuation of sessions electronically for whatever reason.

The second is the establishment of a series of sessions with new subjects. Before we get to these, let me offer some...

### *General Advice*

Remember that during your remote sessions you *cannot* gauge your subject's reactions as well as you can in person, so it is essential that the subject knows to interrupt you with necessary information.

Explain: "If the way you feel changes, tell me, even if you need to interrupt"; "If you feel yourself beginning to come out of your trance, I want you to tell me immediately, even if you have to interrupt me."

As you are not in control of their environment, you also need to tell them that they need to inform you if they become physically uncomfortable for any reason, and, as importantly, that they need to tell you if there are any interruptions (particularly if anyone enters the room).

If you are using Yahoo Video Chat, or some similar option, I advise you to establish a unique ID/Account for just chatting with your subject, and to remain invisible to everyone else, except the person you are talking with. I also suggest that your subject should establish an account *only* for chatting with you. For prudence sake, make it situational, preventing the trance from

taking when driving, and craft it so that your subject will wake immediately if:

1. An emergency arises
2. Someone enters the room - interrupting privacy
3. The call/chat is disconnected

It is important that the subject's situation does not allow for any more interruptions or distractions than your home would.

Keep mind that, you cannot control their environment completely when they are not in your presence. Most of the things you do to put them at ease at home, overt and subtle, will not help.

Additionally, you should be cognizant of the fact that there are places in *their* homes (and elsewhere) which are sources of stress and distractions, ones which they may not even be aware of. If at all possible, you should discuss this with your subjects and try to find the place most relaxing and most diversion free for your work.

If you regularly establish deep trances with your subject in your home, you will be able to by phone or over the net. Your methods should be the same: keep everyone else out of your work space, speak with your subject (or not as the situation calls for) and establish the goals of the trance before undertaking to induce it in them, keep your trances interactive and interesting for both of you, regularly gauge the depth of the trance using deepeners as needed, be sure to bring them completely out of the trance and answer any questions your subject may have afterward.

There seems to be a tendency to abbreviate electronic sessions. I believe this to be a serious mistake. Make your sessions as complete as you would if they were conducted at home, rushing remote sessions implies that they are not as important or possibly not as effective as the full in home sessions or conversely, can imply that the full sessions you perform are lengthier than they need to be.

For telephone sessions, I suggest that you *do not* make use of speaker phones, on either side of the conversation. On their end, others can listen in, and on your end...well, you would be surprised how well those things pick up background sounds and noise.

Headsets, however, are a good idea, though if you use Bluetooth or other battery powered ones, be certain of the charge.

Also, reiterate regularly that your girl should keep the phone positioned so that she can hear you and you can hear her clearly.

Be certain that you keep on top of the depth of their trance.

Control (expressing it) confidence and consistency, consistency, consistency serve your goal the best in home or remote hypnosis.

Treat them as you would in the bedroom and you will do well.

### **New Subjects - Remote Practice All The Way**

For new subjects I would suggest, if at all possible, that you make use of Yahoo Chat or some similar product, a webcam (at least on their end) and a headset. This will allow you to gauge their reactions depth of trance better than you can by mere phone.

Next, you need to make as thorough an inquiry into their mental/emotional states as you would at home. Make sure that they are comfortable and awake enough to pay attention. I may have failed to mention it earlier in the book, but a tired or exhausted subject makes a very, very poor subject.

Remember that she needs to be able to *listen and focus* on communicating with you.

Next explain, in an easy to understand way, how hypnosis works and why your remote client is a good subject. Follow through on all of the setup steps written about in the first chapter of this book.

Make sure they are comfortable with you as a person. This is an intimate relationship they are entering into, one probably faster than others of similar intimacy. Remember that they, if they have any understanding of hypnosis at all, they know they are making themselves open to you to a degree that they may never have experienced before with you or with anyone else.

You must be reliable, and consistent and you must make sure they understand that you are and will continue to be.

Did I mention that firm control and consistency, consistency, and consistency serve your subject the best in home or remote hypnosis?

Because you cannot as thoroughly evaluate (even on webcam) the depth of trance your subject is in, I strongly urge you to use a long induction, one which invokes all of the senses, for your first session.

