

The Global Suggestion

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Introduction & Overview

For general reference, here is some basic information about what I call the Global Suggestion.

It is a method of hypnotic induction that gives the hypnotist a long-term ability to suggest changes in sensation, behaviour, body and memory.

It is especially useful as a tool for later applying random, ad-hoc effects that the subject can experience while fully awake and alert - days, months or years after the trance.

The Global Suggestion has two key pieces:

Early direct contact and communication with the subconscious, to achieve rapport and common purpose. During the "pre-talk," although you're apparently talking with the conscious self, you're also addressing the subconscious, who is sitting back there listening.

This pre-induction talk sets the expectations for how the conscious and subconscious minds should behave for you a few minutes later. Then, as soon as the trance commences, you can start addressing the subconscious directly.

I usually start with "Hello, subconscious," and wait for a response. During this trance conversation, you can enlist the subconscious, discover its desires, and offer to help achieve its goals.

A powerful, all-purpose suggestion that, after the trance is over, the subconscious should monitor whatever instructions you ever give to the conscious self, and should carry them out if they are in line with the subconscious' goals.

I usually say something like: "When your conscious self is awake and alert, pay attention to what I tell her, and make it happen."

The result is that, with no special preparation of triggers or post-hypnotic suggestions, the hypnotist can simply tell the conscious person what to do or experience, and they will experience those things, because the subconscious is carrying them out.

Alternate Personas

In my view, creating alternate personas yourself is a bad idea. There's no way that you know all the necessary elements, or how that persona will behave when you're not present.

Fortunately, there are two other better ways to give someone the changes in sensation or behaviour that they desire.

One way is to tell the subconscious to make those changes to the conscious self. This is for changes that the conscious self agrees to as a long-term change... things like removal of old unwanted inhibitions.

The other way, for temporary play, is to set up a trigger that removes the conscious self's access to certain sets of memories. (I've written about 'personality play' here a couple of times.) It's like a temporary 'sculpting' of the person's memory ... which results in them 'being' a different person for a while. I've used this for a person who wanted to be a bimbo for a while, or for someone who wanted to play as herself 3 years earlier or 15 years earlier. The advantage is that the remaining personality is entirely authentic - they don't have to add any play-acted roles.

Sometimes it takes some creativity to turn "black" into "white" through memory sculpting, but I find that everyone is complex enough to have the components available somewhere in their existing emotions and personalities. Again, this is for temporary play, as the memories don't actually go away but are simply masked or hidden by the subconscious for a time.

The Subconscious as Spy

I have found that the use of GS and cultivating a working relationship with the Subconscious is particularly valuable in a power exchange relationship. I think of this functionality as the SC being a spy inside the subject. The use of this spy functionality renders the subject an open book.

Having a relationship with a subject's Subconscious gives the hypnotist, access to a great deal of information from the subject's past and present which the subject may not remember, may not think important, or may be reluctant to reveal. Others have commented on using this access in therapeutic contexts. What I want to consider here is that used appropriately and with the consent of the Conscious, this approach can add immensely to the intimacy of a relationship, and the effectiveness of a dominant/master in a power exchange relationship. For a subject who is excited by the fantasy and reality of being controlled, it is perfect. I would emphasize that this is not a substitute for deep connection with the C, but that it is quite fulfilling/exciting, humiliating for the C to learn from me that I know even trivial things that she did and thought without her telling me.

For example, I have spent many hours talking to my subject's SC about her life before we met. As I already know a huge amount from talking to her C, it is easy to ask non-leading questions about obviously important situations or people from her past. Doing this I have learned quite a bit that filled in holes in my understanding of her past. The SC has also told me many very moving stories of events of her childhood and early adulthood. In all cases the C confirmed the memories and in many indicated that she had forgotten about those events. In one case when I asked the SC if she knew why the C loved this one kind of animal, the SC told a moving story from her teenage years and made a plausible connection which the conscious had never made, though she remembered the events. So in my case it has been an amazing tool for going very deep into the experiences of my beloved. It also puts her in the position of being an object of my study in ways which she "cannot" control.

From the perspective of a master, the SC will faithfully report to me the thoughts, actions and dreams of the C. So the C has absolutely no privacy. She can hide nothing from me. I know which fantasies she

had when, what she was doing and thinking at any time I would choose to ask about and so forth. And the SC will also just volunteer particularly interesting information of types that she knows I am interested in. This is, of course, a dream from the perspective of being a master and from the subject's perspective, if she gets off on humiliation and being controlled.

But one of my favourite uses for this functionality is as my assistant in scenes, either with the C in trance or out. The SC will tell me exactly what is going on with the C. She advises me on exactly the highest e-stim that I can use before it interferes with the arousal of the C, which is typically an excruciatingly high level. She often makes suggestions both for lowering certain stimuli and for raising others. She is adept at breath control. I just tell the SC to hold their breath until the visual field of the C starts to go white, then let her breathe. This can be embellished with the SC implementing hands or rope around the neck and/or making the C unconscious at the appropriate time and then letting her slowly regain consciousness. Quite distressing to the C and something that could not be so fine-tuned nor done so safely from the outside. The SC is a priceless assistant for fine-tuning "play" because of its direct knowledge of the experience of the C.

Do-It-Yourself

Part One

Ready?

In case you hadn't figured this out by now, the hypnotism we practice is not a process of taking control of a sub's mind. Instead you're simply empowering your sub to be aware of her subconscious and let that part communicate with you more directly. It allows the subconscious to hand control of her mind to you -- to the extent she wants to -- just as the conscious mind has handed some control of her body to you.

The process is fairly straightforward, in three phases. First you put her into a relaxed trance. Then you deepen the trance, to the point where you're talking only to her subconscious. Then you instruct the subconscious.

Take each step separately, ask her for feedback, adjust accordingly.

I'll just cover the first step now: putting her into a relaxed, light trance. Relaxation isn't the only way to start hypnosis, but it's popular because people expect it and -- even if you get no further -- a few minutes of floaty relaxation are lovely.

In a quiet room, have her lean back in a comfortable chair. This trance induction requires her to focus her eyes steadily on something, while you talk her through a gradual and thorough self-relaxation. This concentration-while-relaxing is the key to the first phase.

Have her focus on any little shiny thing that is nearby, or any little object that stands out from its background.

Tell her to keep her eyes on it, not to let her gaze slip, not to let her eyes close, no matter how heavy her lids become, because once her lids close they won't be able to open again. Repeat that several times, interspersing that same message with instructions to gradually relax her whole body.

Name her body parts from the feet upward to the head. She should think about each part, feel it relaxing, melting, turning to rubber, going numb, whatever, and then move upward. Guide her.

Go slowly, give each one a chance to take hold. Add that every time she lets out a breath, out with it goes half her remaining tension.

Your words and tone are important. Be calm, confident and direct, but allow her to find her own pace; "describe" what she's to do but don't be pushy. Easy does it. If you've never talked someone into a trance before, you may be surprised at how little work you have to do.

This first phase continues until her eyes wink shut for the last time and her head flops sideways onto her shoulders. She's now in a light trance, feeling detached but listening to you. Tell her she's feeling lighter, floating up to the ceiling, hoisted by helium balloons. Let her drift; there's no rush.

Part Two

This step is all about deepening the trance you've just induced. You're trying to increase the conscious mind's focus on something else, and nudge it gently out of the way, to free up the subconscious mind.

Her eyes are now closed, so you need to give her something new to focus on -- some sort of guided imagery. If you've seen enough movies or read enough stories, you know the sorts of thing: Take her

on a mental walk down a long beach, with the waves crashing in, gulls screeching, hot sun. Or have her step slowly down a long staircase, counting each step down to zero as you go. Or send her anywhere else that she will find familiar and easy to imagine.

Wherever you send her, give her multiple "senses" to work with. Point out not just what she's seeing but also what she's hearing and feeling and smelling. You don't know which sense she's best able to "imagine" with, so try them all in concert.

I think it's important to phrase your instructions as directly as possible: "The sun is warming your skin" rather than "You're feeling warm" or "You imagine that you're getting warmer." In other words, don't use any phrases that remind her that it's imaginary.

The stair-step images are nice because they give you a steady pace for emphasizing two things: How much more relaxed she's getting, and (very important) how much she wants to follow your lead downward. Point out that your voice is guiding her there, how your voice is the only thing she can hear now. Take your time, count the steps down.

At the bottom of the steps, or whatever goal you've set for her, she should be completely relaxed. Her conscious mind should be pretty thoroughly disengaged, and her subconscious sitting there idling, waiting to hear from you.

You may find this hard to confirm. After all, a light trance and a heavy trance both look pretty much the same, although her breathing will be almost sleeplike in the latter.

You can ask her a simple question, like "Are you comfortable" and judge how soft and distant her voice has become.

You can tell her that her arm is getting light, and watch how it drifts upward. An erratic, jerky motion is what you want to see. Too smooth a motion means her conscious mind just raised it for you.

Once again, there's no need to rush. She's unlikely to be measuring time very closely at this point, and will appreciate the calm. If it seems like she needs reassurance from you, say something like, "OK, now just float here for a few minutes until I need you again".

You'll want to pause now anyway to consider your next moves.

Part Three

OK, you have just brought your sub into deep trance, and we'll assume it's for the first time ever.

You'll be tempted to immediately act out your favorite sex puppet fantasy, but I recommend that you use this first trance for some important setup work. Install two simple instructions, one at a time. For each of them, tell her that after she awakes, her conscious mind won't remember or even hear the instruction when it's given, but that she will obey it without hesitation or thought. It's a good idea to slowly repeat each instruction a couple of times.

The first instruction is an "anchor" that you plant right here, so you can bring her back to full trance whenever you need to. For instance, tell her that whenever you touch her forehead, or say "sleep," she will immediately return here.

The second instruction is designed to be a "convincer" for after she wakes up the first time, to show

her immediately the power of her own mind, in a non-threatening way. A classic is to have her hand float up and stick to her forehead, but you can improvise here.

End this first trance (she'll be back here in a minute) by repeating the instructions, telling her she'll be refreshed and alert when she wakes up, but pointing out that her hand should stay glued to her forehead. Then wake her up gently with "at the count of three" or whatever.

When she wakes she will stretch, smile, say that was nice, and then notice her hand. Tell her to try to remove it... She probably won't be able to. Point out how this demonstrates the potential of her subconscious to control her body. Be kind, not gleeful. Tell her that you'll put her arm back to normal by putting her back into a trance. Then before the conversation goes on much longer, invoke the trigger to take her there.

(Few things are as hot as watching a sub collapse into trance at the sound of a single word.)

Repeated wake/trance cycles seem to help the mind practice this dive, getting better at it each time. It's a good idea to reinforce it with a few gentle words reminding her of the great relaxation here and how her conscious mind is busy elsewhere.

But you're probably eager to get on with interesting effects, so while she's here in the second trance let's install some.

1. Some commands are meant to be scenes right here, in trance. She will act them out as though experiencing the illusions ("you're a hungry kitten"), but may not remember them when she wakes later.
2. Other commands are meant to be "post hypnotic" triggers, meaning they take effect after she wakes up. Things like "after you awake, every time you hear your name, you'll laugh" fit this category.
3. My favourite is the global trigger. Install it like this: "After you're awake, whenever you hear me say 'ocelot', whatever order immediately follows, you are to obey it without hesitation." As with the others, she should be told that her conscious mind won't even record the orders she hears; she will simply obey. The benefit is that you don't need to put her back into trance every time you have a clever idea.

Look through our other postings to get an idea of the kinds of instructions you can use -- altering sensations, behaviour, memory, even gender.

Keep all these things simple and clear. You're addressing her subconscious, and you don't yet know how well it memorizes instructions, which senses it has the most control over, or how willing it is to obey.

Whatever instructions you install, remember to install a way to reverse them!

Now, give a final run-through of all instructions, tell her that her conscious mind will have no memory of the trance, and tell her to wake up fully alert on the count of three.

The Subconscious's Fear of Losing the Hypnotist

Another interesting aspect of my relationship with my slave-girl's SC that makes me wonder about SC's in other subjects is the attachment of the SC to me. She is very attached and often fears that she might lose our connection. I wonder if SC's generally are concerned about losing that connection and thus their access to the world. This would give me pause if I were thinking about working with another subject.

To be more specific, my slave-girl's SC is afraid that if I should "dump" the C, then there would no longer be a connection with her. I have never given the SC any "real" reason for concern, however she is hyper-alert with respect to other women. We do ballroom dancing and she is often concerned when I dance with other women. An extreme was yesterday when we went to an event and the C made a comment about a dance that we did together that was depressing to me, especially since from my perspective she didn't understand that it was her trying to "lead" that was causing the problems. (I should also say that this SC does not have much sense for patterns and nuances of social interactions which exacerbates this issue.)

Anyway, later on in bed the SC was terrified because the C had made me unhappy in a situation where there were a lot more women than men and I danced with a fair number. It took me a few minutes to reassure her that no, I wasn't mad, there was no chance that I would "dump" her and the C, and I loved her. She calmed down and accepted what I had to say, but this really seems to be her biggest fear. Losing the connection with me and thus her limited access to the world.

This makes me wonder about other folks who talk to the SC's. Don't the SC's become attached to you and to coming out and not want to be always left inside? This is something which would give me pause about trying to work with another subject on a more limited basis.

Trance Amnesia

I find that posthypnotic effects just work better if the conscious mind is unable to recall what was said during the trance. There's something about having the conscious mind monitor and meddle that can trip things up later on.

Fortunately, I find that a very high percentage of people experiencing Global Suggestion are unable to recall what occurred during trance. Now, maybe that's because the method is just inherently more likely to elicit trust from the subject.

But I can't be sure. So I build amnesia encouragement into my delivery.

I suppose I could always just say, "you won't remember this," or the always popular "forget to remember or remember to forget" formulation. But both of those are direct enough to arouse suspicions instead of allaying them.

So instead I include several phrases in my standard GS induction that encourage the conscious mind to check out during the trance, without being too blunt. If you're working with the Global Suggestion too, you might want to use formulations like these.

First, during the pre-talk, I talk about how the subconscious is always watching out for the conscious self, monitoring, protecting, enforcing the limits. Second, when I send the conscious self into trance, I tell them that they will hear no sounds until they hear my voice bringing them back. And third, as soon as I start talking to the subconscious, I suggest that "you can manage things while she's away."

I can never be sure whether these phrases are what does the trick, but I keep them in my standard routine just in case.

Response

Agreed with Tigster and draco, but wanting to add a little more from the perspective of working long-term with the same subject, as I think D's suggestions are most applicable to initial contacts with the SC and shorter-term interactions.

Working with my subject's SC, I find that she can very precisely control what the C remembers in or out of trance depending on our discussions and my instructions at the moment. The default mode in or out of trance is for the C to remember everything except my instructions to the SC and her responses, if any, to me. The SC can do this seamlessly so that the C often doesn't notice anything being missing.

This seems to be particularly important in that if the C knows what is being suggested, either from hearing or from my telling her later, she can over time disable the SC's ability to implement it (at least that is one way of conceptualizing it). So that effects that worked really well at first may fail to work fairly quickly if the C knows what is happening and if they are used a lot.

On the other hand, some great effects that I've given the C out of trance have been so disorienting to her ("I think I'm going crazy.") that I've had to at least tell her that the SC and I were doing something and not to worry. So such secrecy can also be a problem, especially with a very analytical C I suspect.

Hypnotic Amnesia Discussion

Even within the Global Suggestion, hypnotic forgetting is subject to an annoying form of the Heisenberg uncertainly principle. Whenever you ask a subconscious whether the conscious self will forget something, you risk emphasizing the opposite.

In my view, the trick is to develop a set of tools that all act to encourage forgetting, without saying so explicitly. I tend to use them all, never sure (since I can't really ask) which ones work best for whom.

1. When I talk with the subconscious about her abilities in this area, I don't say, "Can you make her forget something?" I say "Can you control her memories" and "Can you block her memory of <name something specific>".
2. During the trance, I may encourage the (normally) conscious self to go on a pleasant journey, full of sensations or sights or activities that will keep them occupied. The activities depend on what they've told me they do for relaxation: snorkelling over bright coral, riding a motorcycle down a particular stretch of road, etc.
3. Early in the discussion with the subconscious, I say something like, "Is she off drifting? Good. You can manage things while she's gone. Yes?"
4. And as the subject is about to wake back up from the trance, I throw in that old chestnut, "She can forget to remember, or remember to forget, her choice."
5. Right after they exit trance, change the subject completely.

