

Remember that first time you saw hypnosis? That magical time when you saw someone going into trance. Real or not, I bet it made you feel something, right? It might not have been a big reaction, maybe it was. Maybe this was the thing you'd been looking for or maybe it was just something that drew interest in you. A feeling of a buzzing sensation from parts of your brain as your neurons lit up and made a connection. That is powerful stuff. That is a magical moment.

I remember back in high school, I'd borrowed (air quotes), a book from my nan on hypnosis. I remember studying it page by page, flipping through it quickly to absorb all its secrets and being thoroughly disappointed as I hid it under the bed as I tried to figure out when it's supposed to give me all its juicy bits and you know, the good parts. The truth is, hypnosis was not that interesting in that text, not as it was on tv or in movies. It just wasn't sexy or gripping in that basic boring book. But I knew if I kept looking I'd find the key. The key to making it click. That was years ago, well over a decade now and to this day I'm always looking for ways to make the science of brains magical for people. Perhaps today will be the day we find some magic in your mind. Maybe we can pull it out of you and show you how magical mind fuckery can be.

That's right, I said mind fuckery. I do hope you are okay with the idea of me gently fucking your mind. Not in the lewd sense, silly. I'm not literally going to fuck away your mind (not yet anyway). I want to mess up your head, scramble your thoughts and make it really hard for you to think about anything else but hypnosis. I want to create a thought so powerful it erases all other need to think and replaces it with the concept of deeply hypnotized thinking instead.

Don't worry about being the perfect subject for me to experiment on by the way, there is no such thing as perfect and besides you are doing just as you need to. You are more than welcome to listen as closely as you need to. You can sit or lie down, you can have your eyes open or closed. You don't need to relax. In fact, anytime you want to test my skills by doing something else while I play around in your mind, go ahead. I'm not worried and I know either way you'll soon find yourself right in my magical sway. My deep trance. Hypnosis isn't an exercise in who's the most relaxed, not with me anyway. All we need here is focus, dissociation and suggestions to have you right where I want you. Eventually it will be like an easy dance, I'll lead. You'll let me.

Anyway, tldr, I made a silly post on Twitter about hypnosis being 99% science and 1% magical mind fuckery and now I have to show you why that's true through messing your head up and fractionating you to hell and back. Let's go!

We could start any number of ways really, thousands of different magic words to say to get you right where I want you. Your brain in my hands is like putty and ready to be molded into the perfect shape for me. But I'm rushing myself. Let's discuss trance envy shall we. A very powerful hypnotic tool I've recently found in my real life play experience. See, I know you've seen someone hypnotized before. There are very few people looking to be hypnotized who haven't and well, if you are one of them, let's test your imagination. You've seen someone on tv, the internet, hell it could have even been me of all people, with their trance face on, I'm sorry if that was you. You know the one. A dazed far off stare, eyes heavily blinking, they look relaxed in the

face, a little lost to the words and actions of the hypnotist luring them under their spell. Their brain looks like it's shutting down and their thousand mile stare goes on and on forever. Now that's all fine to imagine, but what would it be like to be that person, we've all done it. Compared our trance experiences to someone else. But we both know your mind can do much better than just compare. It can make that happen for you. Think about it, no really, think hard about that. I want you to focus on every aspect of the memory of someone else's trance experience. What were they doing? Look at their look, their face and body language, their voice if they spoke, how it sounds. Fixate, and focus on that. What did they feel? Imagine that. The feelings they have right at the moment of bliss as their mind evaporates and they lose themselves to deep trance. What's that like? I want you to start allowing yourself to put yourself in their place. In all those different times and experiences you got to see. What was it that got them so deep, so hypnotized?