Understanding the urge to begin effective erotic hypnosis quickly, urgently, I suggest you ignore it.

Instead, I advise that you take this slow at first and establish in your subject's mind the depth of session she can achieve, and that you put in place: 1. A post-hypnotic suggestion that helps them become comfortable with hypnosis; and, 2. A Trigger phrase that allows you, and only you to quickly induce a deep trance when the two of you are ready for her to be in one.

I am not suggesting that you make it impossible for other qualified hypnotherapists to treat your subject, rather I ask that you make certain that no other person can use the triggers *you* put in place. This will prevent accidental induction of trances *and* will keep your girl from inadvertently granting others access they possibly should not have.

### **Established Subjects**

“Be Prepared” is the official motto of the Boy Scouts of America, and I suggest that it is one to keep in mind in your sessions. The establishment of a post-hypnotic suggestion that allows you<sup>21</sup> to verbally guide your clients into a deep and solid trance over the phone or internet is an exercise in foresight which would impress even the most jaded merit badge committee.

Let your subject know that remote hypnosis may be an option for play with them at a later date and that you are going to set the stage for it now.

Personally, I would not suggest that you offer it to every person you may want in a trance.

Anyone who is inclined to deep emotional outbreaks during sessions, any new subjects uncomfortable with the idea of hypnosis, anyone likely to use, or be under the influence of, any number of mind-affecting medications, and any client who may have a propensity to resist deeper trances should all be carefully considered before engaging in remote sessions as subjects.

Finally, I suggest that in considering whether to make remote sessions a regular part of your play with established, subjects, you take care to determine what extra benefit your subjects have gained from being in your actual presence. People often build a rapport and take subconscious note of your expressions and mannerisms. With an experienced practitioner these can help put the subject at ease, increasing comfort levels and making them more available for trance.

Odds are that you have created a peaceful and safe environment in your home and the cues they take from it and from your presence cannot easily be replaced by a phone call or video chat. It's best to keep this in mind.



Something you can do, as a part of being a good scout and being prepared, is to remind your subject that anytime they are subject to that rapid verbal induction they will “again feel the benefit of the safety and comfort [they] feel with [you] in this bedroom/home etc.”. You have worked hard to create a safe place for them, take advantage of it.

Something important to be aware of, to guard against, is that it can be very easy for the remote practitioner to become distracted by things other than his girl. Paperwork, TV, a computer, co-workers, the dog, texting, anything that you would not let be distractions during a live in person session cannot be allowed to become distractions during remote sessions.

Unnecessary electronics should be turned off by you and by her. Your subjects, in home or remote, deserve the best you have to give them.

Stay focused !

Make remote hypnosis the best it can be, for your girl and for you!

One final thought of some importance: Do not make statements that do not make sense - saying things like “You are obsessed about seeing me, you love me...” if they don’t have any references for you at all. It will not work well if there is no “you” in their memory to link to and it just plain will not last.

I have seen chat log after log where otherwise good hypnotists have made dangerous assumptions and lost their girl’s attention because of it.

Earlier in the book I cautioned you to be descriptive. This is especially true in the case of chat and phone hypnosis.

Don’t tell your subject, “You love me”. You have no idea what experience the person has with love, or if, in their trance logic mind they only equate love with how they feel about grandma.

Instead, use something like, “During the day you will find that your thoughts turn to how much you enjoy spending time online with me. You may be surprised when you discover that you are eager for our next time together, excited like a school girl sneaking off for her first date.”

Never expect to be able to rely on the other person’s experiences. Always describe what they should feel, how they should respond. This way you will have fewer surprises and more fun and, remember, that is really what erotic hypnosis is about, fun for the both of you!

**Email Hypnosis, Especially on CollarSpace.com  
Alt.com and Adultfriendfinder.com**

Over the last few years there has been a marked rise in the number of recreational hypnotists adapting scripts to use in email conversations on adult dating and BDSM community websites.

Some of it has been pretty good actually and I will be featuring some of the better examples on the site, [www.Relyfe-Online.com](http://www.Relyfe-Online.com) in the coming weeks and months.

Almost all of it fails for a very simple reason: The author/scriptor does nothing to tell his or her subject reader to remain focused and to keep reading the author/scriptor's emails to the exclusion of all other distractions.