Response

I would elaborate HypnoMaster_D's suggestion of changing the topic of discussion immediately after trance as follows:

1. Before awakening, tell the subject "we are going to pick up the conversation where we left it off before the trance," and
2. as soon as you've established that the subject is awake and okay, do exactly that (as if there has been no gap at all); e.g., answering a question that had been left hanging, adding some clarification (illustrative examples, for instance) to what you had just said, or adding an "on the other hand" statement to an "on the one hand" statement made before trance, etc.
3. Assume that the subject will remember. (So always keep a mental note of what you were talking about when trance began, lol.)

The Hypnotised Heart

As an evil mad scientist, I'd be nowhere without my kinky lab assistants. They are eager collaborators in my erotic hypno research. You should thank them for their sacrifices on your behalf.

Lately, I've been working with them on hypnotic control over body functions. I don't know about others' experiences, but it seems easiest to control orgasms, then throat and anus. Getting the pussy to open hungrily on its own with no insertion is challenging, but achievable.

Lilith, one of my assistants, especially loves the messy bits. Her body pees, poops, vomits and squirts on command. She cheerfully reports how many towels she's sleeping on, or how many pads she's gone through at work. (She has a high-powered, highly visible job, adding to the fun.)

She has wondered for some time whether I could control her even more fundamentally - by directing her pulse and blood pressure. So she got her hands on a simple blood pressure and pulse monitor.

We set up the protocol a few days ago. Lilith would lie down (on towels of course), wear the wristband monitor and hold her phone. So she could read my instructions, read the monitor and text me back.

After a baseline measurement, I would tell her to feel in turn physical pain, then physical pleasure, then emotional pleasure, then emotional pain. (I enhanced each sensation with a few words directed just to her subconscious.) She'd report the results for each. Then I'd give her subconscious a few more surreptitious instructions, and see how Lilith's body reacted to those as well.

I may as well just show you the data. These readings were all about two minutes apart.

"Lying comfortably": 108 over 62, pulse 72.

"Now I'll make it hurt" (she felt her pussy stretching painfully): 121 over 66, pulse 93.

"Now the same sensation, only pleasurable": 110 over 62, pulse 106.

"Now happy thoughts": 103 over 60, pulse 77.

"Now painful thoughts": 87 over 56, pulse 75.

"Now bring it back to normal": 101 over 61, pulse 68.

I then told her subconscious to drive her blood pressure up to 120 or so: 116 over 62, pulse 76.

I then told her subconscious to bring her pulse down as slow as was safe: 83 over 51, pulse 54. She was almost too sleepy to report.

Then I told Lilith to bring it back up to 106 again. It took her several tries, but she managed 105 over 63.

So let's look at those numbers.

Her pulse, normally 72, rose as high as 106 for great pleasure, and as low as 54 when told to slow down. Her systolic pressure, normally a healthy 108, was pushed as high as 121 for great pain (still not bad) and as low as 83. Her diastolic pressure didn't budge much (except for the super-slow pulse).

And she clearly has both conscious and subconscious ways of managing her blood pressure, at least when I'm there to provide a guide.

This roller-coaster ride took all of 20 minutes. She was wide awake and trance-free for the whole experience.

What did we learn? We now know that my hypnotic effects are not just skin deep. Her whole body shares in the experiences. I now know I can inflict intense hypnotic pain, or pleasure, without straining her heart, and that I can even send her off to sleep if I want. It all goes into the toy bag to be used whenever the mood strikes.

Make it so

"Subconscious, say hello."

That's the first thing I say after a subject has gone into trance.

And it's the first step in my approach to hypnotic control, a simple model that is easy on me, easy on the subconscious, and powerful as hell for the subject. It's easy to learn, too.

It probably has a fancy name in the world of hypnotherapy, but I just call it the global suggestion. It lets me manage the person's mind, whatever my whims, for as long as we work together, without need to ever trance again.

I recommend that other hypnotists give it a try and let me know their results.

Here's how I explain it to my subjects beforehand.

Every hypnotist does things a little differently. Me, I do not see the appeal of stage hypnosis, where you spend most of the time in a trance, and wake up to find your friends pointing at you and laughing. I prefer to keep the trance time to a minimum, and for you to experience all the fun "effects" when you are awake and alert and can appreciate them.

My method requires just a short conversation with your subconscious. Your subconscious is always watching you, helping you, nudging you, protecting you. She's powerful, but what she really craves are simple instructions to follow. Hypnosis is just a way to help your conscious mind drift for a bit, leaving your subconscious alert and open to my suggestions. When you are awake again, you find that my words control your sensations, body and behaviour.

The instructions I give your subconscious are simple: "When I tell your conscious self to feel something, make it so. When I tell your conscious self to do something, make it so."

And that's it.

After my subject is awake again, I show her how it works, with a few arousing examples. I tell her that her breasts are warm, her nipples hard. And they are. I add more intense sensations. They become true too. The subconscious is keeping up with me.

No lists of trigger phrases for me and the subconscious to memorize. No hand signals.

As things come up, I can adapt in a moment. If her legs need to be pulled apart, I say so. If she needs to feel relaxing thumbs running down her spine, presto. Depending on how adept she is at experiencing my effects, I can push them farther and farther, pursuing the edges.

That's why it's a global suggestion: Whatever my whims, make them so.

There are all sorts of advantages. I can send suggestions by any convenient method. I can add elaborate conditional terms: If she wakes up before 7, then ... If anyone interrupts you, then ...

It also adds a solid sense of control to our relationship, because I don't need any of the trappings of hypnosis to get in the way.

All I need is a response to the original instruction:

"Subconscious, say hello."

Stranger in Town

My friend Eva craves the intense. It's been a constant theme when we play online. And when I had a chance to visit her a few months ago, tops on her wish list was one of the most intense of all: forced sex. She wanted to be taken, hard, entirely controlled. By a stranger.

Now, that's pretty hard to arrange, I said. How was I going to set up a safe, forced, anonymous encounter? How could I trigger an authentic adrenaline rush? I told her I'd think about it, but no promises.

I didn't mention it again, at least not to her conscious mind. I didn't want to let her know that I knew exactly how to do it.

A week or so before my visit, in the midst of a benign conversation about something else, I installed all the little suggestions and triggers I thought might come in handy. With Eva, all it takes is something like, "You will not consciously remember this suggestion, but ... "

One of them was, "When I'm wearing my baseball cap backwards, you will not recognize me. I will be a stranger to you."

That was all. I trusted that her deeper mind would remember it when needed.

I arrived as planned. We played as planned. Then, a few hours into my visit with her, in the midst of some other scene entirely, I told her to grab the headboard, point her feet toward the corner posts, and feel the ropes wrapping tight around her wrists and ankles. She smiled and complied. She tested her hypnotic bonds, and they were tight.

"Close your eyes," I said. She did. I reached down into my bag, grabbed my cap, and put it on backwards. "Open your eyes."

Her eyes went wide, she gasped, and she jerked at her invisible ropes. I put my hand across her mouth; she agreed not to scream. I used and abused her pretty hard for about 5 minutes; she was scared out of her wits.

Then her cellphone rang!

I picked it up to look at the screen. It was a call she had to take. Damn. I cancelled all the commands, took off my cap, and handed her the phone. She was reeling, but she managed the conversation.

She flopped back on the bed and looked at me.

"That was so weird," she said.

"Want to do it some more?"

"Oh ... yeahhhh."

It is amazing how the human mind works. She put her arms and legs back into position, closed her eyes, opened them again, and once more was deep in the throes of a stranger assault, as hard and abusive as I could make it. At some point, I threw in a line, "You lose track of time. You have no idea how long I've been doing this."

When it was all over, and my hat was off again, she looked at me with eyes reeling and chest heaving. "That was a mind fuck," was about all she could say.

Sensational Play

A long time ago, I was amazed to discover that I could simply tell a subject that she was aroused - and she was.

Some time later it occurred to me to tell someone that she was feeling pain, intense pain - and she was.

Then I told someone about a taste she could taste. And a smell she could smell. Those worked too.

If those instructions already are effective for you and your hypnotic subjects, then you might be interested in going one step further. One slightly crazy step further.

Here, let me demonstrate on my friend Shelly. This is how it went the first time I tried it.

She had no idea what I was up to.

I ran my fingernails down her back. "That feels pleasurable. Yes?"

"Yes..."

I did it again. "Now that feels painful. Yes?"

"Uh! Yes!"

I did it again. "And that feels chocolate."

Oh my. Very funny look. Creased forehead. Smiles. Relaxation. Raised eyebrows. Smiles.

Then I rubbed her arms. "That feels lemonade." She shivered and I noticed her eyes sort of spiralling.

Rubbing again: "That's the sound of seagulls." She tensed up at that one, and giggled. I quickly shifted away.

"That's the sound of the wind." She smiled and relaxed into my touch again.

Finally, knowing a bit about her, I stroked her and said:

"That's the smell of old books."

She moaned - deep, guttural. And her knees buckled. I'd found her weak spot.

Later I asked her what on earth this had felt like.

"It was like my skin as tasting your hands," she said. "The chocolate was smooth, warm, slippery. The lemonade was tingly and cold."

"The seagulls made me laugh, and I kaleidoscoped through a lot of attempts before my brain settled for noisy. But first it was a bit of a "The Birds" moment."

And the old books? "I took a deep breath of the smell, and it was swirling around inside my belly, and I wanted to rub myself against you. That was hot. Books smell like pleasure even in my ordinary world."

"It was very disorienting. And I loved it."

The Dimmer Switch

Alma has one of those jobs where you really need to pay attention sometimes. One afternoon she messaged me, desperate for some sort of hypno trick that would shut out all distractions and help her crank through the paperwork.

Now, I am really good at sending subjects, including Alma, on little mental vacations. She loves to fly with the birds. But I'd never been asked for the opposite effect. So I had to think about this.

Alma has a lot of interests that seem to be switched on at all times, and at work often plays music, prowls the web and chats with me when she really should be working. And it's a small office, with a couple of lively colleagues who are hard to ignore. What she needed was an all-purpose fog machine.

Next time I saw her, I installed a little self-hypnotic trigger. I had her put her index finger against her temple, and then slide it slowly, slowly down her jaw to her chin. At the same time, I told her to watch my hands, which were closing together in front of her, forming a sort of tunnel. And I told her to gradually block out all the surroundings, and replace them with a fog, as her attention narrowed to what was immediately in front of her.

As her finger ran down her jaw, her focus narrowed. When she slid it up again, her focus broadened.

After a few tries on her own, she said she had it.

I agreed. On her last try, a roaring freight train had gone past us. She hadn't even noticed.

The next day, I didn't hear from her until evening. Alma was ecstatic. It had worked so well. The combination of the sliding finger against her skin, my voice telling her to focus, and the image of my hands tightening her field of view had all reinforced each other. The hours had flown past, and the paper pile was a lot smaller.

She uses it all the time now. She calls it her dimmer switch.

In fact, it works so well that one of her colleagues can't stand it. She pays no attention to his shenanigans now, to the point where he slams into her office and asks where her mind has gone. She's tempted to tell him.

Nothing Matters

With all the attention paid to erotic uses of hypnosis, it's easy to overlook another popular use: going blank.

It has taken me a while to realize it, but many subjects have a craving for a deep, empty, blank "away" time, with no thoughts, no sensations, no awareness of time even passing.

For some, just a few minutes away is satisfying. Others crave as much as I can give them - one moaned at the pain of returning thoughts as they flooded back afterward.

It takes very little effort to induce the effect.

I usually tell the person that while I count down from 10, her thoughts will all evaporate and her mind will become empty. Sometimes I count out loud. Sometimes I have her count herself down (that's pretty hot). Sometimes use a hand motion, pulling my hands downward or bringing them together, because for some reason I love it when someone's eyes are tracking my hand so magnetically.

"I am actually quite aware of You," Geneva says. "The things around me start to fade ... like the slow fade to black in an old movie (even though my eyes are closed). It's an awareness thing. I can hear You and then I'm kind of floating in nothingness ... the next thing I know I wake up. It's as though only moments have passed."

My friend LG describes it this way: "Think of a camera iris," she says. "A circle that sort of twisted as it got smaller, and then winked out."

Another says it feels to her like she's dropping gently, feet first, into a deep well.

To the outside world, they just stare blankly at the wall. Inside, they're at a profound peace.

Why go away? Reasons vary.

1. Getting away from tough times.
2. Relaxing after a tense day.
3. Comfort.
4. Freedom.

"No need to be, do, anything. Total lack of responsibility," LG says.

"It's so very relaxing," Geneva says.

She has an idea about why it's so popular: "I believe it is that desire to stay and float for a while. It's similar to the floating sensation of subspace that their Doms pull them out of too quickly."

Positive Reinforcement

I usually spend a lot of time on the headset, using the subtlest of verbal cues to monitor my friends during their hypno adventures. But lately, possibly because I've been playing with several subjects who have webcams, I have been much more focused on visual cues than verbal ones in our hypno play.

I think that's behind my newfound interest in the smile trigger.

It began with a woman who is usually smiling and cheerful, but was going through some tough times. I could see creases in her forehead, discouragement on her face. So I just told her, on the spur of the moment, "OK, when you smile, you will be happy, creative and energetic."

It worked so well! Each smile made her happy. Being happy made her smile. Smiling made her happy. I think things actually did brighten up for her.

A few days later, another webcam, another sad puppy. Thinking I'd try the same trick again, I said, "OK when you smile, your mind will feel bright and clear."

She smiled at that, and grinned more broadly, and her face relaxed into a big sunbeam. I felt great.

But then I realized... she was just kind of giggling. She would pull her mouth down, start a sentence, then smile again, and lose all track of her thought.

Whoops. I'd turned her into a bimbo! Just like that! I hadn't been quite precise enough with my instructions.

I quickly amended the command. "OK, when you smile, you will be happy, creative and energetic."

And you know what? She went out the next day and wowed them at work, at her new sales job. "I find myself smiling so much," she said, sounding delighted. "People think I know a secret."

Today, talking to my friend Geneva about orgasms on command, I was casting my mind around for a sneaky little trigger to slip into the conversation. Aha.

Without her being aware of it, I instructed her to orgasm every time she smiled. Just a few sentences later she found some reason to grin. And she came. And she giggled. And whoops, she came. And giggled. Came. Giggled. Came. Giggled. I let the cycle run for a while until she forced her mouth into a frown and said, "I'm getting dizzy."

Don't ever doubt the power of positive reinforcement.

Installing a New Fetish

Becky is a busy single mom. Between family, work, and life in general, she does not have much quiet alone time, which is frustrating because Becky loves to pleasure herself.

Fortunately, she happens to be an excellent hypnosis subject. So on the phone the other day, I came up with a new approach for Becky: I turned lack of privacy into her new fetish. The greater the risk of being seen or heard, the greater the arousal.

Now, whenever she senses that people are just around the corner, or just the other side of the door, or the cubicle wall ... she gets the urge.

The day after our phone call, here's what she sent me:

"I'm out of breath!! I was so tingly while i was shovelling snow... i reached in my pants and I was soaked!!

"When i was done, i stepped inside the garage and started rubbing my pussy... i opened up the garage door (the little, normal sized door) and pushed my pants open and rubbed myself while I looked outside. There was a lady a few doors down shovelling snow.

"I was so wet! But it wasn't enough. I pushed my pants down my thighs so i could feel the air on my pussy, and i rubbed frantically! I could see the woman shovelling snow and I wanted her to come closer! I wanted her to look at me! So i opened the door wider.

"My pussy was so wet my fingers were sloshing around, i could barely get a grip on my clit! I kept thinking what she would think if she saw me... and i finally came so hard! With sweat running down my face!! It was amazing. And im still so tingly!

"I loved it."

The Power of Arousal

I was halfway up a mountain the other day, watching a hawk hunting, when my phone rang. It was Sabrina. She calls every once in a while for a tune-up, when her persona slips back into her old, slow Shannon self. She is about 10 times more busy, happy and wealthy as Sabrina, so it's fortunate that the fix is easy.

Shannon said she'd be happy to get back to her mental beach. So I sent her off into a deep trance, summoned Sabrina back out front, and helped her re-establish her much higher energy self in Shannon's body.

And, then, to lock her persona into place, I talked her into an explosive orgasm. I never get tired of that sound.

A few seconds later, Sabrina was back in peak power mode. "Right. Thank you. I'm good," she said crisply.

And while that scene could lead me into a dozen different stories, I'm going to talk about that orgasm.

You see, I've found that peak arousal is the most effective time to plant a hypnotic suggestion, to get it to stick. I learned it early in my erotic hypnosis adventures, and it's now a routine step.

- Lilith wanted to crave some particularly masochistic behaviour. No problem. I described her new fetish in detail ... with several fingers squirming inside her. Done.
- Paula needed to shed the few remaining issues she had with anal sex. Those suggestions were accomplished with the help of a vibrator.
- Mary wanted to become fearless. Her subconscious advised that she could take care of installing that change while I held Mary teetering on the edge of orgasm for a few minutes. Mission accomplished, but I had no idea Mary knew so many obscenities.