But while you recall the memory of people being hypnotized, or really I should say memories because if you've seen it one time you probably have seen it twice, maybe more. Three? Four? Ten? Hundreds of times? You can very easily recall those and while you do, let me talk to you a little bit about inductions. You see, different induction styles sometimes elicit different types of responses. If I knew you were really vanilla deep down or some sort of sadist, you'd probably ask me to do a progressive muscle relaxation where we go through all your body parts, scanning them, assessing and banishing tension to the shadow realm or some such place where tension hides while we aren't looking. But I already told you if you can recall my words from before, no seriously, rewind your mind for a second, I don't care if you relax. I don't need you to be that relaxed if I'm to have my way with you later. What I do care about is how sticky we can make those thoughts you mind have so I can really mess with your head a little. Now there are other inductions where you can stare at a spot on the wall. Why don't you go ahead and do that for me now. You stare and focus and fixate so hard on that spot eventually it's just science that your mind will give up and allow your eyes to close on sheer tiredness from focusing so hard alone. If I was really clever I would ask you to lift your eyes just above the line of sight, because I know fatigue will set in and then I'll take full advantage of you, I mean the situation, by blaming that on my skills in hypnosis and not just naturally what happens to you when you tire your eyes out by looking, focusing, fixating so hard on something that high above your line of sight. But anyway, while you stare at that wall I wonder if we could have you think of something more interesting than a basic spot. You could study the spot, that's fun. You could look at how the light catches it, the shape, the texture etc etc. But instead, I can jangle my hypothetical keys in front of you and tell you, I wonder if we could fill your mind to the brim with other fun ideas. More fun and flashy visuals. So while you spend your time giving as much attention to that spot as possible I wonder if you could remember a time when you saw a spiral. In fact, let's flick back through your memories and pick a couple. It's so hard just to think of just one. If your mind was a book we could flip to the chapter on spirals and hypnotic visuals and pick out some fun spirals. Are they black or white, are they rainbow? Fast or slow? Could you imagine the feeling of your eyes projecting that memory right on that wall to see it, the perfect spiral for you. Spinning around and around and around and because I'm cruel, and I like your mind to be full to the brim of fun hypnotic ideas, interesting fun ideas, We could add to the spiral. A pocket watch over the top. Some would say Secret, why, that's just overkill. Oh, I know it is.

But I want you to watch a watch swing and sway back and forth, back and forth, swinging, swaying so gently across the spiraling spot. And don't worry if your eyes give up and have to close, the spiral can make its way into your mind, your thoughts and eventually take over you in due time. The pocket watch is such a great tool not just to steal your focus from the spiral and give its center something to challenge its pull on your mind. I mean which do you stare at? The spiral center? The watch swinging? But it also gives you a fun feeling of motion. Does your head start moving with your eyes? Do your eyes just move on their own? Maybe your body starts a gentle sway. Soothing you, calming you, giving you something to do with your body that distracts you from the rest of the chaos in your mind right now. Spirals, swing, watches spin. A restful reprieve perhaps? For now. Now eventually, you'll find the motion so enrapturing that everything else will fade away. That's the dissociation kicking in and all part of the plan to drag you down into the depths of deep trance. You go along with it because it's fun, exciting and exactly what you wanted right? Yes. It is. Hypnosis is so exciting to you, it's so enthralling. It is a concept, an idea, a movement, a community, it is so many things and so few at once. It's a magical mystery and just brains doing what they do naturally at the same time. And you start to notice as the spirals spiral, the watches swing, your mind starts to have a thought that sticks. The thought of "I'm being hypnotized". And the more it pops up like a fun little intrusive thought, the more the rest of any thinking you might do right now just starts to get sucked into it. Like a whirlpool. Spiral. Pulling it down, down, down into its center. Your thoughts all fade eventually and all that's left is I'm being hypnotized. It's so fun that maybe sometimes you can;t hide the little smile you do when you even think about it. The concept of hypnosis right here, right now. Being hypnotized. Being blank, being mindless. Being hypnotized. It's like the magical pull it has over your mind takes hold and trickles down your body, touching every ounce, every pore of your entire being until all that's left is, I'm being hypnotized. Thoughts, memories, just trickle down. Spiral sway, watch spin. Down deeper and deeper. Into that deeply focused, dissociated feeling.