Instead, the authors tell the reader that they are relaxed, that they are calm, sometimes even that they are drifting away, without ever making certain the reader keeps reading!

I first came across this when someone sent a sub I often hear from an email that she was frustrated about being unable to read because it kept “zoning her out”. It started off like a story and she wanted to know how it ended, but could never get past the first paragraph.

I had her forward it to me.

Seriously guys, remember that your subjects are going to follow your instructions. A pure email script has a lot going against it from the beginning because you can't gauge and control the environment, can't eliminate distractions and have to trust that your subject is paying attention.

Don't further handicap yourself by putting her in a trance without making sure that she keeps reading your email and any subsequent email. Remember to take her out of the trance, too. Anything else is as sloppy as it is self-defeating.

*Remember: Her focus determines her reality.*

George Lucas - Paraphrased

## **Chapter 6**

### **A Very Short Note**

**On**

**Conversational (a.k.a. “Covert”) Hypnosis**

## **Dangerous Subjects**

Since the announcement of this Revised Edition of Pillow Talk I have received, either directly or through others, several requests for a chapter on Conversational or “Covert” hypnosis.

I will admit to having had, until recently, only limited experience with this particular “dark area” of the field.

Having read this far it may be hard to believe, but I am very big on knowing consent.

In the articles I have written on consent, and the interviews I did after the highly publicized prosecution of Ohio attorney Michael Fine for multiple counts of hypnotic rape, I stressed the boundaries that need to be maintained between recreational hypnosis, Relyfe Programming and what Fine practiced which was nothing less than rape.

I meant what I said and what I wrote about that line.

Covert Hypnosis in the sexual context could make it very easy to cross that line.

My recent research into it for this book, coupled with my admittedly extensive experience in recreational hypnosis gave me insights which I found worrisome.

I could not find one definitive text on the subject, but I found a lot of sketchy and suggestive material, much of it developed by or for governments, ours and others, enough that I was able to test several hypotheses.

It works, almost too well in many cases. Much of what passes for sanctioned interrogation techniques in police and government work is in truth conversational hypnosis and the results of those interrogations become problematic for me because of this.

I have practiced on more than a dozen knowing and unknowing subjects (though never to an unknowing subject's lasting change or detriment).

After alarming successes and much consideration, I cannot find a legitimate *erotic* purpose for covert hypnosis. I can come up with countless ones of dubious intent, but can't justify expanded exploration of them in a book about erotic (sexual and sensual) hypnosis.

As of this writing I have had several months to perfect my technique and there simply is

not enough space in this book to do the subject any kind of justice, so I am going to write a separate book on it, and starting December 1, 2017, a series of articles which I have already written, along with conversation transcripts, will be available on the [www.Relyfe-Online.com](http://www.Relyfe-Online.com) website.

The book will be entitled, *The Art of Covert Hypnosis* and will be available on May 1, 2017, if not sooner.

It will have a section on protecting yourself from practitioners of the same art it explores and teaches.

I do understand interest in the subject, and can think of countless social and business reasons for wanting to develop talent in the art, hence the coming book.

For those not wanting to wait to delve into the subject I offer the following suggestions:

- Follow the same advice appearing in these pages, make sure the subject has limited distractions.
- Use a set up and have them do a few things you have told them to do -shift their chair, pass you a drink, turn off their phone, etc. - so that they get used to obeying you.
- If the two of you are not alone, use conversational isolation, comments like “even here it seems like it's just the two of us when we're together, doesn't it” or “Let's ignore everything else for the next half hour, let's make this our time, okay” to get their conscious agreement to shut out the world.
- Use double binds.
- Remember that you can deepen a “conscious trance just as easily as you can a full trance.
- Know your goal before you get started.
- If the environment permits, use it as a gateway to a full trance.
- Remember that they may need to be walked out of this trance like they would out of a regular one, because if done right it will be one, and if they aren't they may be disoriented when you are through and that can be all kinds of bad.
- World renowned South Florida attorney Roy Black may be the greatest natural conversational hypnotist on Earth.

If you follow that advice and use the material elsewhere in this book you will have a powerful tool at your disposal. Please use it carefully, and without nefarious intent.