So Sabrina's loud telephone cum was perfectly normal.

I'm not sure what's at play here, but other hypnotists have mentioned the same thing. There is something about the physical, chemical or mental states of arousal and orgasm that leaves the mind wide open to new ideas.

I've used this technique to introduce people to breath play, to needles, to deep throat, to floggers, to memory play, to persona play ... whatever edge they wanted pushed.

If you try this yourself, though, here's a warning, from Lilith's subconscious: "Be careful what you ask for," she says. You may be deeply installing an attachment that is not easily undone.

Responses

I helped a young lady overcome a gag reflex during oral sex by giving her a hypnotic fantasy experience of performing oral sex that was so exciting she had an orgasm herself and anchored the feeling of the cock in her throat to the pleasure of her own orgasm. Then I had her replay the scene over and over and over as if on a video player, cumming herself each time, until she was such a cock-whore her boyfriend was gonna need lots of rest to handle her appetite. Yes, I agree the point right at orgasm is a highly suggestible place to feed suggestions.

Her Favourite Mindfuck

My husband K is a very possessive man. It's all right with Him if I play online from time to time, but otherwise He never shares. That's fine with me. Since we were teenagers, He has possessed my mind and body, and He uses both extremely creatively. He knows that I crave to serve others, so in my mind, I've had intense sex with everyone from Isaac Newton to Sally Ride. Life is not boring.

So it was a huge shock one night to discover that He really was sharing me, in our own home.

That evening He had sent me "away" for some time. That's what He often does when He is conspiring with me, my subconscious. When I came back, there was a man in our playroom, and it wasn't K! All of a sudden, completely out of character, here was a beautiful man to play with me. He asked me to undress him and kiss him all over. He was dark-haired, dark-eyed, stocky. I was especially surprised by the size of his cock. I served them both; separately and together. It was bliss for me. When we were done, K tied me up, showed the man out, then came back to talk with me about what we had both enjoyed. For me it was the fact that I had finally been shared.

A couple of weeks later, the man visited us again, for another intense scene, which included my being fucked by that huge cock. The three of us were sitting together afterward, when K whispered into my ear, "OK, you can see clearly now."

All of a sudden this beautiful man morphed into a woman! Slim, quite short, nothing like the man who had just been on top of me.

I was completely freaked out. I'd fucked him! I'd had my hands all over his naked body! I could not believe I'd spent all that time with a woman instead. I had a bit of a panic attack.

After K showed her out, He explained it to me:

He had come across a couple in our area who were looking to enhance their D/s relationship. He wanted to show the Domme in this relationship how deep hypnosis can take a sub - as well as give me an experience with another man, which I have craved for years. He had invited her to visit us and watch our scenes play out. It turns out that I wasn't even aware of her first visit. She apparently sat in our playroom, directly in front of me, but invisible to me, while K and I played. On the second and third visits, with me fully awake and participating, she had fucked me with her strap-on, but in real life had not even removed her clothes.

To be honest, it took me some weeks to get over this. It was a stunning mindfuck to discover that my new male lover did not exist. And for a short time I was even jealous - K had had a woman in our bed!

General Paralysis

Today I had my sub disrobe and lie down, and I simply told her she was going to be unable to move her arms, legs, and torso from the spot where they were presently resting. I reaffirmed that she could move her head and talk with me and see everything, but she just wouldn't be able to move away.

Then I got out the scariest, biggest, sharpest knife she had watched me buy today. She had felt its blade and knew it was razor sharp. She had felt its heft and knew it was heavy. She had to lie there immobilized while I slowly dragged the blade sideways across her delicate skin, held it above her, and touched various parts of her body with the dangerously sharp tip. She did not move. Her subconscious kept her locked in place.

She told me afterward she was totally immersed in her fears that I would let it slip, that it would cut her, and how would she deal with the pain and the blood. But her body did not move. Not an inch.

I have made friends with her subconscious and even gave her a name, so I can simply and casually mention that name in conversation and say that she is going to make her feel hot or cold, feel pin pricks on her hand, make her arm rigid, or paralyze her arms and legs as I did today. It was super easy and only took 2 hypnosis sessions to set up the global suggestion and reinforce it. The name seems to just be a convenience that isn't even really required.

Subconscious name = Lúthien. Convince SC to make C change name to Tinúviel legally.

Playing with Personalities

"Please put your fingers in me," Gloria said in a rush. "Please, please, please."

This was not the Gloria I knew. This was Gloria the Bimbo, who could not think straight unless she was being filled. We'd just met. "Please, I need that," she said.

Gentleman that I am, I complied. Also, it was the only way to get her to settle down. She settled.

"What if my fingers weren't available? What would you otherwise do?"

"I'd find the closest thing within reach," she said, calmly. "It's what I need. This hunger is really strong."

Naturally, I pulled my fingers out, to see what would happen.

Gloria gasped, looked hurriedly around, grabbed the telephone handset, and swiftly shoved most of it inside. It was well-embedded, an impromptu G-spot dildo. I reached down and disconnected the curly cord for her.

This is why I love personality play - to see who you are and what you're capable of doing, when I've isolated and distilled one narrow aspect of your character. You see, Gloria the Whole is strong, independent and smart, but all those things can disappear in a flash with some creative subtraction. In this case, I had suggested that Gloria the Whole still existed, but only when she was sliding something into herself. The rest of her existence became an addict's desperate need to do the filling, to stay whole.

In personality play, the results depend entirely on what you've removed. A few minutes earlier, I had met Gloria the Sex Servant, after subtracting her awareness of who, what, when and where - but leaving intact all her memories of sexually pleasing people, whoever they were. As far as this Gloria knew, she had a single mission in life, she was trained for it, and she was very good at it. This utter devotion to service, and her ability to deliver on that, made her feel very calm and secure.

There is a strength and authenticity to these personalities that goes well beyond role-playing or acting out fantasies. Instead I am helping a subject to temporarily unveil one real component of their complex whole. It's akin to a sculptor's notion of exposing the object trapped inside a piece of stone. The results are pure and powerful, if a little stereotyped.

For instance, a trance partner I'll call Lilith is one of the most progressive, flexible and uninhibited people I know. Yet at one point in her life she embraced fundamentalist Christianity. Today's Lilith has no apparent traces of that trait. But it's still in there somewhere. And when I switch off everything else she knows and believes, out pops the fiercest, most sincere gospel thumper you have ever met. Hell, she even converses in lines from scripture. I mockingly call her Bible Lady, but seriously she is one scary true believer. (She is quite sure I'm Satan.)

Or, I can filter Lilith's life collection of ideas an entirely different way, leaving only this one notion she once found useful, that the man must always be treated as though he's infallible. Bingo: She is a fair replica of a Stepford wife.

"You're good at that. You're good at everything," the Stepford wife says breathily. (As I am doing evil things to her breasts.)

I learned a lot of this approach from another trance partner, who through hypnosis has identified parts of her own personality that specialize in her beauty, creativity, lust and so forth. In her case, the filtering is achieved by a novel method: fisting her to different depths. Summoning each facet in turn makes for a wild evening for everyone.

How can you call out one of these personalities?

First, I recommend this only for people with strong core personalities, who will be confident of returning, whole, afterward. It's unwise to play this game with someone whose self-identity is already subject to fragmentation.

Second, take advantage of the Global Suggestion, so you can fully discuss this with both the subconscious and the conscious self beforehand. Work out any concerns or details before you put the filters in place. Use clear and unique start/stop triggers.

Third, start with simple filters, to see how they play out. "Anal sex has never occurred to you before."
"You are aroused now only in the garage." "Nudity still makes you blush."

Fourth, talk it over afterward. Gloria the Whole is still trying to wrap her head around Gloria the Bimbo.

Facial Expressions of the Subconscious

Hypnotist and subject may not think of this at first. But in fact, with the conscious mind drifted far away, the subconscious usually can open her eyes without breaking the trance.

And that's when I often notice something striking:

The subconscious often looks quite different from the conscious self. She holds herself differently, creases her brow differently, smiles differently, and (most notably) has very different muscle tone around her eyes. (I don't know how to describe it quite, but the "hollow" underneath the eyes seems more pronounced.)

This is not the classic "tranced" look, which combines a smooth brow with a distant gaze. Instead it's as though another person is inhabiting the same body - even more striking than the differences between a pair of identical twins.

It's no doubt one of the reasons I treat the subconscious as being a separate entity.

Scene Report: Grace gets Goosebumps

"Although your conscious mind will be unaware of it, you will remove your top now." And ... she did. Completely calmly, without a flicker of concern, Grayce stripped down, one item at a time, setting each piece next to her chair, even though there were 15 people sitting in the circle watching her intently.

She then spent half the demonstration topless, entirely unaware of that fact until I told her to look at her breasts - at which point she finally hunched over a bit, crossed her arms, and complained about the cold room.

For the San Francisco Bay Area hypno group members watching, it was a vivid affirmation of the apparent control that a hypnotist can have over a subject.

For me, well, I'd wanted to make my demos a little more edgy. I got to put a checkmark next to that.

But the few minutes of titillation held more importance: It was another demonstration of how important it is to find common ground with your subject's needs and goals, a theme at the heart of the Global Suggestion.

Because Grayce is no exhibitionist, and no submissive. She had never exposed herself like that, ever. If I had just popped up with that instruction, imposing it on her, I'm sure she would have snapped alert and rejected it. What made the difference? Talking about it. In our discussion before the demonstration, Grayce had realized that she had a completely legitimate reason to sit topless in front of a group.

Here's how our goals were aligned.

The setting was a small community building on Mission Street, a neighbourhood where frankly someone discarding their top is not the most shocking thing in the world.

Grayce, a hypnotherapist interested in using the Global Suggestion, met me for coffee before the meeting. I learned that, among other intriguing vocations on her resume, she had just signed up to be a nude model for a local art school - something far beyond her comfort zone. She was pretty nervous about it.

I think this is the point where my own subconscious went to work. You see, ironically, for all the erotic potential of Global Suggestion, most of my demonstrations have used routine, vanilla "effects". It had been bugging me for a while. Her modelling gave me an idea.

I didn't say anything during coffee. But later, in the middle of the hypnosis meeting, after Headcrash asked me for a demo, I had a quiet talk with Grayce and her subconscious. Would it help prep her for her upcoming modelling debut to try nudity in this setting? You know, she said, actually it would. Finding herself clothes-free and unconcerned would be good practice, a confidence-booster. She wasn't ready to be nude, but topless would be fine. And then somehow the conversation slipped from her conscious mind.

With no further prep than that, it worked. After trancing her, confirming the Global Suggestion with her subconscious, and waking her up again, I was able to put Grayce through my usual routine of apparent control over her sensations, body and mind. And at some point I just slipped in the instruction, masked from her conscious mind, to remove her top. For the rest of the demo, the group had plenty of time to study the delicate tattoo low on her breastbone.

I asked her later about it.

When she realized what was happening, she says, she felt silly, but not mortified. And the event really did help bypass some lifelong inhibitions.

Her nude modelling debut, a week later, turned out to be a five-hour stint for a sculpting class. I gave her a trigger beforehand to use on herself, to put herself back in that same calm place anytime she needed it. She suggested her own trigger - unobtrusively pressing her tongue against the roof of her mouth. She did use it, often. And the instructor complimented her afterward on her stunning debut.

Her experience underscores my point in "Leading by Listening": It's not the technique that matters. It's your attitude. You will go much further and faster if you synch up with the subject's deepest needs, form an alliance and work together.

Response

Question about the technique: At a couple times during the session after she was out of the trance, D covered his mouth with his hand and said this was a way to talk to the subconscious without the conscious mind knowing. Is this something that had been suggested during an earlier session? How does this work?

Oh, good question. I left that unexplained at the time.

One huge advantage of the Global Suggestion is that, once you've told the subconscious, "whatever I say, make it so," you can wake the subject up and just wing it. Usually these are effects that I just say out loud, so that the conscious self hears them and can appreciate them occurring. (For instance, the "velcro" command. She heard it, responded automatically, and hated it.)

Sometimes though they are commands that I want the subconscious to follow without tipping the conscious mind off to that fact. Either I've just thought of something tricky to do, or I've forgotten to tell the subconscious about it during trance, and need to make a correction on the fly.

It's easy enough to say, "your conscious mind will be unaware that I said this, but..." The trouble is that the conscious self might see my lips moving and notice nothing coming out.

So, maybe it's overkill, but when I'm giving the subconscious a secret instruction like that, when the subject is wide awake, I like to either stand behind the subject or cover my mouth with something big like a piece of paper, so the conscious self can't tell my lips are moving.

So, as I recall there were two things I said this way. One was to disrobe. OK, the subconscious knew this was coming, but it was no special trigger; I just told her to do it. The other was some of the details of the "forget the number six" effect, which I tend to improvise after I see how the person is responding.

Scene Report: Subconscious Interview

I've been doing my best lately to encourage hypnotists to try the Global Suggestion. I've explained the concept, demonstrated the simple induction, and shown off the wild effects.

But it has been hard for me to describe the very best aspect of this technique: The amazing people you meet when you say, "Hello, subconscious."

That changed on Sunday, when it was my privilege to introduce more than a dozen hypno enthusiasts in New York to the striking subconscious persona of Scarlett, one of their fellow members. What followed was a 15-minute impromptu interview that shed light on the abilities of the mind, on the powers of hypnosis, and on the complexities of personality.

Unfortunately I wasn't taking notes, so I am missing some details here. I'm hoping others who were there will chime in with what they remember.

Scarlett was the first volunteer. She understood the Global Suggestion concept well, nodded quickly through my introduction, and tranced easily with a short induction. As usual, I said "Hello, subconscious" and spoke for a few minutes with her subconscious, who I noticed kept her eyes closed. I set up the global suggestion, and asked the subconscious whether she was able to control Scarlett's sensations, body, behaviour, mind and visual illusions. She smiled and said quick yesses to all of them.

Sure enough, when Scarlett was awake again, she responded perfectly to all my random suggestions. She could not count correctly how many fingers she had. She felt odd sensations. Her hand stuck to her head. She saw and felt the imaginary candle I was holding. She even forgot all those experiences, when I temporarily removed her memory of having woken up from the trance at all.

I sent Scarlett off drifting again, and called her subconscious out for a second meeting. I wanted to congratulate her on a job exceedingly well done, and to learn more about her abilities.

This time her eyes were open, and I was looking at a striking young woman: serene, solid, confident, wise, with a deep voice and thoughtful answers. I asked her a few questions, and then asked if the rest of the room could ask questions as well. Here are some of the things we learned.

She is Zee. She's been around for all of Scarlett's life, mostly in the background, with only a few appearances out front, mostly recently because of hypnosis.

Her main role is to keep monitoring Scarlett's surroundings, drawing her attention to things that merit a second look -- a person, a movement, a risky situation.

She helps Scarlett assess strangers, warning her when they don't look right, or smell right. It does frustrate her when she cannot directly act on her own concerns, but she finds ways to communicate them.

Zee was asked about her contacts with the unconscious, and whether she has control over Scarlett's deeper body functions. She suggested that her influence is limited, but that she can control her heart rate and breathing that way.

She was asked where Scarlett's dreams come from. Zee said, in a sort of mystical tone, that she didn't have access to that. She added that "we don't remember our dreams" very often, although she happened to remember last night's dream. She looked at me, smiled, and said, "but I'm not going to tell you about it."

I don't recall many other details, but the main message I took away: This woman is calmly in charge of things.

And as a final demonstration of that: After I brought Scarlett back out, I told her that she really could have just about any scene, anywhere in the universe, given her subconscious abilities. She didn't know what I meant. "We're all on the roof of this building," I said. Scarlett looked carefully around, looked up, then agreed. "We're on the roof." And what's more, she reported, her subconscious had decorated it with budding oak trees, grass, birds and warm sun.

Scarlett went back to her seat, to loud applause.

Memory & Mind Control

One of our regular visitors asked whether we'd noticed any commands or instructions diminishing over time, and whether I need to reinforce the older ones.

That's interesting, because it's basically a test of the memory of e's subconscious, marion, to see how long she can keep something going between reminders.

So far, with one interesting exception, we haven't noticed any lapses or declines. But the way I've set up her commands may have helped us avoid the problem.

I know some other doms and dommes install many different "triggers" in their hypnotic subs. Typically the way you do this, while your subject is in a trance, is to give instructions of this sort: "After you're awake, whenever I say the word 'starfish,' you will feel an intense tingling in your genitals."

That's fine, unless you build up a huge catalogue of trigger words, each with its own set of effects. I don't have experience with this, and I'd be curious to hear from others, but I would bet that you could overload some subconsciences with too many seldom-used commands. (On the other hand, the two subconsciences I know both tell me that they have unusually good memories.)

