

Hypnovices: ONBOARDING NON-NATIVE PLAY PARTNERS TO HYPNOKINK

EROTIC HYPNOSIS INTEREST INVENTORY

In hypnosis sessions, do you prefer to be hypnotist, subject, or switch?

Which ways do you like to be addressed in sessions (tists or subjects)?

How feels good to address your play partners (tists or subjects)?

Imagery around hypnosis that's exciting
(Pocket watches, spirals, imagery from related kinks...)

Hypnotic phenomena that energize the kink
(Changes to perception, catalepsy, amnesia, eye rolling, relaxation...)

Desirable behavior changes/transformation
(Dronification, muscle growth, dumbing down, submissiveness...)

Hot triggered behaviors, and means of triggering

Interplay with other kinks & fetishes

STRATEGIES TO TRY WITH NEW PLAY PARTNERS

- Experiment with the “hypnoidal five” below
- Try pre-written inductions & scripts
See reading list below.
- Keep a “shared fantasy” notebook, physically or digitally
Even a shared email thread of fantasies, short “erotic friend fiction,” and hot ideas
- Do some light reading
Mind Play: A Guide to Erotic Hypnosis by Mark Wiseman
The Mind Play Study Guide by Mark Wiseman
Key Hypnosis Induction Scripts by David Mason
- ...Or watching
[HTTPS://BIT.LY/MIKE-MANDEL](https://bit.ly/mike-mandel) • Solid, free hypnosis demos on YouTube

“HYPNOIDAL FIVE”

Get your feet wet: these tactics which *tend to* bypass the critical factor and let in your suggestions.

- Fascination/eye-fixation
“focus on ____ and don’t look away.”
- Repetition/rhythmic stimuli
Tist or subject repeating words, using repetitive motion, or creating a repetitive sensation
- Confusion/surprise
Can be subversion of any expectation, even moving their body (with pre-consent).
- Successive responses to suggestions (yes set)
“That feel good? You like it when I ____? You can ____ for me, can’t you?”
- Loss of equilibrium/balance
Carefully and safely swaying or shifting your play partner’s body

SUGGESTIONS TO TRY

Experiment with these suggestions, especially combined with “open-ings” from the tactics to the left:

- “You feel so good”
Deliberate ambiguity; what feels good, to whom?
- “Each {action} makes you more relaxed and more aroused
Build intensity.
- “My touch feels better and better”

“BUILT-IN” TRIGGERS

- “Good boy”
Or gender-appropriate
- Focus on {object/feeling}
Directing attention
- “Relax and {short command}”
Built-in anticipation of suggestion

“Dr. Flowers” Induction & Pre-talk

This is a simple, reliable induction and pretalk that can be used either in person or remotely. Ideally, memorize the induction through at least the eye catalepsy test (as noted).

Everyone can experience hypnosis. You go into trance naturally in everyday life. You can think of a time driving, for instance, when part of you went on autopilot, and when you arrived at your destination, there wasn't much memory of actually driving the car. Can you remember a time like that, driving?
(Wait for response.) That's driving hypnosis.

Or, when reading, your eyes can sometimes move across the words, but your conscious mind wanders elsewhere even as your eyes keep moving across the page, and you find yourself backtracking. Has that happened to you?
(Wait for response.) That's reading hypnosis.

So if you can go into trance automatically while driving or reading, it stands to reason you can go into trance intentionally here with me, correct? Are you ready to go into trance with me now?
(Wait for response.) Good.

I'm going to count up slowly, and after I say each number, I want you to close your eyes, and then open them, and then I will count the next number. You will open and close them until you get the feeling that you just can't open them again.
(Wait for response.) Understood?

You can look at some point in front of you, the wall or the back of your hand, and let's practice.

One. Close your eyes briefly, then open them. Two. Close your eyes and then open them again. Very good, exactly like that.

Now is where you put yourself into trance. When I count, I want you to open your eyes, exactly as before,

and then look toward the very top of your head, and then close them. When you close your eyes between each number, I want you to breathe out and let yourself relax. Let's do that now.

One. Close your eyes, breathe out, and relax. Now as you open your eyes, you feel that those eyelids are a little heavier, take a little longer to open than before.

And two, rolling your eyes up toward the top of your head and relaxing as you breathe out. Those eyelids getting heavier as you hold more relaxation around your eyes.

Three, those drowsy heavy eyes becoming more relaxed.

Four, deeper relaxed as you breathe out. You know you can relax around your eyes until they just won't open again.

Five, curious how much more deeply relaxed you can go.

Six, those heavy sleepy eyes, just don't want to open as long as you hold them so relaxed.

Seven, and when you know your eyes are so relaxed that they just won't open...

Eight, you can let them stay closed while you relax more and more deeply with every breath.

Nine, more relaxed with every word that I say.

(Count until eyes remain closed, breath slows, and body relaxes.)

So relaxed now that as long as you hold onto that relaxation, you know you can hold onto that relaxation

so your eyes won't open even when you try to open them. And even when you try to open them, they just get twice as heavy and twice as relaxed. And it's really a wonderful feeling, this relaxation. **(Eye catalepsy test.)**

You can try to open those eyes, but as long as you hold onto that relaxation, they just stay shut. Very good. You can stop testing them now and let that relaxation move through your entire body now, this perfect, profound relaxation of your body and mind.

Now, whenever I and only I **{trigger phrase/action}**, you're going to come right back to this deeply relaxed state of mind, this perfect and profound hypnosis, as long as it's safe to do so. Nod when you understand, accept, and internalize this suggestion. Very good.

I'm going to wake you on the count of three, but you will be very eager to drop deeply into trance again whenever I **{trigger phrase/action}**. Nod when you understand. Good. Awakening now on the count of three: one, two, three, wide awake.

Very good. And it feels so much better when I **{trigger phrase/action repeat x 3}**. Very good. Deeper and deeper down now.

(Other imagery or suggestions, or wake them from trance as before.)

(Adapted from *Key Hypnosis Inductions* by Dave Mason)