And now the fun part. The fuckery part. See, I wouldn't want you to feel like you missed out on the magic of your mind. Without having some fun tricks and things put in there for good measure. Let's play a game of Secret says. It's very easy, whatever I say you just do it. Easily without thought, because every time you have a thought it's replaced with spiraling down, the pull and tug of I'm being hypnotized, distraction. Your mind looks over there at the spiraling watch the watching spiral, your deep trance building and multiplying each time you even try to think and the commands just happen without thought. Secret says, open your eyes and place your hand in front of your face, palm up and facing you so you can see every part of it. Secret says, imagine if I took that hand and I placed all the fingers down except for one. Your pointing finger which just is now there about an arms length away as I move you around a little. Magical. Now imagine for a moment the spiral and the watches combined powers projecting into that hand, drawing your gaze so intently on the tip of your own finger. Pulling you in more and more, keeping your focus right where it needs to be, on that, on my voice, on spirals and watches and everything all at once. Secret says your hand starts to gently slowly become pulled towards your face. Little by little you feel it move. Now this is normally the part of the trance that people say, don't do this by audio file Secret that's silly. How are you supposed to know when that hand reaches their face and I always reply, because I always win my games. Especially when we

play, Secret says. Now Secret says, feel the tug drawing it closer and closer, faster now. The movement just allows you to go deeper and deeper down, down, down into that place of deep trance and clever people like you, my good hypnotized little experiment, might think you know where this is going. Traditionally this is the part where it would touch your nose or your face and your head would drop down and you would spiral into deep trance. But no, actually I'm taking this wheel and turning it slightly left and then right, up and down. Hand traveling towards your face, sure. But Secret says, wait, when did that button on your other hand get there? That's very interesting. Place that finger over it and let's see how it feels. The anticipation of a button to press and you don't really know what it does yet. Interesting isn't it. You can be so invested in a random button on your hand like that. In a moment let's press it and see where it leads. Because now you are just there in wait for the moment you do press it you can imagine the words on that button. A switch. An off and on switch right there on the back of your hand and you are so ready. So ready to press it and turn your brain from on to off. Think about that moment when you finally do it. when you do and your brain turns from on mode, thinking, feeling, doing, like it is now to off, deep, deep empty mindless trance. Ready? Press it, press it. Now. (Snap) Brain off.

Your mind is off right now. Your mind is blank and empty. You are blank and empty. Mind off. Shut down. And now is the promised fuckery. See, I have ADHD and when I was younger I was a big fan of turning the lights off and on, off and on. I wonder what will happen when we do that to your brain. Your finger presses your brain back, on (snap) hi! You are awake right? Aware? Good! But we also know you are really good at pretending you are awake while deep down there in your brain you are so hypnotized. That pesky hyperfocus you are so good at kicks in even as I'm talking about it and as you realize, uh oh she's she right, you find your finger drifting up on my command and hovering above your brain button. Part of you is curious how deeply your brain will switch when it hits again, part of you is just curious – press it now, brain off (snap) it's so visceral when you do it. It feels so powerful when you do it. But we can make it better, see your hand is no longer in your control, it's mine. All mine and your mind is so magical it makes that happen without any question or thought so now when I press that brain on (snap) you awaken, kinda, but you know your eyes are open and you can move but that hand seems to only do what I say. Like that part of you is rebelling against your own free will and thought. I love that for you. And you love that feeling for you too. My hand reaches up and your brain goes off (snap) then my hand again heads over and sits on that button, resting, waiting for me to decide, now brain on (snap). It's that simple. But we can make you, I mean it, no maybe I do mean you, even more simple than that. Even now, brain on and off are easy commands to show how fun your brain is. Magical mind fuckery. But what I really wanted to do is reach in there and spin your head around. See there's a moment when you are spinning on a chair, a carousel, a merry go round, a spinning top in place spinning around and around, spinning down into that spiral you go. So brain off (snap) simple, easy but as you come up when your brain turns on you notice it coming back up up up through that swirling swirling vortex and it takes a second for the vertigo to kick out, to rid yourself of the fun little spin your thoughts are doing, bouncing around in your head. Brain on (snap) dizzy, spinning, confusion. Is it confusing? I'm sorry sweetie. I know it's hard to think like that but it's fun. Brain off (snap) swirling back down and brain on (snap) your brain doesn't get any dumber but your thoughts almost have to move through syrup to get