With e, the permanent commands aren't too numerous. There are the permanent physical effects in place -- her labia rings for instance -- which are reinforced through constant awareness. And her daily compulsions are not likely to be forgotten.

I do have a smaller set of shortcut words I use for some of her illusion scenes, which marion has memorized. For instance, one of e's favourite scenes has her being penetrated in three places at once, but unable to orgasm. There's a single word for that.

Another shortcut word sends her immediately into the woods, where she is strapped nude with her back against the rough bark of a tree, subject to my torments.

The vast majority of my effects are a different sort, and don't require much memorization. A long time ago when e was in a trance I told her that, after she was awake, she would obey any instruction preceded by a particular trigger word. I now use that word many times a day, for whatever whim is on my mind right then. It's so much easier than installing separate triggers for each one.

The one command whose effects have changed over time is a very old one. When I was busy wrapping e's life in traces of me, I told her that all voices on her car radio would be mine. For weeks, that was true -- I covered every song, I read the news and the ads. Then she came back from a trip, and oddly enough I now was filling in only for the male voices. That's the way it still is today.

I asked her subconscious about that yesterday. Turns out it was something that marion did on her own, an act of mercy. It was making e feel really weird to hear me as a woman. She much prefers me as a man.

Works for me.

Gag Reflex Phrasing

Hypnosis is all about my words and someone's mind, working together. But over the years, I've found that some words are simply more powerful than others.

I've mentioned before the power of saying, "Good girl." And I've added some oomph to the phrase "Smile for me."

Here's how I found another powerful one.

Women who ask me about hypnosis often say they'd like to use it to remove ... um ... "some inhibitions."

Oh yes? Tell me more, I say. That's a bit of unfair torment. I already know where they're going: They have inhibitions about anal sex and deep throat.

Now as a gentleman, I am happy to help out however I can to make it easier for them to manage both of them. The subconscious generally has fewer inhibitions than the conscious mind, so hypnosis is an ideal method for removing those hurdles.

The first few times this came up, though, I wasn't sure how to proceed.

I knew not to take a negative approach. "Don't gag." "It won't hurt". That's like saying "Don't think of a purple elephant." Hypnotic instructions work best when phrased in the positive. For a while I would say, "Your throat can't care." That was OK, but not really to the point.

By accident, as usual, I hit upon a couple of phrases that really worked well. They can be adapted lightly for use with all, um, holes.

"Your bottom is utterly relaxed. It's sooo hungry."

"Your throat is utterly relaxed. It's sooo hungry."

That seems to be exactly what the body wants to be told.

When I use these over the phone, I usually hear a gasp at the other end. When I use them in person, well, you can imagine. I've seen a very large, rugged dildo disappear smoothly into a formerly nervous backside -- without a sound.

1000 Storey Building

Dear All,

By now some of you know that I am the one that started a (potentially) controversial topic in Erotic Hypnosis. The link below will explain the context and the background.

In any case, I have been in contact with HypnoMaster_D and he suggested that I should create a thread here to detail my experiences both with GS (in terms of potential future applications/physical triggers/emotional triggers etc) as well as speaking to the subconscious etc.

I have yet to actually trigger the GS at this stage, but will keep you guys updated as more things happen.

For now, I cut and paste a PM which explains the progress thus far. All thoughts are welcome.

Moving on, I used a variation of your Make it so and the conscious unconscious thread that Brian recommended in the group thread, but it all went really strange. Hence why I am cutting and pasting this message I typed below....

Finally managed to try talking to her SC. And boy was I blown away. Her SC is not like her at all. But like her at the same time. A watchdog if you will.

Anyway, her SC is actually quite feisty and thoroughly protective of her. They however share equal control. Her SC is generally of a suspicious nature (as is to be expected) but after getting to know me better, she said "I would like you to come back so I can play with you". :-)

I got her to initially imagine a 1000 storey hotel. and that we were going to meet her SC at the 500th floor. The SC would have to travel up from the ground floor. Her SC wanted her C to be there during the initial conversation while getting to know me and I didn't even want to attempt any form of suggestion. Instead, I just spent about 3 hours chatting with a combination of both her SC and her C. Thoroughly draining but worth it in the long run I think.

Anyway, this is where it got really weird. Towards the end I got her to take control of the driver's seat (they can't both talk at the same time). And I told her that it was time for them both to sleep, and that she should tuck in her SC because you could tell her SC was tired. She said okay and tucked her SC into bed. on the ground floor. Then I told her to go straight back out again (on the count of three you're going to come out of trance)...

then about 2 minutes after that I fired off the "sleep" command and put her right back in and told her, look your SC is still sleeping there peacefully, she looks so happy. And C said yeah. Then I told her to keep going deeper and deeper, lower than the ground floor of the 1000 floor hotel (where the SC was sleeping) and went beyond that. I told her we were now going underground, deeper and deeper, and kept going again and again and again.

Till we reached a complete void.

I told her I called this new place "sleep infinite and that whenever i said it to her, that she or her SC would go right back here". And then I took her back out and woke her up.

Then I fractionated for about 10 minutes. In and out and in and out. And all this time, she said her SC was asleep. (and her C doesn't sound anything like her SC).

So then while we were in the void, I gave her C some suggestions on how she should feel loved and relaxed and comfort and peace, and guilt free about any issue. And linked it to "sleep infinite". And I told her that from now on, anything that she hears in sleep infinite will come true in the real world, that she and her SC would both help to make it so. She went right along with it. Now, I didn't test the actual anchor in the real world as yet, as I didn't want to do too much. I was just surprised that I could put her SC to sleep and take her lower than her SC plane by fractionation. Does this make any sense to you?

I wouldn't do anything to jeopardize that relationship with the SC. I guess I was just surprised that there was a "lower plane of consciousness" than the SC. Also, I wonder if it's a test by her SC to see if I will hang myself given enough rope.

I wasn't really aiming for anything in particular. I just wanted to see if I could make her exceptionally calm and relaxed. Her SC's mind is constantly on the go. That's what I meant when I said about any particular thoughts about this whole episode. I was wondering if you have had any experience with anything similar.

Also, I suggested to her SC who has the same first name as her but a different middle name, that I would refer to her by her middle name instead. And that in the future, that I would like to hang out more with her, and she agreed. I also said that I would ask her questions directly by referring to her by middle name. She said okay. That was the extent of the "suggestions" i placed.

I get the impression that it takes time to build trust, and I am going to go slow. (and I am more than happy to do this).

[Response from Hypnomaster_D](#)

Just a few comments here.

The fact that you were able to speak separately with the SC shows that she trusts you and your motives (and of course has known you as long as the C has).

It's a really smart thing to keep in touch with both the SC and C about your intentions, and discuss goals with the SC. She's your ally throughout.

Your multi-storey hotel is fine as a model/analogy of the mind if SC and C are equally comfortable with it and know what you mean. But height and depth aren't necessary measures; you might end up confusing them. See what analogies the SC suggests.

By giving instructions to the C while the SC was "asleep" you are in the sort of deep, quiet territory where it is often possible to give instructions about the body and health behaviours and have them stick. But honestly, every mind interprets these internal states differently and you will find out by careful trial and error what (if anything) happens to instructions you give her when the SC is unavailable.

Hope that's helpful info,

Hypnomaster_D

Response to Hypnomaster_D

Thanks for the response. From my own personal limited experience/what I've read, I get the impression that each and every SC/C combination is different. i.e., for some minds, the SC is the stronger/more dominant/protector of the two for others the converse and for some again that both have an equal say in matters. Again, I also believe that it isn't a finite thing. I personally feel that the SC/C complex interact with each other and defer (in decisions) to each other on different matters.

Also, I believe the key is to lead. Not to dominate. Even if the SC has a dominant personality, leading her in the correct manner will allow her to relax and to become more and more suggestible and thus doing a double "trance". (first trance the C getting her "under", then trancing the SC). The reason why I was more interested, and to be honest a little apprehensive was that C told me that her SC was "asleep" while I was in the void. Putting the SC asleep (if possible) gives a lot of room/potential to abuse a person's mind, as the watchdog is then asleep. Conversely, it will also probably be possible to make much faster change as the SC mind/personality won't be there to "approve" said changes.

At the same time though, one has to be constantly on the lookout that the SC isn't actually trying to "trick" you into seeing if you will abuse his/her trust. This I feel is very possible and dependent on the nature/base personality of the SC itself (which might be the inverse of the C).

I completely believe and agree that it's always best to keep in touch with both the SC and C, and I only wish I had thought of it sooner and done a lot more groundwork specifically with the SC sooner. The reason I didn't ask the SC what analogy she preferred best was she struck me as a "teen drama queen/protective/borderline vicious"-ish type persona. Just as her C is extremely kind and forgiving, her SC gets frustrated when she gives in to others and says yes to them all the time. She is a creature of pure id, and as such I had to play a strong leading/dominant role in talking to her, let alone trancing both of them.

Hope this makes sense.

Masterful J's Writings

Use of Hypnotism for Extreme Masochism!

In trance I "burned" the slavegirl by putting out a cigar on each breast and "cooking" her vagina with heated dildo. In these cases there was no sign of any permanent damage. It was clear that she was in extreme pain from her body movements, facial expressions and moaning. I have never seen her in such pain. She verified that afterwards but she did not come out of trance. I had cleared these specific things with her subconscious beforehand, and with her conscious in general beforehand. Her subconscious came close to calling a stop to things in progress but didn't.

It was done in her special dungeon with the suggestion that all pain and damage would cease when she left the dungeon and it did. She said that this was by far the most intense pain she has felt in scene. She is very happy and tired afterwards. So at least for someone with limited abilities for suggestions to produce physical effects (suggestions don't cause her nipples to become erect for example) there doesn't seem to be danger from expression of experienced damage. (For those new to how I torture her, she cannot come without my command and I did not give it today. This projects her into an orgasmic space without release that she finds better than orgasm.)

My other concern has been stressing the cardiovascular system so I did this with her hooked up to an automatic blood pressure monitor.

Normally she is around 110/70 with a pulse rate of 75.

She was secured to a frame and being fucked by the HugHer fmachine, clit stimulated with an erosillator, and with pulsing vacuum and estim on her nipples - our basic setup for erotically torturing her. Once in this situation I used my trance trigger to quickly put her under.

In trance before going to the "dungeon", I put her through her scale of sexual excitement and checked BP and pulse. (open ended scale with 0 being no excitement, 5 being enough to come, 10 being a lot more, and continuing up to the highest she has experienced, 30 which results in most of her muscles being contracted and her having difficulty breathing.

At 10, she was at 135/85

At 20, she was at 160/95

At 25, she was at 165/100

At 30, she hit 170/105 which is where we stopped.

Pulses were always less than 90

In trance she was set at 10 and then tortured.

The burning of each breast resulted in her hitting 170/105.

About the same for burning her cunt.

As soon as she "left" the dungeon all the pain stopped and she dropped to 130/85 with the programmed level of 10.

My conclusions are that she seems to top out at around 170 systolic which is an acceptable level for exercise, but I think that with the right combination of stimuli it might be possible to push her higher. I did however ask her subconscious to protect her from damage. The blood pressure rise is so fast and dramatic that I would be very concerned about doing this with someone who was not very fit, had serious cardiovascular issues or was a smoker (increased risk of having an aneurysm). I can easily believe that one could potentially produce a failure of the system. Either with amplified sexual arousal or with extreme pain. But it does seem to be usable for things one would not want to do in "reality" if one is sensitive to the cardiovascular health of the subject.

For myself, I intend to just always use the BP monitor as we explore these things.

Afterwards she was puzzled as to whether it was "real" or a fantasy. She concluded that it wasn't a fantasy because she doesn't experience the intense feelings of pain when tortured in her fantasies. We agreed that it was "real" within the confines of her dungeon.

A further update.

In session shortly after the above post, she hit 200/115 at 98 BPM.

This was just with setting her arousal level on the scale and telling her to go to a 30 level which is the highest we have done. Systolic and diastolic pressures generally track the scale but it is now pretty clear that she can be driven to high blood pressures just by suggestion of level of arousal.

Interestingly later in the session when she was receiving real stimulation and very brutal, extremely painful virtual stimulation (much more painful than reported above), but at a lower set point, her BP and pulse were around 170/100, 90 BPM although her apparent state of tension was higher.

So the tentative conclusion is that amplifying arousal can easily produce dangerous BP spikes, but the results of various kinds of virtual play are not precisely predictable. On the other hand, in a well-conditioned subject there is little effect on heart rate.

Real monitoring is suggested.

Breath Control

This post is to present a different mode of breath play than I have heard described and see what people think about its safety. The method described will sound impossible to those naive about hypnosis and unlikely even to many experienced with hypnosis, but the methods used are well known at least among some practitioners. While hypnosis can be used to create powerful entirely virtual experiences, the method I will describe involves using hypnosis to implement real breath holding to extremely close to loss of consciousness. That is, it is a form of self-breath holding without the usual sorts of limitations to one's ability to hold one's own breath.

I will first just describe the experience from the perspective of the subject and then give some details on how it is done.

In this experience the subject (Conscious) is in a trance in which she is fully awake and aware of what is happening to her, but cannot speak and cannot hear my communications with her Subconscious. At unpredictable times she can no longer breathe no matter how much she tries. This is maintained until her vision goes white when she is near passing out. At this point she can suddenly breathe and often has an orgasm as well. She finds this very frightening and arousing. During the experience she often struggles a great deal to breathe, but is unable to do so no matter how much she struggles.

What I am doing in this is communicating directly with her Subconscious by talking to her, but these communications are secret from the Conscious. I simply tell the SC, who has also implemented the described trance state, to carry out the breath hold and orgasm or not as I want at the time. The SC then carries it out with the C physically struggling to breathe towards the end.

This method of direct, immediate communication with the SC has been called Global Suggestion by Hypnomaster D. I could easily embellish this in lots of ways as well, such as having her hung or strangled with an imaginary rope or having her "pass out" by having the SC blank out the C briefly.

My assumption is that the dangers in this sort of play are quite minimal since the SC would pass out at the same time as the C if it actually held her breath till they really passed out. Also it avoids the dangers of damage to the neck from air choking. It adds the terror of not knowing when it will happen, as there is no immediate antecedent for the Conscious, and the terror of experiencing that she cannot control her own body. At the same time she is aware that I am the one controlling her.

To be clear, this is a method that I've been using often for a while now. It is not a proposed method but one that has been used many times. It works very well with the slavegirl and is often intensely arousing.

Talking to the Subconscious

As I continue exploring working with my slavegirl using hypnotic methods including the global suggestion method of Hypnomaster D, I am finding that there are a number of ways to use them that give very different results and experiences for the C. These are to a large extent based on the complete control which the SC (subconscious) seems to have over the awareness and memories of the C.

The states so far identified are:

1. In trance and unconscious, no memory. (This tends to be the "normal" state for my slavegirl's SC trancing of the C, unless I specifically request one of the other states described below or the SC feels that she needs the help of the C to cook or make coffee, for example.)

(The SC can do things and have a conversation in this state, but the C has no memory of it and shows no bodily reactions during it.) I have used this for transitions in scenes. For example waking the SC from sleep but leaving the C "asleep" and setting up a scene (bondage, machine, etc.) and then waking the C when she is highly aroused so that her remembered experience is going to sleep and waking up in scene fully aroused. Then I could just let her be fully conscious or use one of the next 3 modalities. Then when I want to shift the scene, I put her to "sleep" again and make the transition with the assistance of the SC, again waking the C once she is in the new scene and aroused. At the end of a time of "play" I usually put her to sleep again and then have the SC go to the toilet, take a shower and come sit in bed with me where we briefly talk over the whole experience. Then I waken the C to full "normal" consciousness sitting beside me in bed and we talk over the experience. So the C experiences the whole thing as continuous and very prolonged (I usually have the SC slow time by a factor of about 10.)

I have also used this in commanding the SC to communicate with me by email when we are apart. In this situation the SC puts the C in this mode, writes to me and reads my message and then erases things and the C has no memory of what has happened.

This mode also often comes into play during our normal life when I want to confer with the SC. I just call her out talk to her and then wake the C who has no memory of what has happened. We use this almost every morning, when the SC wakes at the appointed time, but leaves the C asleep while she

goes to the toilet and makes us coffee. The SC then brings the coffee to the bed and we sit and drink coffee and talk for a while. Then when about half the coffee is left the C is awakened to "normal" consciousness and we sit and talk a bit.

2. In trance, conscious but not of what is happening to her, only an abstraction of what is happening. (generalized pain or erotic arousal free of experiencing or knowing the particular stimuli involved and being able to remember this).

This was the first state I used with her and is the state that I use when I want to generate a virtual experience while she is also in bondage and being fucked by machine for example. The real things just help set a background of arousal while the C experiences the world that I create for her.