Believe me, there are endless people of all genders and sexual orientations eager to explore erotic hypnosis. Play with them, and I will, too.

It's FUN.



## **Author's Note:**

I have had several requests from people wanting to know what I typically have left in place as post-hypnotic suggestions with play subjects, either for myself, or for other Doms.

Below are some of the most common, you are welcome to use them, and I invite you to explore and create and share your own. Erotic Hypnosis is pioneer country, still fresh and largely unexplored and I encourage you to find things that work and to share them with the world!

Typical Triggers:

GO TO SLEEP NOW - Puts the subject in a trace.

ORAL OBSESSION - which creates an immediate obsessive need for oral sex until the last male in the room has orgasmed or they are told to "COOL OFF GIRL". This one has to be carefully managed. If used remotely she may well have to seek the nearest guy out.

YOU HAVE NO PAST - a trigger of temporary effect which leaves the subject thinking they have always only existed to obey absolutely the person engaged the trigger.

CUM NOW GIRL - I am sure you can guess what this one does.

URINATE NOW - for those who like to see people lose control of their bladder.

GET HOT NOW - arouses them and leaves them insanely aroused until they are told to "COOL OFF GIRL".

YOU HAVE NO VOICE - a fun little one which prevents them from talking, they just cannot form words properly until four hours have passed or they are told "I WANT TO HEAR YOU AGAIN".

SLAVE FOR NOW - which distracts them from their real life, keeping them from thinking about anything other than pleasing the person who triggers them, until they are told "BACK TO THE REAL WORLD". Not being made for permanent effect, this typically fades after several hours if they are not brought back by you. It can be used as a conditioning tool, though, until the person thinks about this all of the time. We do tend to form patterns of thought that become habitual.

ORGASM CHAIN - causes a series of either 5 or 10 strong orgasms.

If you encounter someone who already has these triggers in place or, as is more likely,

you decide to use them, or something similar, in remote practice, please keep in mind the rule of unintended consequences.

You can create a situation you *do not* really want.

Lori, who I mentioned in Chapter 4 of the original edition, was once triggered by her Dom with Oral Obsession as he was 2 minutes away from picking her up from work and then ended up in a fender bender.

After 90 minutes Lori had lost her job but earned quiet a reputation for being enthusiastic (her conscious mind still being somewhat present she managed to keep her hands off people for about 5 minutes and then unable to reach Mark drug has assistant manager in the bathroom for an early Christmas. I understand that they were joined by a customer.

Mark was annoyed, but the situation was one he, and circumstance, created. Murphy's Law is still a controlling force in the Universe.

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I began this work by noting that Relyfe was not created (uncovered?) with the exploration of erotic hypnosis in mind and about how strange are the directions in which life takes us.

It would be impossible to complete this work without properly thanking the people who have been instrumental in developing my approach to hypnosis and Relyfe Programming through some, well...rather strange directions.

First I need to thank Robert, Robert and Roberta.

Robert "Bobby" Preston worked with me years ago to develop a more detailed model of human thought than I could ever write about here. Bobby is a super-genius with an established IQ of 172.

He does some sort of situational projection work for government(s?) that he can't tell me the details of without killing me (I think he's kidding when he says that). Bobby has a gift for making extremely complex issues unbelievably simple, and his questions years ago (in high school) to my father (a mental health professional with more degrees than I can remember) about the workings of the human mind set the stage for my interest in Milton Erickson's work (though it took a little while to set in, I was distracted by a girl).

Next is Robert (the One True Bob) Allison with whom several discussions about how people subconsciously process faith, religion, orgiastic union and the "charisma" of cult leaders, resulted in a deeper understanding of both obsession and dependency.

After Bob is Dr. Roberta Temes, Ph.D, who graciously took some of the more complex



concepts of hypnosis and made them instantly understandable.

There are several people I cannot thank openly because of confidentiality and/or because to do so would just be tasteless. Those people who allowed me the honor of helping them with their various concerns, and even more, those who allowed me to tool around in their psyches in order to explore my various theories about psycho-physiological responses and hypnotic reframing and reinforcement.