around all the twirling. It's so hard to think even when you are pretending to be awake like this. Silly little thing you are. It's adorable really. I love that confused look you do. Don't you? Maybe you should make us both happy and do it more. Brain off (snap) deeper, empty headed bliss. Brain on (snap) the final spin. You can feel me move the spiral away as I gently reach into your head and tug on that little string on your forehead. I'm sure nothing bad will happen and it will all be very fine if I tug on it gently. Oh, I know what that is. It's your trail of thoughts. It's just a silly little string. Let me pull on it more. The gentle tug pulling it right out of your head and into my hands. Sorry, were you using that. No, shhhhh don't speak. Your thoughts are in my hands. If I let you talk it would just be too silly. A garbled mess of jumbled stuff that barely makes sense. Actually nevermind, talk to me, do you want this back? Oh, look, see how silly you sound in this state. You know what I'll make you a deal, if you can convince me to give it back I might put your thoughts back in. Nevermind you can barely comprehend that since I have your train of thought your head is literally so empty right now. Maybe I could make you repeat back empty somethings. Try "I'm so hypnotized right now" say it. Good now say it again. And again. And just go ahead and repeat it until it's the only thing left in your head. Bouncing around. You might not even know what it means because your train of thought left the station a while back, but it's still cute to see you try. Over and over and over again.

While you focus on that by the way I'm just going to go ahead and tie you up with this string from your head since you weren't using it anyway right? Wrapping around your body, wrapped up in your thoughts. Binding you to my words instead since that's all that's left while your thoughts are literally tied up right about now. You're tied up in your words you used to have and your mind is having a great time right now being so empty. Blank and so hyperfocused on that phrase you are repeating because I suggested it, the words barely making sense. But that's the point of the magical feelings of hypnosis. It doesn't need to make sense to you. It just needs to be for you to be in that place. Mind a little scrambled, just how I like them, just how you long to be and are right now. Perfectly as they need to be right now. Have you ever heard a song in another language? You don't need to know the meaning of words to know the rhythm. The rhythm of your mind is so simple right now, you go through these motions that distract you and dissociate so deeply in your focused state. So good. You are so good. Aren't you? Nod for me, keep your mantra up.

END OF BASIC EDIT

Now it's fun to think about you hypnotized like that, so deeply and you know I know that we both want you to have as much fun as possible so I'm going to tell you something very, very interesting. Pay attention now. Still repeating that silly little mantra, still tied up in your own words. Still deeply hypnotized, your mind melted, empty and lost in a deep trance. See this whole time I've been pretty nice to you, I've been going easy on you but I know a lot of you really, really, love being submissive. Dominated. I mean you probably saw the title and assumed I would take you down and make you really feel what a subby little mess you are as I fuck your mind around up and down. Sure, I could have from the beginning but I wanted to be nice. I know not everyone is submissive. But you are. That's why you are here. That's why you are listening so I can play with you and really make you feel the submissive energy you have inside of you,

letting it out so you can truly experience the bliss of nothing but obedience. Stop repeating that mantra, still tied. Still bound with your words. It's very easy after all to find yourself in this position.

I'm going to tell you a fun little idea I had, I wonder how it will seem to you? See, I used to be a submissive myself. That's no secret. So, now that I'm not, I know all the little things, the subtle nuances in a scene that can make you whimper in subby bliss to me. Now knowing this knowledge you might be like, uh oh. Well you would if you had the words. So let's give them back but also mute you for a little bit. I'm taking that rope of your thoughts and words and just using them to lightly gag you. Don't worry honey you can breathe just fine but your voice is taken away for a second so even if you want to whimper and moan, which you probably might, you can't, you remain silent and honestly I think it probably makes that whimpery feeling even worse. *giggles* I love it when you are so helpless. That's a fun word. Helpless. Think about it. Think about it so much until it becomes your only thought left. Let that consume you and fill you to the brim with those feelings. Easy, simple. Helpless. Mindless. Emptiness. Submissiveness.