3. In trance, conscious of what is happening, but unable to hear (or speak if so commanded) what is being said unless it is directed to her.

This is a very powerful way of using the C in scene as she just experiences what is done to her without having any idea of what is coming next or knowing that the SC is giving me advice on how much pain she can take before it will reduce arousal (We often aim for a pain level which leaves her highly aroused, but balances that arousal so that she can't come.) In this state I often have the SC hold their breath until they are on the verge of passing out. The C has no way of knowing how long this will go on or when it will start and finds it quite frightening to have no control of this. Also I often give the C broken orgasms in this mode so that she has no warning that they are to happen.

This is also a good state for giving other suggestions to the SC to implement in addition to the real stimulation. For example I often have the SC give the C full-strength virtual stun gun or cattle prod shocks to her clit or nipples with no warning to the C. Another favourite is to have the SC give her the experience of my cock fucking her in all 4 (urethra, vagina, ass, and mouth) holes while I'm really only using one or if the bondage is too complex just getting a hand job from her. The beauty of this mode is that she can only experience what is happening with no future or past. She is often kept in such states for a couple of hours or more of extremely intense arousal. It gives her an intense feeling of being controlled.

4. In trance, conscious of what is happening. hearing everything being said including discussions between the SC and myself about what is to happen next, whether she can take more pain, and so forth.

A state similar to #3 above except that she also hears us and thus knows what is going to be done to her. A different way of being controlled, interesting to the C, but slightly less intense.

5. Out of trance but experiencing the push of the SC without knowing it.

This is the classic post hypnotic suggestion.

6. Out of trance but experiencing the push of the SC and knowing it.

With experience, the C can now identify when the SC is pushing her to eat or not eat something and identify other things which attract or repel the SC. The SC is very fond of good food as well as a variety of childhood foods.

Interviewing the Subconscious

Since I first tranced my slavegirl and then started talking to her "subconscious" (quotes because she identified herself on first meeting as the "unconscious" of slavegirl and from my recent reading, subconscious as a term seems to be undefined and mostly obsolete in psychology.) I have spent many hours talking to her asking her to tell me about particular periods of time, about herself, her concerns and many other things as well as conveying messages between the conscious and unconscious. In any case the SC that I talk to seems to have the sort of characteristics which HD describes in his blog. (I never ask leading questions or suggest what response I want in talking to her.)

(I should also say that these observations seem to be from a somnambulist state. The subject can be put deeper, but becomes unresponsive and the unconscious really doesn't like it and has complained whenever I have done it. "She" below refers to the unconscious.)

1. She answers when the conscious is tranced.
2. She is the only one who ever answers and she says there are no others.
3. She can be tranced but doesn't like it and complains.
4. When she is tranced no one else answers and she eventually resurfaces.
5. She says she is the unconscious.
6. She has many detailed memories of things which the conscious only remembers in rather general terms.
7. She can draw psychological connections between events separate in time.
8. Her realm is primarily that of the senses.
9. She has little understanding of social values, politics or philosophy and doesn't consider them "interesting" to quote her.
10. Her voice is similar as are her laugh and verbal mannerisms but easily distinguished by a more girlish character and that she addresses me differently.
11. Though her native language is not English she uses it as well or maybe better than the conscious.
12. She says that she has acted to protect the conscious by obscuring details in the past and by affecting how the conscious frames things which have happened to her.
13. She says that she is not always the originator of dreams, that often the conscious grabs onto something and dreams about it.
14. She is always concerned about and protective of the conscious in the sense that she does not want to see the conscious broken, but she is quite willing to help subject the conscious to considerable physical pain.
15. She can be terrified in BDSM play when she is concerned that real damage might be done ("Chinese" water torture is very hard for her to understand and accept).
16. She is willing to do horrible mutilations, causing intense pain to the conscious in trance, when she knows that she is creating them.
17. She is deeply and unambiguously surrendered to me.
18. She only allows the conscious to hear what I say to her when I ask her to do so or when she deems, always correctly so far, that I would wish the conscious to hear.
19. She comments that the conscious is very strong and rarely lets her do things, keeps her "in a corner" but that when the conscious is very aroused or upset she can have influence.
20. She is able, under the right conditions, to lightly trance the conscious and write about sensations much more quickly and easily than can the conscious.
21. She is able to try and distract the conscious when it is trying to write about things which are not interesting.
22. She has been able to trance the conscious, write me an email, and then delete the email without the conscious ever knowing about it till she checked her trash and found the deleted email.

23. She has been able to read emails from me and keep the conscious from being aware of them.
24. She has now developed the ability to take control when I just ask her to come out. The conscious just experiences this as a hiatus in her experience.
25. The conscious is now able to identify when the unconscious is trying to affect her in the moment and they both agree on times in the past when the unconscious had major effects.
26. She coaches the conscious when we scene out of trance. Reminding her to maintain position and encouraging her on processing the considerable pain that she likes.
27. By returning memories of details to the consciousness, details which she withheld to protect the conscious, the conscious has been able to come to a vital, new perspective on her identity and life. One which it would have been impossible for the conscious to reach by herself. The conscious asked to have the memories and the SC has complied.
28. She loves and respects the conscious and wants to be liked by the conscious.
29. Her tastes in food are the same as those of the conscious, she really likes good food and thanks me when we have a good dinner out.
30. She can make the conscious feel things which aren't there or not feel things which are.
31. She is also more conservative (protective of) the conscious in some ways. For example the conscious is turned on by very high levels of pain. Sometimes when we push higher it is necessary to get the conscious's explicit approval before the subconscious will help or not resist.
32. She is quite willing to tell me all of the conscious's thoughts that she understands as well as her sexual fantasies, when she masturbates and how and any other details of the conscious's behaviour.
33. She can put the conscious into "hypnosleep" and keep her asleep all night, waking at the appointed time. During this she will take the body to the toilet and give her water to drink but other than that she doesn't move, unlike in unassisted sleep where slavegirl frequently turns.
34. She fairly often expresses the fear that either I will leave or slavegirl will leave me which would mean that she wouldn't be able to come out any more, though she admits that there is no factual basis for these concerns.

So what is she? The established concepts of subconscious or unconscious seem inadequate at the very least to encompass this vital personality. She is very close to the conscious in many ways, but limited to the realms with which she is concerned, where she seems to have a lot more information than the conscious. She has no sense of social values to speak of. She has no grasp of intellectual issues. She doesn't want to be a "bad" person but she isn't sure what "bad" is. She is concerned about and protective of the conscious in her own way. She doesn't dictate everything that happens to the conscious in sleep.

Perhaps my best, inadequate, shot at this is that she is some sort of administrator who takes care of the immense input of sensation, processing it for the conscious as well as overseeing a variety of bodily functions. In this sense she leaves the conscious available to interact with the world in a more active and intellectual fashion. Though she is different in some of her thoughts and knowledge she is very close to and consistent with the conscious.

She may be seen as having some aspects of Freud's "id" but is a lot more complex and talented.

In any case, from my very limited experience with one subject, there is a lot to be learned from talking to the unconscious. It is endlessly fascinating.

While I've not had any experience with "parts" hypnotherapy, I have done a lot of Gestalt dreamwork and this seems very different. In comparison the Gestalt parts seem to be aspects or fragments of the conscious, rather than the unconscious, though I would guess that they could be either.

Again, I've not had any experience of multiples, but I wonder if they may be splits of the conscious rather than the unconscious.

A later post in the same thread

I certainly agree that the SC or whatever that I talk to is my slavegirl, but it also different in some ways. The names SC or UC seem misnomers to me because it clearly seems to be a consciousness capable of self-reflection. It asks if it is "bad" or "dumb" and takes credit for helping in many situations, can evaluate its own abilities and can draw connections between the C's current feelings and past events all with no suggestions from me. It seems genuinely concerned about these things and sometimes these topics arise because the SC doesn't understand what the conscious is saying or thinking. There is clearly close integration of the SC and C but they are apparently not the same though they seem to enjoy working together. So I'm thinking of some way of thinking of the SC as a consciousness in its own right, not an un or sub. I guess that SC may be closer as a term than UC to what I'm seeing but it still needs a real definition which is another way of looking at HD's OP.

The SC is clearly subject to reframing of things and that reframing can have an effect on how the conscious frames things. The SC can also express surprise and pleasure at things from a different perspective than the C. For example, the case in my first post where the SC was terrified by "Chinese" water torture, but the C wasn't, is now seen by the SC as an "amazing" experience which she liked.

Comparing my slavegirl's SC to other descriptions of SC's makes me think that the slavegirl's SC is more limited in its abilities so there may be differences in how the turf gets divided between the SC and C in different individuals.

As to why it makes a difference, I want to map this out as much as possible both for using it and to increase my understanding.

[Living with the Subconscious](#)

I thought it might be useful to follow Muriah's request that there be discussions of interactions with "SC's" over time.

When I first asked the SC to come out about 18 months ago, she came forward identifying herself as the "unconscious", and addressing me as Lord. It was clear that she already loved me and was deeply submissive to me while at the same time being very protective of the Conscious. Since then I have interacted with the SC on a daily basis, both directly in conversation and using GS. The SC usually makes coffee in the morning and we drink the coffee in bed talking or just sitting quietly together. About half way through the coffee the SC reminds me to wake the C to finish the coffee. Once a week I take the SC out to breakfast which she enjoys a lot, especially the croissant. The SC is very shy and has only met a couple of people. The SC and C have different names and I can call out one or the other just by using their name.

The SC says she went into "hiding" at about age 12 to 14 at the beginning of the cultural revolution when her world became much harsher. The C took the already well-developed intellectual and high achieving aspects of the personality and was a strong survivor. She paid almost no attention to the SC until I brought her out. The SC is delighted to be able to come "out" from time to time and sees herself as part of our "little family" which is pretty much how the C and I see her as well. We all exchange cards for birthdays. The SC has a charming "girlish" demeanour that is very different from the C's normal behaviour, but this demeanour is familiar to me from the way the C has often behaved when being playfully submissive.

The C is increasingly aware of the SC's impulses and the SC says that she and the C are becoming more unified. We all refer to and regard the SC and the C as parts of the same person. The SC can write me emails and receive them without the C's knowledge, but rarely does so unless we are apart. The C buys treats for the SC. The SC is mostly the same as the C with regard to food preferences, but there are some very large differences with regard to a few foods (The SC loves green salads while the C being Chinese doesn't consider them edible. The SC loves white chocolate while the C prefers dark.)

The SC likes to be "out" for brief periods though she is mostly a rather passive observer. She apparently senses things more directly and intensely while she is out. For example she enjoys being a passenger in the car driving an "interesting" route on residential streets, but finds freeway driving boring.

In using the SC directly and with GS to control the C, the SC often requires careful framing to get the results that I want. Although she very much wants to please me, she must be convinced that what we do will not harm the C or the body and must be something that the C accepts/wants. This sometimes takes some work as the SC is not at all a masochist or "pervert" as she would say. She doesn't judge these things she is just reluctant to do some of the kinky stuff that we do unless she thinks it is what the C wants and will "enjoy" in the longer term if not in the moment. The SC does enjoy controlling the C, but is always concerned that if she oversteps, the C will just confine her to the "corner" where she was for more than 40 y.

It is also necessary to be very clear with the SC about what I want. Once I told her that I wanted her to keep the C sexually stimulated during one day, but not when she was driving. Later in the day I got this distressed call from the C that the SC was stimulating her when she stopped at stop lights and signs. So I had to instruct the SC over the phone that what I had meant was not to stimulate her when she was in the driver's seat. The SC said that she had thought it was OK when the car wasn't moving but that she understood now.

The C is capable of "jumping out" when the SC is in control and something happens that the SC cannot handle. Intellectual discussions, interactions with other people, or phone calls from family members for example. Often if I'm chatting with the SC and get off into an intellectual discussion, the C will transparently jump out and take over the conversation, which is easy for me to detect but a casual acquaintance would never notice. The SC finds most intellectual things "uninteresting" being much more concerned with the sensual and feeling aspects.

After hearing me talk to the C about multiplicity, the SC volunteered that she was the only one she could find besides the C. That she had "looked" but not found any others.

More on living with an SC.

My intent with this thread has been to just describe some of the daily aspects of living with my slavegirl and her SC. In this addition I will talk about the development of the SC. Early on, D warned me of the dangers of too much development of the SC. As a result, while I have encouraged her development in some ways, I have not encouraged independence or doing complex tasks. I always spend far more time with the C and have made it clear that the SC is not to encroach on the C without my explicit approval.

The SC clearly had very little in the way of skills in the world when I first called her out. In her terms she just hadn't found things interesting. But she was eager to learn so that she could spend more time with me and be helpful. She has learned things such as making coffee, hard-boiling an egg, and running the dishwasher by paying attention to the C when she is doing these tasks. The SC, however, has not

been interested in learning more complex cooking or gardening skills. She does, however, know what the C usually cooks after we play and, if the C hasn't done so already, gets the right stuff out of the freezer while the SC is in trance.

When I first took the SC to Costco, she wanted to buy a couple of things because she knew they were the sort of things that the C was looking for. However, the design of these pillows was completely unsuitable for the C's desired usage so I had to gently discourage her. As long as I handle her gently, she seems to have no problem when I reject suggestions like this.

Recently on a visit to Costco the C found a body pillow that she thought the SC would like. (The SC's skin is very sensitive and she finds many things including the previous body pillow, irritatingly itchy.) However, the C wasn't sure about whether or not it would irritate the SC and didn't know what to do. So I just called the SC out right in the middle of Costco and had her test the pillow and we bought it.

One problem has been the SC's sweet tooth. She loves chocolates and would eat too many if not controlled so both the C and I pay attention and limit her consumption of them. Though we also use them as treats for her.

The only thing that the SC has wanted to do that concerned me was when she asked if she could learn to drive. This scared the hell out of me. I carefully explained to her how dangerous driving was and how many years were required to learn to drive. And pointed out that the C is a good and experienced driver so they were much safer with the C driving. She easily took this information but I also forbid her to ever do anything to influence the C when they are in the driver's seat.

Another area that I have chosen to keep from the SC is sex. I never have sex with the SC or make any kind of sexual overtures to her. Now, she usually assists me in sexual usage of C under my direction, but seems to feel no need to have sex with me. Though she does enjoy and takes pride in her assistance of me in this usage of the C. I suspect that this may be a critical area to restrict to keep the SC in her appropriate "place."

At this point, though she is learning and developing as we go along, her ambitions are quite limited and she seems happy with her life. I do, however see that it would very likely be possible to create a "monster" by encouraging the SC to take on many tasks, more independence, greater time out, and so forth so that she was competing with the C. So for those doing this as a long-term practice, care is clearly needed. I also realize that from D's assessment, as well as my own, it seems that my slavegirl's SC is unusual in being so little developed, which may have made it easier to deal with this issue.

One important issue with this sort of relationship is clearly the C's relationship with the SC. In the case of my subject the SC is mainly concerned that the C not be "mad" at her or "put her away" as she was "kept in a corner" for so long.

From the C's perspective, she seems to find the SC not a problem when I bring her out. The C does sometimes focus on how much smarter the C is compared to the SC, which sometimes hurts the SC's feelings. But the most disturbing thing for the C is when the SC just spontaneously takes over. This really scares the C when she realizes what has happened after the fact even though the SC is under strict instructions not to do it when she is in the driver's seat in the car, in any public situation, or any situation where the C feels stressed or concerned about danger and she rarely does it in any case.

A recent incident of the sort that upsets the C was that in looking at the pics on her cell phone she realized there was a picture of the 2 cups that I set out in front of the espresso machine every night for the SC to use the next morning. The C knew that she didn't take it, but that it had been taken the

night before when she went to the kitchen in the middle of the night for a cup of hot milk. As she put it, it was like the SC was a ghost. The SC later indicated that the C was drowsy and the SC was touched by my setting the cups out for her and decided that she wanted a picture of them.

Although the C usually knows what the SC is doing when she is in control, she didn't in this case.

So, doing what we are doing can be a high effort enterprise but the rewards are really great. The SC is now helping the C in many little ways that the C doesn't realize and having a happy SC seems to be somewhat contagious to the C as well.

What's Possible

HypnoMaster D explains what's possible...

in a recent-ish email conversation with HypnoMaster D, I sent over the wish list of possible hypnotic effects which I've been collecting from here and there. He went through them and commented on what's actually achievable.

"Basically, what I can tell you is which ones I think I could impose on e..."