I think I can safely thank some of them like this:

Thank you Ellen R., Maria D., Shana S., Ashley C., Tia L., Miranda A (not to be confused with Miranda L., whose psyche I have not fiddled with, despite third-party allegations to the contrary), Stefie D.D., Kelly L., Kim the Fletcher (a profession which I think you may be the only person now practicing in North America) and Molly R.

You were all terrific subjects and often wonderful playmates.

A few couples who I have worked with, Mark and Sara, Christy and Robert, Billie with her, what, three different dominants, and Chris and Lisa. Getting to watch my theories in practice is more fun than playing with litter of puppies and I cannot thank you enough.

I also need to thank Bruce Marjenhoff for his unique perspectives on women (almost all of which are completely wrong, but which caused me to think a great deal about gender differences and hard-wired sex roles),

Tom Root, thank you for your “greater minds than ours” theory, and your continued friendship through very difficult times.

Harold Babb certainly deserves an enthusiastic “thank you” for literally hundreds of hours of discussion, feedback, review of email from subjects and just plain highly competent help. You are a good friend, Hal, thank you.

Lawrence Finnegan deserves a “thank you” for endless and insightful discussions on more subjects that I can remember, all of which made me think, and many of which promoted my understanding addiction and the human mind.

Lawrence passed away between the writing of the first and revised editions of Pillow Talk, with him passed an era, and the world lost just a bit of its color. My friend, you are missed.

I thank you, the reader (yes, even those who bugged the heck out of me until I wrote this 62,000+ word monster), without whom I would never have considered such a project. I hope you enjoy reading it as much as I have enjoyed putting it together

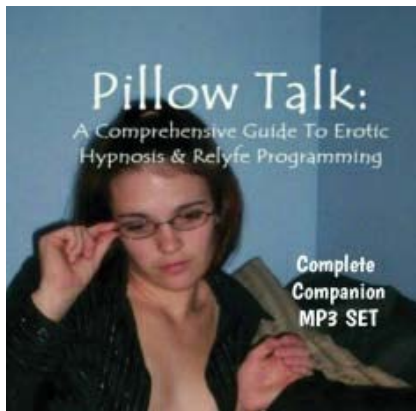
Finally, I must express my endless appreciation for my wife Melissa, whose patient wisdom and kind enthusiasm have done more to keep me on track with this project than any outside motivation or publisher's deadline could ever manage.

Thank you.

A handwritten signature in black ink, appearing to be 'M. Scott', written on a light-colored background.

Additional Scripts and a growing database of articles about Relyfe Programming and Erotic Hypnosis are available at [www.Relyfe-Online.com](http://www.Relyfe-Online.com).

Michael Scott's erotic hypnosis MP3 file collections, including a companion set of the scripts appearing in this book are available at [www.XaxisBooks.com](http://www.XaxisBooks.com).



Custom files can be ordered through the XaxisBooks site, of both the healing and the erotic variety.

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[1]

It may be that in the one hundred thousandth of one percent of the population blessed (or cursed) with eidetic memory the process is sequential, but for the rest of us it thankfully is not.

[2]

. I have worked with both male and female subjects with erotic hypnosis. I am, however, gender-centric and prefer to work with girls. It has been suggested that this work would benefit from being written in third person, and with both genders referred to as subjects. I trust that those ladies who are reading this work with the intention of practicing on their lovers are intelligent and creative enough to adopt the language to their own situations. In the interests of maintaining good gender relations I hope that no offense is taken.

[3] Though, in truth, it is true, from the subjects point of view, which is all that matters when you are putting them in a trance.

[4] I have read a lot about medicine, but I would never claim to be a doctor or nurse and I would be as embarrassed as all get out to have claimed some special knowledge, as say a nurse, and then not have been able to figure out that, say, the reason my IV wasn't dripping right was because I somehow forgot that the bat has to be elevated higher than the patient's arm for gravity to do its job and make the IV work. I just don't get claiming special knowledge that you don't have yet.

[5] Not just my opinion, there is a significant amount of research to back this up. Interestingly enough, while women focus better, men sort through complex situations to find simple solutions better. The same traits that make women better multi-taskers and more empathetic, also keep them thinking about consequences and "all sides of an issue" much longer than us simpler guys.

<sup>[6]</sup> To make it permanent see Chapter 4.