Now, before I get distracted by how cute your little subby self is, let me tell you the thought I had. Let's paint a picture with feelings, words, images, sounds, you can probably feel it anyway you need to. Your mind is clever like that. You and me are sat on a very comfy couch. It's just so comfy that you start to feel yourself sink into it. I'm there gently holding you, making sure you don't just crumble onto the floor because you are so comfy that your body just is hard to control, luckily I am there to control it for you. So we sit there and all of a sudden you see me gently lean over you, I brush my dark hair out of your face and lean right in to your ear and I whisper (directional) I do love when you feel how helpless and controlled you are. (other side) I do love the way your mind gives up and you lose yourself to the bliss of obedience. And just because I'm here facilitating it doesn't mean that energy is focused towards me. It could be, or it could be towards someone else. It doesn't matter right. All that matters right now is you can have this moment here being so comfy. I gently start to play with your hair. One hand caressing you and then two. See I'm looking for something. A grip on your head so I can be a little rough with you, you don't mind. Literally your mind is so lost in the void by now that you love to just go along with it. Following where I lead you. I hold your head up forcing you to stare, focus on me and my dark eyes that can look into your very soul. Pulling feelings out of you. Submit. Obey. Gently you start to melt in my hands. My eyes are the key that gently unlock you until you are left open wide, bare for me. And as you stare the spiral comes back it locks into my eyes and you think, "oh god it's like one of those edits on Twitter, how did that happen". It's a magical feeling because you start to slip even deeper and deeper into it as your focus fully gets pulled right there. That's all you can think about the spirals spin, spin, spin. Everytime my eyes blink, yours do too, it's funny because if I close my eyes right now. Yours do too and maybe you think oh thank god, a moment to break. Yes. Break. Your mind. And my eyes open and so do yours and you wonder, how that could happen so easily. Like I'm some sort of mind reader or maybe I've linked my mind to yours to be able to exert a little bit of control over you. That's fun isn't it. So you stare deeper and deeper. Eyes close. You break piece by piece. Your mind is a fun puzzle, most people like to solve puzzles right? I do that awful thing where I take pieces away and hide them, and before you have time to complain your eyes are open and staring right into the

swirling vortex of my eyes. Eyes closed, the puzzle even more broken as I take it and swipe it right off the table and we watch in delight as all the pieces fall into a jumbled mess. Your mind breaks so easily. In fact I place a finger to your temple and press to lock the feeling in place. Knowing that this isn't just my trick but one that can be used by anyone you trust in a place that is safe and comfortable, consensual and trusting. Then, I get really mean and in a moment I am going to count from 1 to 5 and when I get to five I want you to pretend to be awake, just pretend, we don't really need you awake. But we are going to play a little. 1 that's right getting ready, 2, each number making you feel more awake even if you aren't, 3, 4 and 5, eyes open. Hey sweetie, how do you feel? Now knowing you, you probably look awake enough. If we were out and about we could hold a conversation and the vanillas would be none the wiser that deep down inside you are a submissive little hypnotized mess ready to break. But, we know different don't we. Nod yes for me. What a good sub you are. See, that's fun isn't it to know I can exert a little bit of control over you like this because you're so good. Say, "I'm a good submissive" very good. Now that button on your forehead, get ready because I'm going to have you push it and when you do you will break. Do you understand? It's going to feel amazing to have your mind crumble into all those tiny little pieces and be so deep, so submissive, so controlled in that moment you lose yourself to it. Ready? Get your hand right there and just pause. No need to rush things now, we can take our time and that feeling already has you so excited for the next step doesn't it? Ready to be completely gone and lost in deep submissive bliss. Ready? No, are you really ready? Three, two, one. (pause) now. Press and break. Mind broken. Lost in bliss. Sinking so deeply down, down, down, down. Now. Relax and let everything go, feel a feeling of deep control and submission wash over you. Secret says, go deeper and deeper down. Secret says, place your hand on your head and allow your mind to drift even deeper. Secret says, take your hand off your head and let yourself go even more and more and more. That's right. That's right.

WAKEUP:

You are doing so good for me right now just there in your deep trance but in a moment I am going to count you up, counting from 1 to 10. Now when I reach ten your mind is going to make a choice, a decision that's easy for you to do so. You can either let the counting take you further down into trance, building on it and allowing you to just drift until you need to wake up and you will do so easily and effortlessly either with an alarm or by yourself, or maybe you will fall asleep and wake up when the time is right. Or on the count of ten you will be wide awake, alert, refreshed and energized. It's all up to you.

So counting now with

1,2,3,4,5,6,7,8,9,10