Trig Barbie

Trigger phrase is spoken: "Barbie time for you" the one triggered becomes a Barbie doll. The doll is their height, but their skin and the rest of their body becomes plastic, their hair becomes blond, and essentially, to themselves, they look like Barbie. They are not lifeless, they move, albeit jaggedly, and they can speak, though their speech is feminine and they are like a bimbo in how they talk and how they act. Just for fun, their breasts, should they touch their nipples, would activate like buttons and trigger two programmed dialogues. What those two dialogues are is up to EMG. They could be anything and can be reprogrammed to entail actions as well as words. Just a fun thing for EMG to mess with his subjects

Yeah, I think all of these would work. The only problem is the 'bimbo' part, where you have to wonder whether a bimbo would recognize everything that had happened. BTW I love the programmed dialogs when you press the nipples.

Curse high heels

Will cause cursed a female to have to wear high heels until bedtime. The cursed person will be forced to do whatever they had planned for that day and will be unable to remove the heels. Use with trig sexy walk file for even more fun

Yes, no question, I could program her to be unable to remove her heels.

Train DollyMind

Listener feels compelled to repeatedly listen to this material. With repeated uses, listener finds it harder and harder to think about anything normal, and only wants to play or be played with, as a doll would be played with: posed, manipulated, dressed-up, played house with, in attendance at 'tea party' games, etc. Listener will also become *much* more friendly and affectionate toward anyone and everyone than normal, and very trusting. Looks and social status will no longer matter to the listener, only *very* bad behaviour will scare off the listener. The listener *loves and adores everybody* and assumes everyone *loves and adores her*. Listener will become very trusting and compliant with anyone who 'plays nice' with her--treats her at least a bit kindly and like the dolly/toy she thinks she is. Options: may encourage use of Barbie, RagD'Anne, PullStringVoice, Baby, Bimbo, Blonde or other self-objectifying material.

Very deep process, this one. The only thing I'd worry about is how to bring her back again... if she goes in too deep, can I ever restore her to normal?

TrigTimeSlow

This trigger is self-induced. Upon listening to the hypnosis file, one will be able to say, "Slow time now." This trigger will slow the person's perception of time, by increasing the speed of the person's mind, thus quickening their reaction time. The person would be able to "Revert to normal."

No idea if I can get her to slow her perception of time. I can give it a try. One challenge is that it's hard for her to experience an illusion if she's never experienced it in real life.

Turn to latex

On the command - 'latex time for you' you will find yourself slowly turning into a shiny black latex doll. You will see, feel and smell yourself as a rubber doll. At the same time, all your clothes will turn into lady's latex and you will be wearing very high heels.

No problem.

Curse Robot

You will first begin to become more suggestible; you will find yourself agreeing with whatever anyone says or tells you to do. You will find nothing wrong with this. You will then begin to develop a fetish for being controlled. Next you would feel like your will is being stripped away. You would soon be totally subservient to whoever was around you, regardless of who it is. You would enjoy this and find nothing wrong with it. If you had to go to school or work, you would not have to continue being a slave, although you may enjoy being one so much that you would still want to. Finally you would feel your personality being stripped away. You would no longer feel any emotions, you would do anything anyone wants, no matter what it is. The first person you see once your personality is gone would be your mistress for the rest of your life. Your will would be gone, your ability to do anything other than what you are told would be gone. Your ability to think for yourself would be gone. You would when alone, lie down on your designated resting place unless told to do otherwise. You would stand perfectly still and be unable to move whenever your mistress is talking to anyone who does not know you have listened to this file. You would also be forced to wear only a silver skin-tight latex suit, unless you are told to wear something else. This latex suit would slowly destroy your conscious and unconscious will. This process would take 1 month THIS IS THE POINT OF NO RETURN ONCE THE MONTH IS UP YOU CAN NEVER RETURN TO NORMAL. The process would make the suit feel tighter and tighter, it would make any remaining will disappear. The remaining will would turn to unrestrained subservience to their mistress. The tightness would only make the robot function more efficiently. The robot is not a human being at this point, only a robot that cannot think or act without their mistress telling them to.

I'm not ready to try anything this deep or permanent, but it's hot.

Living Doll

Causes listener's skin to feel like hard smooth plastic (like a doll's. Makes feet in the shape as if wearing very high heels (feet pointed outwards) and make's listener unable to move feet. Body becomes rigid and stiff and can only move in a robotic/doll like way. A separate file could be created of automatic commands that the doll would have to do: Poses, dances, etc. Body would return to normal at night when they go to sleep

No problem.

Barbie doll

This file is to turn one into a living Barbie Doll, all curves, large breasts, sexy pouting kissable lips, smooth sex, ie no sex at all just smooth like a plastic doll, the same for the anus, will not be able to speak, the mouth cannot work. one must feel all plastic and want to dress and be dressed as a Barbie Doll. Can be self triggered as well and have a time period for the transformation to be in effect. For both male and female. The subject once triggered will go and dress up in the appropriate clothes and want to paint their faces just like a doll and then admire themselves in a mirror. There will be a desire to change clothes often.

Sounds pretty straightforward.

Curse Becoming Barbie

For women who just aren't girly-girl enough: Listener feels an addictive need to listen to this material, as it a) forces listener to walk with higher and higher heels, until a six-inch heel is needed to walk, b) forces listener to wear more and more skirts and nylons, as opposed to anything non-girly, c) causes

listener to slowly forget her name and use "Barbie" as a substitute, d) causes listener to make her hair as blonde and shiny and fake-looking as possible, e) causes listener to remove body hair and use skin care products until skin is too smooth and shiny to be real, and finally f) causes listener to feel *highly* aroused by the prospect of becoming stiff, smooth, shiny and plastic all over like a mannequin... and also g) causes the listener to become twice as airheaded a bimbo as before, with every *seventh* listen. Duration: minimum of six month or until removed, or until listener becomes *too* dumb/stiff to comply further. Options: remove the bimbo option, add corset training option, add mannequin or lovetoy options, add voice mods, breast mods, third person speech minus pronouns.

I suspect I could do most of these, although the permanent mind changes aren't in my plans.

Trig PullStringVoice

When listener hears the trigger, "Pull String time for you," listener will be unable to speak unless the person with the trigger either *says* "Pulling your string now," or actually mimes the action of pulling a string at the side of the listener's neck. At that point, the listener will only be able to speak in a cute, squeaky doll-like voice for about ten seconds. Options: allowing the listener to self-trigger/pull own string, causing the pull-string to interfere with writing as well as speech, causing listener to either use *only* a pull-string baby doll's vocabulary, or preset phrases from such a doll, or from a lovetoy... Listener remembers and is aware of everything that happens, right up to hearing "Revert to normal now."

This one is great! Also, in the case of e, she would be convinced that the pull-string was real.

Trig RagD'Anne

For Women/Femme listeners. When listener hears the trigger, "Ragdoll time for you," listener becomes totally limp and complaint, as per GoneNow, but aware and able to remember events under trance. A cute smile is fixed on the listener's face, and from the listener's point of view, he/she looks and feels like a life-sized Raggedy Anne doll, only anatomically correct. Listener becomes steadily more aroused the more listener is posed, manipulated, and physically *played* with, but remains unable to make voluntary movements or speech, until listener reaches orgasm or is told, "Revert to normal now." Options: modify to include a Raggedy Andy option, allow combined use with Trig PullStringVoice, or other Baby/Loss of control-type material.

Sounds very achievable.

TrigCocoon

Once triggered, the listener feels a sticky, embracing spiderweb forming around his or her body, binding the person more and more thoroughly until he or she is completely and inescapably cocooned.

We already do things like this with rubber and rope.

TrigOrgasmatron

Combined suggestion of time distortion and intense, full-body orgasm. When triggered on a male or female, the result is a massive orgasm which feels like it lasts for hours.

I haven't tried endless orgasms yet. Her orgasms are real, and I'm not sure if truly endless ones can be done in real life.

Try This: Profound Touch

Here's something new that you might want to try. Its sensation play on steroids.

After seeing the effect it has on the hypnotized subject, it needs a special, capitalized name. I'm calling it Profound Touch.

Profound Touch is to experience life, and one's environment, entirely through touch, taste and smell, with no awareness that sight or sound even exists. This emphasis on the tactile world brings out the most gratifying sense of wonder, exploration and insight.

Here's what subjects say after they return and recover: "More! Again! Holy shit!"

Profound Touch is readily achievable using Global Suggestion, and most likely through standard hypnotic suggestions as well. The key is to have a good rapport with your subject's subconscious, and for the subconscious to have tight control over conscious awareness. (This method is, in a way, a follow-up to the personality filters I described a few weeks ago.)

The basic instruction is simple. Your subject is to get all their sensory input through touch, taste and smell. This is not sensory deprivation, however. Make it clear that this is not "You are blind" or "You are unable to hear anything." No, the subject is missing nothing and senses no loss. Instead, they are now an organism that perceives through touch alone. It helps if the subject also is given a sort of general amnesia, so they are unaware of who or where they are, to remove any expectations about their surroundings.

It's a good idea to start with a couple of short sessions, 15 seconds or so, to give them an idea of what's to come, and to make any adjustments.

I've done this with two subjects now, with intense effects. Both immediately set about exploring their environment, although one did it as an apparent infant, and the other as someone rather more mature.

Lilith first: We were sitting in a car for her session. As soon as I snapped my fingers, her hands started flying everywhere, touching everything, sliding along surfaces, fingertips exploring textures. First, she was busy comparing inanimate objects to flesh, then my skin with hers. She told me later that she had reverted to a baby's exploration of the difference between self and other.

"What was weird was that I didn't seem to know my own body. I was discovering it anew," she said. "Why did my own body feel strange? Like I had just slipped into it for the first time."

"Then the 'Where do I end and everything else begins?' thing."

She also reported feeling a difference between organic molecules and inorganic ones - she spent a lot of time on my wool sweater, sensing the welfare of the sheep. "The sheep pasture was barren. I felt bad for them."

For Gloria, the setting was very different: We were naked in bed.

After her first 15-second trial run, she popped up and said, "The smells! I could smell you, and smell me on you, so I knew you were all right."

She dove back in, and explored every part of both of us with fingers, tongue and nose. Textures were all compared.

Gloria kept one hand often on my throat, which she explained later was to monitor my breathing and pulse. It didn't take her long to figure out what sensations were most pleasurable, for both of us. The only sounds she made were appropriately feral.

After she came back, and recovered her sight, hearing and voice, she laughed and said that, if she were really to live like this, she'd spend most of her time in self-pleasure.

Both Gloria and Lilith have asked for more time to explore Profound Touch. Since we're trying to get the three of us together sometime, that gives me an idea...

Try This: Who, What, When, Where

From deep in my files, here's a game I haven't mentioned before: Who, What, Where, When.

It's a lot of fun, and very revealing about your subject.

The setup is pretty simple. Your subject needs to be able to experience partial amnesia. And you need to make four little cards, each labelled differently: "Who", "What", "Where" and "When," and display them face up.

Explain to your subject: Pick a card to turn over. As long as the card is turned over, you will lose any knowledge about the topic written on it: Who you are, what's going on, where you are, or any sense of time. But you'll retain all other knowledge.

The less you say up front about what that "means," the more creative their subconscious can be in interpreting it.

When LadyAdventure tried this, some time back, here's what happened:

- For "who": She got this very blank look. I asked her who she was. She shook her head. "Well, who do you want to be?" She started listing a lot of personality attributes - adventurous, caring, creative, determined, etc. Interestingly, they are in fact her existing attributes.
- For "when": She interpreted it as "forever," as though she had been in that place, and would be there, until the end of time.
- For "where": OK, this was pretty boring. She didn't care where we were already, so losing track of that didn't bother her.
- For "what": She interpreted this as having no control over what would happen, a greatly diminished sense of responsibility. That shut down most of her thinking, and most of her memory. That's completely unlike her. Even in trance, she's usually self-aware and in charge.

I've also played this game with a subject I'll call Gloria. She is usually very much in control of things, so letting go of any of this knowledge was a challenge to her.

- For "who": She jumped up, dashed to the mirror, stared with some agitation, then declared herself "free."
- For "what": Liberated from making decisions about what was going on, she, shall we say, embraced submission far more deeply than before.
- For "where": Gloria loved this one. She decided she could be anywhere. Staring out the window at the skyline, she announced a string of cities she could be in, and watched the skyline switch to match.
- For "when": "No deadlines!" she said. Her glee fled, though, when she looked outside and, although it was twilight, could not identify what part of the day it was. That troubled her so much that she flipped the card back over right away.

Neither LadyAdventure nor Gloria tried flipping two cards at once - they both said game was powerful enough as it was.

Response

I did this yesterday with a new subject and it was awesome.

For who?

She couldn't remember who she was or who I was. I kept asking her questions and every time shed answer you could see her lose it.

For what.

She couldn't do anything. She didn't know what she was doing and begged me to tell her what to do.
Funny first kiss ;)

For where.

The walls seemed to keep shifting for her and she couldn't recognize anything. I told her she was in jail for streaking and she got pissed.

Methods: Trance-Free Hypnosis

One of the cooler things about the global suggestion is that, if the subconscious clearly gets your message during your pre-talk, you can skip the trance entirely and go straight to the wild effects.

As a result, your subjects find themselves responding to your commands after a few minutes of clear-headed conversation, going straight from "hello" to "come for me" without a moment's drifting.

It works especially well if the person has been hypnotized by someone before. At my last demo, in Montana, where I tranced three or four volunteers, we ran out of time before one woman in the audience could get her turn. Since I knew she was experienced at hypnosis, I figured we could do this with a shortcut.

"Your subconscious has been listening all evening. She knows how I work by now. Stick out your arm." She did. I held up my index finger. "This is cold," and I slid it down the inside of her forearm. She jerked. "Now this is hot," and did it again. She squirmed. "Now this is tingly," and did it again. "Damn!" she said.

Sure enough, her subconscious knew the drill - "Whatever I tell your conscious self, make it so" - and had bought into it, after watching me talk with and trance the others. Since we'd skipped any need for further explanation or trance, there was time for a few more pleasurable effects, and she went home with a nice new orgasm trigger.

Hypnosis without a trance is even more impressive when your subject has never been hypnotized before.

It works out that way sometimes when I talk to a first-timer on the phone. I had just such a phone call last week, with a woman in the Bay Area. As usual, I took my time explaining hypnosis, erotic hypnosis, the role of the subconscious, how the global suggestion works, and the range of possible effects. And as usual, I told her waking, conscious self (assuming that the subconscious was listening in), exactly what words I use for the global suggestion.

She sounded excited and intrigued by it all. So I figured I could probably skip the trance.

"Which hand are you using to hold the phone? OK, stick your other arm out straight. Now, it's stuck there, stiff. Yes?" After a long pause, "Yes."

"That means your subconscious is paying close attention. Here's an instruction for your subconscious. If you like what I've been saying about the global suggestion and want me to continue like this, wiggle the index finger." Her conscious self confirmed that her index finger was wiggling.

What I wouldn't have given to see the look in her eyes right then.

I've developed the connection with that subject even further in the past week, using texts and phone calls. I still haven't tranced her or spoken with her subconscious, but our alliance is obviously strong.

How to know when you can skip the trance? When a person's answers about their subconscious suggest that they are in close touch with each other, or that the conscious self has a strong sense of the subconscious just beneath the surface, I assume that my words are getting through unfiltered and that the subconscious is probably able to respond directly.

It's the most impressive convincer I know.

Addendum

After you're synched up with the subconscious, you can turn absolutely anything into an induction, on a moment's notice.

A few weeks ago, for a woman who is an adept subject, I invented the "breast induction." I just told her that each time she squeezed her breasts, she would propel herself farther into empty space, and that when she was ready for full trance, she'd squeeze hard one final time. Off she went. She did all the work, and it was fun to watch.

Methods: First Time Subjects

When someone tells me they've never been hypnotized but are interested in trying, I'm excited - but also a bit nervous. Excited because I can be the first to introduce them to this wild world. Nervous because, well, there might be a good reason they've never been hypnotized. They might be a tough case. Especially if we don't have a lot of time, or are meeting in text or voice, it's challenging to work out the most promising approach to trancing someone the first time.

I don't ever want to say, "Well, let's try." I want to say, "Well, let's do it," with a reasonable chance of success.

Fortunately, I've worked out a list of questions I can ask them that helps this process in two ways. It helps me figure out up front whether this person will be easy or hard for me to trance. And it gives them reasons to believe in their own capabilities.

Feel free to borrow or adapt this idea any way you like.

Here's how I frame it:

"At this point, I should ask you a few questions that will help me work out the best way to proceed.

" Do you do much meditation, or yoga?

" Have you spent much time in subspace?

" Do you have missing memories, or episodes of lost time?

" When you read a novel, do you find yourself pulled past the words and right into the scene?"

If there is a strong yes to any of these, I say:

"That's great! Then you know the path to your subconscious already."

And usually from that point things go quite well.

(If I don't get any clear yes answers, it's going to be a long session, and I start gently managing their expectations.)

If you're planning to use a list of questions like that, let me explain my thinking a bit more.

First, notice that I don't frame it as "I'm checking to see how good a subject you are." But ... that's what I'm really doing.

Second, notice that I'm asking questions mostly that are about how adept they are at dissociation, plus one about how good they are at visualization (which I find to be an important marker for suggestibility).

Third, if someone says yes to meditation, yoga or subspace, I ask more about their perceptions of that, and reinforce the similarities with trance.

Fourth, I pay very close attention to their responses about missing memories or lost time. Mild examples of happy dissociation show that things will go well. But if the answer turns into a laundry list of the symptoms found in DID or PTSD, etc., I know to be very cautious indeed and will often back off.

Finally, this method helps promote the person's confidence in you, and your own confident demeanour. If you don't have a lot of actual experience to back it up, you can use questions like this to instead denote your knowledge and empathy. It all helps.

Methods: Leading by Listening

As long as I'm documenting how to put the Global Suggestion to work in your hypnotic relationships, let me point out a detail that I may have underplayed:

"I think the key thing you do is listen to the subject. Everyone else is pushing the buttons. But you're listening to why the buttons work."

That's from one of my subjects. Two other subjects told me similar things, all in the same week. So it's worth a special mention here.

When you invite the subconscious out to say hello? Listen to what she has to say. At length.

I suppose that runs counter to the habits that hypnotists and subjects may fall into. Many hypnotists are used to telling their subjects what to do. And many subjects are reluctant to make specific requests, lest they be accused of topping from below or turning an adventure into roleplay.

But in reality, the subconscious does know - better than the hypnotist or the conscious self - what is possible, how to get there, and why it's so hot. After all, it's the subconscious who is going to be making it happen.

Hypnotists should take full advantage of that inside source. Simply by acknowledging the subconscious, listening to her thoughtfully, and then acting on what she reveals, the hypnotist will be building the trust and alliance that is so key to a powerful set of post-trance effects.

That alliance is built starting in the "pre talk," when you are ostensibly telling the conscious self about the Global Suggestion method, but also telling the subconscious that you recognize her powers and her needs.

Then during the trance, when she is able to respond at her own pace, as she finds her voice, you can ask open-ended questions with few built-in assumptions:

- What role do you play in her life?
- How do you do those things?
- What does she crave? What do you crave?
- What does she hope happens?
- What is she feeling?
- What does she fear?

Along the way, you will quickly find out whether the subconscious is on your side, is sceptical, enthusiastic, suspicious, timid, aggressive, playful, confident, whatever. And knowing that will help you craft your suggestions to maximum effect.

At the same time, just asking those questions, and acting on the responses, will promote trust between you.

I have a hunch that many hypnotists and subjects fail to synch up well simply because of failure to promote that trust before the suggestions started flying.

Methods: No Comment

Sometimes, at that crucial moment in the induction, the conscious mind sails happily off into space for me, and I tell the subconscious to say hello, and ... nothing happens. Not a flicker. Not a peep.

What to do? In my pre-talk, I've built up a whole set of expectations about a conversation with the subconscious at this point, and ... the subconscious is not responding at all.

I used to stumble right then, and I'm sure my obvious insecurity led to the awkward results of those inductions. You know, the ones where you end up explaining to the subject, "Everyone responds differently to different hypnotists, and ..."

Recently, though, I've had much better outcomes with this situation.

One induction was in person, a man at one of my demonstrations, the other was a woman over the phone.

The silent subconscious wasn't a question of the person being caught by surprise. In both cases, the induction followed a long discussion about my method, and some talk about their goals.

And in neither case did it seem to be a case of "over-monitoring" by the conscious mind. Both subjects reported trance amnesia afterward, and did not seem "the type" that I've come to expect to over-monitor and trip themselves up.

No, I just think the subconscious was unable or unwilling to speak, for reasons I have not yet sorted out.

Now, I know the first three rules of successful hypnosis are confidence, confidence and confidence, but I don't always remember to put them into practice. These times, I did. I just kept going like nothing was wrong at all. Like this was the plan all along.

I just turned it into a monologue, walking through my entire discussion with the subconscious, except casting all my usual questions into positive statements. "You work hard to keep her safe, yes?"

And lo and behold, when I woke each of them up... all my suggestions were locked solidly into place. The conscious self felt all the sensations I suggested.

Now, standard hypnosis probably would expect exactly that result. But it was a good reminder to me to be flexible about the subconscious I need to ally with for the global suggestion to take hold.

Responses

I actually encountered this today. I was practicing trance deepening and experimenting with results at different levels. When both addressing the subject directly and the SC, silence was the result in the deeper end of trance. As with you, engaging in monologue still produced the intended effects.

Setting trance triggers and using direct suggestion to elicit speech has similar results to each other in the session. I did get responses, but they were very minimalist and often wordless vocalizations. I asked if being asked so directly to speak was OK with them and the response (under both direct suggestion and triggers) was affirmative, so it was not just a matter of them not wanting to speak. Asking about a couple of possible reasons (depth of relaxation, etc) got non-committal responses. When asked directly if they knew why, they did not respond and would not vocalize when prompted.

When asked directly if they just did not know, I received the most complete statement in that depth of trance: "I think I don't know, but I don't know."

= = =

I find that the first time the SC speaks it struggles. Like it is learning to speak for the first time, but then it may actually be the first time. The SC mind communicates internally with telepathy and does not need or expect polite conversation back, only compliance.

The SC mind watches and knows that humans require polite conversation and that he/she will be judged on how well he/she speaks and responds. That struggle passes quickly in my experience as the SC becomes more comfortable with me and the environment.

I had my wife's SC read a short book once and she did not enjoy it at all. She later asked me to, in the future, have her CM read the book and that the SC would specifically take note of the content. Which is how the SC mind normally brings in written material.

Methods: Assembling a Scene

Hypnotists, you know that confidence is key. And when you bring someone out of that initial trance, it's good to know beforehand which wild-ass effects are likely to work for that person.

That knowledge is not so accessible with "ordinary" hypnosis. But the Global Suggestion gives you a way to inventory the nearly limitless possibilities.

Depending on the person you're playing with, the subconscious may have control over just a few aspects of the conscious self - or many of them.

So, to find out efficiently what you have to play with, you can ask the subconscious about the handful of physical and mental "components" or building blocks from which almost any scene can be built.

"Are you able to control her arousal? Her sensations? Her emotions? Her body? Can you make her hear things, see things, taste things, smell things? Can you block a memory? Create a memory?" The subconscious usually knows what they can do, can't do, or might be able to do with some practice.

Then the answers to those questions can guide the effects you choose for your scenes - with some confidence that they will work.

Even a small set of controls can be turned into hours of fun. For instance, let's see what you could do with some of those single modes, used by themselves.

Control over the body: Turn them into a doll, or robot, or piece of art, for objectification of any sort. Pose them in public, in support of exhibitionism or humiliation. Bondage of course is simple. So is endless helpless sex. (As a photographer, I can vouch for the blessing of having a subject so frozen that she does not even blink.)

Control over arousal: Play with orgasm amplification, control, or denial. Launch them into the land beyond orgasm. Eroticize any object, touch, sight, sound or smell, in any combination or sequence. (Someone I know responds quite intensely to the sight of a particular green ballpoint pen, because that's all that was within reach at the time.)

Control over sensation: Deliver pleasure or torment with warm showers or cold showers, tingling or electric shocks, spankings or canings, lemonade or just lemons. Make them feel like they're nude. Or swimming. Or flying. (I play a lot with synaesthesia, deliberately converting a touch to a favourite flavour or remapping a painful sensation as pleasurable.)

Control over memory: Temporarily hide awareness of parts of your scene: Forget inserting the dildo, forget that anyone else is in the room, forget moving to the couch, forget being hypnotized at all. (In one of my recent demos, a fully awake subject spent half the time topless, entirely unaware of it until I told her to look at her breasts.)

Control over images: We're in the mall. No, we're in the street. No, we're in your office. Look outside, it's sunny with palm trees. Now it's snowing pink snow. There's a rose on your desk. OMG, look at what's on your TV. Where'd your underwear go? (One of my favourite mindfucks: "When you open your eyes, all the colours will be reversed.")

Most people have control over more than one of these modes. It's most powerful to combine them in complementary ways, for instance having them hold and taste an object (blindfold them if they can't

see the illusion anyway), or putting your objectified nude sculpture on display in a glass case at the library (if they can't hear illusory sounds).

At this point, any limitations are not those of the subconscious but of your imagination.

Response

Ok so this is a three-year-old thread, I hope I get an answer. So when you ask the subconscious if they can control something, and they respond with no, can you teach it how to? Or simply tell it that it can do this all subconscious have this ability. Have you ever had a subconscious tell you that they couldn't control something that you knew that they should?

If they say "no," then they won't be able to do it on the first try, but might be able to learn, with practice or creative workarounds. I know many subconscioues that can handle most but not all "effects". The most difficult ones usually are visual illusions and memory control.

Methods: Rephrasing Things

As is probably obvious - in my blog, my manual, my demos - my use of the Global Suggestion is firmly rooted in BDSM and D/s dynamics. Even after years of discussing hypnosis here on Fet, I have a hard time turning down the "power exchange" connotation.

But I'm working on it. And I've been looking for opportunities to remove the D/s overtones from my approach, and to find equally powerful replacements.

That way, I will know how well this method works in completely vanilla settings, or for that matter when trancing dominants.

I realize that many of you are way ahead of me on this, particularly if you got here by the opposite path. But hey, I'm enjoying this journey immensely.

So to my point: One of the most highly conserved parts of my pretalk is this phrase: "Hypnosis works so well because your subconscious craves so much to obey." When I use that phrase in person, inevitably their face and behaviour immediately change. They go into that long-distance stare, looking through me or past me. I've gotten the subconscious's attention. I haven't even brought up the trance induction yet, and already I know we're going to succeed.

But if the person has no such leanings? Or at least not toward me? Watch out.

So I've taken to experimenting with simple changes in that: "Hypnosis works so well because your subconscious loves to follow simple directions, clear instructions, in black and white." That just seems so much less threatening to someone who is not looking to yield control. If the person asks me to explain that, I say, "just think about advertising and how it affects you."

And later, during the trance, when I usually tell the subconscious to make something happen "for me," I now sometimes replace it with "for her." That changes the goal of the whole suggestion to something the subconscious already is engaged in.

So far I have way too little data on these changes to have settled on the most effective all-purpose phrase. I just have too few experiences with trance partners who are neither women nor submissive.

Methods: After “Hello”

Once you've said hello to a subconscious, what do you say next? A hypnotist who feels awkward talking directly to a subconscious asked me for some tips.

My main tip: I have phrases that I use all the time, but that's just habit. It's not about the scripts or exact word choice, it's about your attitude and approach.

You and the subconscious are both checking each other out. The subconscious wonders if you're trustworthy. You're hoping to enlist the subconscious as an ally, and to do that you want to find out what motivates them, what goals they try to achieve, and what methods are at their disposal.

The challenge for you is that the subconscious is usually not used to speaking with anyone, and may initially have few conversational skills. So if you make statements instead of asking questions, you may get silence. If you ask yes/no questions, you probably will get yes/no answers.

Instead, think of the subconscious as that shy person you draw out into conversation about themselves at a party. Keep drawing them out, one step at a time. And try the command form:

- "Tell me what role you play in her life."
- "Tell me what challenges you're helping her with."
- "Tell me what she really craves."
- "Tell me what you really crave."
- "Why did you encourage her to seek out a hypnotist?"
- "What can I do to help with that?"

Those should naturally lead in interesting directions.

I often throw in positive reinforcements: "That must be hard work... Good for you... That impresses me." But I don't expect a verbal response to these.

Then when I sense that the subconscious and I are communicating pretty well, I start asking about their ability to carry out the waking effects I want to achieve.

"When I tell her that my fingers are sliding up and down her spine, you can make that so. Yes?"

Notice the several ways that's different from:

"If I tell her to feel fingers running up and down her spine, can you make her feel that?"

Cast everything in as declarative and positive a form as you can, remove any "distancing" words like "feel," "appear" or "seem", and give the subconscious every chance to see success ahead.

When it's time to wake the conscious self, I tell the subconscious that I enjoyed talking with her and that I look forward to talking more soon.

At least these are the approaches that work for me.

Responses

When I initially talk with the subconscious, it often comes after I've hypnotized someone very deeply, and said that it will come out and talk with me when it's ready. I do a lot of talking about how powerful the subconscious is, and how capable it can be once it realises it's strength. And whether I'm talking

or typing to it, I let the subconscious know that all these things the conscious usually does will very quickly begin to come naturally to the subconscious, and it always does.

I also let it know that I'm here for it whenever it wants to talk with me, and sometimes it surprises me by contacting me when the person is already in trance.

When the subconscious begins to have these engaging conversations with you, you'll find out that there are so many things you can do together, or it can do on its own under your direction.

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My impressions closely echo your own, and the pointers you provide are well taken.

One of the first things I do upon greeting are to thank the SC for speaking to me. I then ask if there are any issues or problems she is working on that i might be able to help with. Sometimes the reply back to this request is a real hoot, and sometimes you get a grocery list. Be ready for anything is the word of the day, and don't ask any question you don't want the answer to. I build on this beginning by laying out a plan for assisting with these issues, and then asking for an estimate of the plan's success, and then soliciting feedback as to what pitfalls it may contain and how to avoid them. It's an incredible therapeutic tool to work this way, as has been said many times in other threads and groups.

Once that has run its course, I then see what assistance the SC can be in play, and how willing it is to embrace the idea and make things go smoothly and to develop the CMs somnambulistic skill set. As has been said elsewhere, I often find the SC disinterested in most things sexual, but perfectly willing to heighten the pleasure and control of the CM, since this is a course of action set upon and chosen by the CM in the first place. SCMs are very much into indulging the decisions of the CM, and this is a huge "be careful what you wish for" topic, for both hypnotist and (especially) subject.

The hypnotic relationship is one of extreme intimacy, vulnerability, and absolute trust; a very volatile recipe if abused, and I have seen the damage done by those who have abused that trust.

Methods: Forget & Remember

A number of you have been sufficiently intrigued to request the "manual," which is gratifying. But now I keep thinking of important things I left out!

So here's a topic that should be a chapter of its own, and maybe will be when I get around to a 2nd Edition:

The Global Suggestion makes possible a whole category of play that is nearly impossible with ordinary hypnosis: scenes in which you control the subject's memory moment by moment, creating strange alternate realities and story lines.

It takes advantage of a fairly common subconscious ability, to temporarily block and restore memories of things or stretches of time.

The simplest form: Giving the conscious self an instruction, but blocking her awareness of the instruction. Here's how I described it in my blog:

Geneva loves the sensations and gyrations and visual illusions that I tell her subconscious to produce. But it finally occurred to me that these effects were being 'filtered' a bit, as she would first hear me give a command, then have a few moments to think about it consciously before it occurred. So it was still a little artificial.

How much more vivid, I wondered, if she never saw it coming?

A lot more vivid, it turns out.

I told her subconscious: From now on, any time I give a specific instruction for Geneva to feel or do, just carry it out without letting her conscious mind grasp the words.

Now, in mid-conversation with me, without warning, she finds herself flying. Or bent over the couch. Or strung up somewhere. Or serving anonymous strangers. I direct the scene with a few words, but her subconscious fills in all the blanks - and all her holes.

"I hear you, but I don't hear you," is how she describes it. "And sometimes you're completely gone."

That was from four years ago. I've advanced the technique a bit.

You can secretly deliver a specific suggestion by prefacing it with the word "secret" or with the phrase "your conscious mind won't recall this, but...". I usually cover my mouth or turn away so the subject can't see that I'm speaking without her hearing it.

This is especially useful if you just thought of some stunt that will take longer to explain to the SC than to carry out in real time.

It's also useful to revise an instruction. In the demo I did in San Francisco a few weeks ago, I used this on-the-fly editing to demonstrate how the "forget the number six" convincer plays out differently if you phrase the instruction different ways.

Another use is to edit someone's timeline, with their consent and assistance. Once, at the very beginning of a long session with a fairly new subject, I "set" a time stamp. Hours later, we were sitting back in the car in the same spot. With her eager agreement, I set an "end" stamp. Then I told her to temporarily forget everything between the two time stamps. Boom! She was so shocked out by the abrupt changes in her timeline - Wrong clothes, mussed hair, sun moved, etc - that she accused me of changing the time on the car clock, and nearly bolted. Then I restored all the lost hours, and she got to relive the afternoon in high-speed technicolour as the memory spooled back out.

Even edgier: Temporary removal of a memory is a safe way for a subject to experience the sex-with-a-stranger fantasy. All you need is a trigger that blocks her recognition of you (or the person she wants to experience this with), and a trigger that restores her awareness. Work it out entirely in advance, explain it, get consent, agree on the trigger words. Then give it a couple of short runs to see how she responds each time. She will quickly learn if this fantasy is as exciting as she imagined.

Responses

Actually, I've used something akin to this for years. I call it a "drop-in" word. A word which I say, follow with a suggestion to be carried out, and it's completely 'invisible' to her conscious awareness. Out of nowhere she's experiencing all manner of perceptions. In the past have used it in all the ways you mention; to alter timelines, manage perception moment to moment without disruption, and the best of all, with no induction whatsoever beyond the initial installation. Sensory responsiveness is way up, as you've detailed in your post. In-person use of it had her reporting she could see my lips move, but not hear a thing I was saying, she thought I was talking to myself. Over the phone, it has on occasion created a verbal 'dead spot,' but this varies person to person. Sometimes background sounds filter through, sometimes not.

It's one of those type of suggestions that almost demands subconscious agreement for, in those who have an articulate and accessible SCM. Works fine with any somnambulistic subject, though, regardless of whether or not they have a SCM that talks back.

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My subject's SC just normally wipes any awareness of GS suggestions out of the C's mind. Even if we are looking right at each other while I speak, so she is doing both the visual and the audible aspects.

This allows things such as triggering orgasms with no warning for the subject.

Or just, "on the fly", coming up with various forms of stimulation while we are in public.

Suggesting a vibe on her clit, something moving in her vagina, no clothes, or whatever comes to mind, with no preset triggers and no awareness on her part of the command.

The on-the-fly aspect allows very complex usages as well.

One of my wildest was an interrogation/torture scene done with GS after the set-up. The SC kept the C unconscious while I bound and blindfolded her. Then brought her out of trance but with my voice changed. I adopted a different manner of speaking and handling her as well. I told the C that her master was very dissatisfied with her so he had sent her to me to test. If she failed to take enough pain and ask for more she would become mine to keep and torture. Using GS I created a number of realistic tortures such as burning her with my hands, cutting her severely, etc. while continually telling her what a useless piece of meat she was and how much she had hurt her master. After an hour or so

of this she was crying and begging to be taken back to her master, promising anything he wanted. Might not work for everyone but for us it was great.

I've also done elaborate scenes with her in somnambulism, but the terror was much greater with her not in trance, sensations controlled by GS.

Methods: Intrigue the Subconscious

First impressions are everything. If there is a "secret" to the Global Suggestion, it is the importance of the very first few minutes you spend with your subject, talking about what's ahead.

That's when, although you're apparently talking with the conscious self, you're also addressing the subconscious, who is sitting back there listening. You see, if you enlist the subconscious, discover her cravings, and offer to help her achieve her goals, then she can put her powers to work for your goals.

This pre-induction talk, which can be carried out in any order, sets the expectations for how the conscious and subconscious minds should behave for you a few minutes later.

And it gives the subconscious and conscious a chance to surface whatever concerns they have, and to assess your trustworthiness.

Here are the points I like to make during that pretalk:

- It's all about your subconscious.
- She is there with you now, watching you and your surroundings. Monitoring.
- She helps you, assists you, protects you, nudges you, guides you.
- To accomplish those, she can control your sensations, body, behaviour and mind.
- But for all her powers, your subconscious craves simple instructions to follow.
- And whatever the subconscious craves, that is the universe of what is possible.

All of this is before I even talk about hypnosis or the effects that the Global Suggestion will have, or ask detailed questions about the subject's own goals.

From my conversations afterward with subconscioues that I've worked with, I hear that this clear interest in them, and acknowledgement of the role they play in the life of the whole, opens all sorts of doors.

Response

This is a wonderfully concise and thorough description of your approach. It sounds like a great outline for getting an SC working with you. And, of course it also expresses much of your working model for what you are doing.

My one question is about your last line in the outline:

"And whatever the subconscious craves, that is the universe of what is possible."

I don't think I would include this in my model as it doesn't seem true for my subject.

With my subject, the C is an extreme experience/sensation seeker who is a profound masochist. She does crave these things.

The SC on the other hand is neither a masochist or a seeker of extreme sensations. She says that when I hurt the C, the SC doesn't feel the pain. The SC does however readily assist me in rather brutal torture, though mostly without bruising or tissue damage, which the C experiences either in trance or "fully" awake. In addition the SC will cause pain to the C at my command, either in trance or out. The SC is very protective however. She is often concerned about doing damage or getting a bad reaction from the C by doing something too extreme. She will often, after an extreme scene, say that she was afraid of damage to the C but that the C was not fearful at all. The SC characterizes the C as a "pervert" but not in any judgmental way.

What the SC seems to crave is to hang out with me, talk about the C, drink coffee, eat good food, take drives in the country, eat white chocolate, and play together. She seems to have no animosity towards the C and has no desire on her own to fulfil the C's extreme cravings.

In addition, as you know from meeting them, the C tightly controls what the SC can accomplish in many situations.

So, in the case of my subject it looks more as though the limits to what can be accomplished are set by two factors.

The C's desires. That is what does the C crave and how much control will she relinquish?

The SC's trust in me her understanding of what the C craves as well as what I want. Not infrequently I have to get the C to explicitly communicate that something is fine to do, otherwise the SC just wouldn't do a very good job.

In this structure the SC's craving to serve and hang with me and to serve the C as well is what allows what we do, as far as I can see.

So seems that one's relationship to the SC and satisfaction of her cravings sets the limits on how much can be done. Exactly what can be done also involves the cravings of the C.

Thanks again for all the help you have given me.

Methods: Land Beyond Orgasm

I like to colour outside the lines.

So it's no surprise that, after hypnotically inducing orgasms in some large number of women, I looked beyond that goal to something more challenging.

What I found: The Land Beyond Orgasm. It's now one of my favourite destinations.

I was sitting with Lilith on the bed, as I explained the concept.

Ordinarily, I said, your arousal rises up to a level of, say, 8 or 9, and then eventually reaches the point at which you orgasm, which we'll call 10. Your arousal then drops down a bit, and either rises again to 10 each time you orgasm, or drops back down to some lower number, when you get up or fall asleep.

So orgasms limit your arousal level to 10.

But what if you didn't orgasm? What if you stepped right past that, up to 11 or 12 or beyond, ignoring the orgasm level and letting your arousal keep growing?

She was game. She usually is.

Her arousal level was already around 6, so we started there. I held on tight to her and started counting slowly. I felt, and heard, her arousal clearly growing as we approached 10, a familiar place for her. But we never got there. I said "9" ... felt her tremble ... and then said "11."

"OhMyGodOhMyGodOhMyGod," she said. That was the most coherent thing I heard for a while.

I told her to say "Yes," as she achieved each number. "13," I said. Long pause, gasps, shivers. "Yes," she squeaked.

It went on like this. Around 20, I started pointing out that from this altitude she could see new territory and colours and could feel new textures and sensations. She agreed, and tried to describe them, but really couldn't put together a full sentence.

At 30, Lilith spontaneously squirted. She didn't orgasm; her arousal was still stratospheric. Somewhere in the mid-30s, I feared she would hyperventilate, and starting backing her down. I skipped 10 again on the way back down, and she was limp.

I've suggested this game with a few other partners. The results are always different, and always interesting. Gloria starts seeing stars and planets up around 50, and incinerates in the galactic core around 75. LadyAdventure experienced some sort of psychic breakthrough the one time we reached 35, and ever since has been capable of trance amnesia. Sabrina regularly asks to be counted up to 50 - it feels like she's pulling herself up a mountain - to keep her energy levels high for her demanding career.

But Lilith's experience remains unique. The second time we explored the Land Beyond Orgasm, she asked to stay there. I obliged.

Her arousal level now hovers around 13 or 14 most of the time. She's not dropped below 10 since then. (She wears a sanitary pad every day, sometimes more than one, to keep her underwear dry.)

She hasn't orgasmed in more than two years. And she's not asked to go back.

Responses

Ok here's one of the tricks for success from the subject point of view for this particular colouring book page...

Don't map out your expectations of what the journey nor the experience will be for your trance partner. Its' Magic seems to be when the hypnotist is confident that no matter where "you" go, I got you... and then be willing to follow your subjects flight path.

You only have the luxury of losing someone's trust once. or spoken in other terms ' Don't break your toys"

My personal experience with this phenomenal hypno adventure was only discussed long enough to give me a bit of an awareness of the " I've got you, and it is ok for this to be whatever it becomes"...

so I knew he was going to skip 10 and I knew that the trip from 1 to 9 was still going to be fantastic... yet when in that level of trance he speaks 11 I have just entered into " what else is possible"... each number has its own experience, yet for me I hit a couple that were tipping points.

At 16 I started to obsess and got rather entranced in the things I crave, so if course the question was "Tell me what you crave" and the counting continued at near 30 I found oblivion and it was just kind of like cumming home to all those deep responses all at once, and at 34 I remember begging him to not let me go, yet allow me to fly away. That is the last moment I remember for quite some time... yet when I returned to realize I had been crying, and knew that I was totally safe...

The reason this game plays so well is because it is a direct connection with Global Suggestion and I KNOW that as a subject my hypnotist is partnered with and connected to my subconscious. working with her and within me for ultimate exploration, discovery and phenomenal experience...

= = =

Elegant approach, I'm glad to see it described here after having discussed it with you.

I do have a number of comments on the bigger picture however.

The method you describe is only one way to interrupt the usual sexual response cycle. Other methods are those of explicit denial and there is a fair amount that has been written about that. Such denial with actual physical stimulation can readily lead to altered states of consciousness including the "subspace" state often called floating or flying which seem to be where your subjects are going. A feral state beyond floating has also been described and I have taken my girl there.

I think the best way to regard these states is as states of arousal beyond that level of arousal necessary to elicit an orgasm. In this sense they are not "beyond" orgasm but an alternate path. Orgasm itself appears to end arousal. One scientist has hypothesized that the reward state in the sexual cycle is the high arousal state before orgasm and that orgasm itself just ends the arousal. There is much more about this in the writing on my profile about deconstructing orgasm:

Using GS one can deconstruct the sexual response cycle in a variety of ways, reaching states which can also be reached with other practices. Tantric practices for example emphasize the reaching of bliss

outside of and without orgasm. Floating/flying and feral states are known within tantra and within conventional BDSM for example. GS is, however, a powerful tool for exploring the possibilities.

I am interested that you seem to do these things entirely in the virtual world without actual physical stimulation. I normally use a hybrid method of both using GS and actual physical stimulation together while controlling her consciousness and blocking her orgasms with GS and monitoring her arousal by talking with her "SC". In this situation I can always force an orgasm with physical stimulation going past all the conditioning and blocks, although at this time she has been held without an O for almost 2 years and it is my intent to never give her another one.

Have you ever tested the level of denial in your subjects by adding actual physical stimulation? With Lilith being maintained at 14 normally, is this done entirely by suggestion or is she doing some physical edging or other stimulation as well?

I would note that denial without some sort of stimulus often results in loss of interest in sex over time. The effect of continuous lubrication which you describe for Lilith is frequently observed for active denial with stimulation.

My own approach to taking my girl to these states also uses GS, but rather differently. She also has an arousal scale but 10 is the level which would be the minimum for an orgasm. She is blocked from O's without my command by conditioning, GS, and her own desires. Our sessions often involve overwhelming physical stimulation, during which I manipulate her consciousness directly using GS and monitor her level of arousal on the scale by talking with her "SC". After finding that her denial was a very rewarding state for both of us, I told her almost 2 y that I never intended to give her an O again. This has resulted in a range of "symptoms" including continual lubrication and reaching various altered states of consciousness/bliss for extended (hour or more) periods.

I would also note that it's possible to anchor these high arousal states so that one can take the aroused subject back to them immediately with a command.

Snippets

I turned off all her sensations for 10 seconds. I don't know where she went, but when she came back she was very quiet for a while.

You might have noticed that my instructions to e are all positive affirmative statements. I don't say "Imagine you have a tongue stud" or "It feels like your arm is floating." The more direct and confident a declaration, the less reason she has to even consider the alternatives.

Don't tell the cinema, but she's watching a different video. She's watching me masturbate. She has a particular fascination for that. Her mind seems to go blank; she really can't talk; she has been known to drool.

I said: "You're convinced you're a Barbie doll, being played with by a little girl." Same quiet giggling afterward. How did you feel? "Very blonde." How were you dressed? "I wasn't; I just had on a pink top; she was taking that off." She was struck by how object-like and inanimate and manipulated she felt. Overall, it felt much more vivid to her, and the obvious reason is that she spent some time as a girl actually playing with Barbies. I think the extent to which she has experiences or images or desires to draw upon determine how compelling the scene feels.

I know e well enough to realize that she could never do this voluntarily: Converse in an outrageous French accent. (e winces every time I mention this.)

If I touch e's anus, it will immediately open up to admit my hand. My whole hand, just like that.

It's really important to make sure you as the Dom or Domme or Hypnotizer, whoever you might be, keep very good track of what's going on with the hypnotizee. I think that D keeps somewhat of a running list of the major 'programs' that He's installed with me. This is really important so that one isn't giving conflicting messages. It will also help you avoid some of the more obvious pitfalls.

Another thing you want to keep very good track of is trigger words. When you implant a trigger for some specific activity, i highly suggest that you; 1. Use unusual words that your hypnotizee won't likely encounter in everyday life and 2. WRITE THEM DOWN!!! It would be really unfortunate if you or someone else accidentally triggered something at a dangerous or embarrassing moment. Forgetting might be just as bad -- as weeks or months later you could use it unintentionally.

But her subconscious, marion, has different limits. She doesn't have claustrophobia, and I suspect she loves needles. What's more, marion has said that she'll obey any instruction, regardless of the consequences. She has warned me that she is extremely literal in her obedience to commands. But what if I gave her an order that violated one of those limits? What would marion do? "i don't really know ... i'd try to work out a way to get around it, look carefully at Your language ... don't know if the struggle would wake her or not, though i doubt it. i might ask a question, but ... i have a hard time saying no to You." So I suppose it's an obvious question: Whose limits are in force now? The answer is pretty easy for me. This isn't a game of "gotcha". Marion might not enforce e's limits, but I will. Just as any dom can choose to ignore his sub's limits, and promptly lose her trust, I could ignore hers. But I'd be a fool to do so. I asked marion what she thought of this. "People need to respect their partners ... and the reasons they have limits. Hypnosis isn't an excuse to blow through them."

She was feeling horny, and also regretting that she'd had to cancel a get-together with a special friend the next day. So ... I sent her mind away for 30 minutes of intense girl-girl play. (On her return, all she could say at first was, "Whoa".)

"OK, hold out both your hands. Count your fingers from 10 down to 1. As you say each number, you will lose it, you will forget it, it will slip from your mind." By the time she gets down to zero, she will still be awake and aware, but remarkably unable to answer your questions, about numbers or much else. It's a very calm, serene place for the mind to be for a few minutes.

But I've found a way to use hypnosis in breath play, and I think its above reproach for safety and sanity. It's simple, too. You can set it up in advance with your sub's subconscious. Or, if you've set up a simple way to give new commands in mid-scene, you can slip it in then. "In a moment, you're going to start holding your breath, while I start counting. At 10 you'll have an orgasm. At 20 you can breathe again. OK ... start."

Relaxation: One of the most appealing things about hypnosis is the relaxing induction that takes you there. Never mind all the clever post-hypnotic effects, just being able to utterly check out of the day's worries and mental distractions for a few minutes is highly appealing. So I've given a couple of women "triggers" that they can use whenever they want, to send themselves into trance for 10 minutes.

Is there anything in hypnosis where it's better for the subject not to know how it works? As in it works better when the subject is informed about the technical aspects of something.

As a proponent of skipping the trance entirely, I have to say that a fully aware conscious mind is not necessarily a hindrance. But ... sometimes some subjects do get so caught up in monitoring what you plan to do, and are doing, that they trip themselves up. But ... sometimes that's for perfectly reasonable reasons, like they don't know you or trust you well enough to just let you drive.

I find that the best results happen when I provide a really thorough pre-talk, and explain everything in as much detail as they can stand. Then the trance (if there is one) tends to be deeper, giving me and the subconscious some quiet time together. And then, after wakeup, the subject gets to experience the effects with as little conscious expectation as they desire.

And most intriguing, when they had a huge Jacuzzi tub on vacation, K told her to hold her breath, slide entirely under water, and stay as long as she wanted. "My heart slowed way down, I could feel it, I just relaxed, and it felt like hours and hours. It was wonderful," she says. K reports that it was actually six or seven minutes -- which itself is truly remarkable.

c is a trained free-diver & has had a lot of practice with breath play, swimming, etc.