

MESMEROTIC's Very Very Very Brief Guide to Erotic Hypnosis

What is hypnosis?

No one really knows! It's still a very misunderstood concept, but we've written our own definition based on the literature:

- A state of directed focus where the subject is more able to access imaginative capacities that can influence their perception and experience of internal and external reality
- Takes a thought or behaviour from a "doing" to a "happening"
- Increased suggestibility, which can be utilised for a variety of effects

What hypnosis isn't...

- Magic, "Curses", Mind control – no one can 'take over instantly' using hypnosis!
- Risk free – just because it isn't movie mind control doesn't mean it isn't open to abuse or mistakes with real consequences
- Going to sleep – we just use that word because of its cultural associations with hypnosis
- Therapy – please don't try to 'cure' anyone with the stuff you learn recreationally, it can seriously backfire if you don't know what you're doing!

Before you start...

Safety Basics

- Subjects are always able to reject suggestions they don't want to follow, or adapt them to suit them better. Remember: everything in trance happens inside your own head!
- People can still use their safewords in trance – but hypnotists should be re-enforcing this, watching out for any signs of discomfort or distress, and checking in.
- Like any conversation, hypnosis can be used to manipulate and hurt. Trust your gut.
- Don't take it lightly: hypnosis has the *capacity* to reduce agency, have long-standing effects, increase suggestibility short and long-term, so build relationships of trust
- Some things can make hypnosis more dangerous:
 - Combining with drugs/alcohol (how good are you at following instructions under the influence?!)
 - Delicate mental landscape, e.g. a dissociative disorder, can make a negative reaction more likely
 - PTSD/fresh trauma -- be aware of issues that may arise, and discuss how to handle them in advance
- Some people may experience a low mood after play – in the BDSM community this is called 'drop', and best handled through aftercare.
- Physical safety/Location – eg. If the subject is likely to 'flop', make sure they're not standing.
- Abreactions - any unintended response to a suggestion, usually used to describe a negative reaction. To handle an abreaction, just stay calm, practice grounding techniques with the person, don't force any physical contact they don't normally have with you. Invite them to slowly come out of trance, ask how you can support them best (and ideally discuss this in advance).

Consent Basics

- DO NOT hypnotise someone without their prior knowledge and consent!
- Do not try to covertly hypnotise someone without their consent.
- Consent should be:
 - Explicit: discuss the details of what you're planning to do
 - In-advance: this is *especially* important with hypnosis, as you're deliberately getting someone into a more suggestible mindset. Do NOT 'upsell' or try to renegotiate mid-scene.
 - Specific: you can use a whitelist ("these are the exact things I'm consenting to") or blacklist ("just don't do these things") approach. If you're newer to playing together, we suggest a whitelist approach.
- Negotiate before playing. This is a chance to get to know how your subject thinks!
- If in doubt, don't – if you're unsure whether you have the consent to do something, or if you have an idea mid-scene, ask about it after the scene is over. You can always play again!

Negotiation checklist

- Likes – the styles of hypnosis and broader themes of play you enjoy
- Limits – things *under no circumstances* should happen during the scene
- Expectations on both sides for the scene. Define terms (e.g. ‘bimbo’).
- Feelings desired/headspaces/how their brain works
- In longer term relationships, how will you run check ins/maintain consent in light of conditioning
- Mental/physical things that might affect the experience
- Touch: whether, where and how
- Phobias/squicks: language is flexible, who knows what might come up!
- Existing triggers (to use or avoid) and experience with hypnosis
- What to do if they abreact
- Safewords, and what they mean to them
- Aftercare needs

There are many different kinds of inductions e.g.

- **Conversational:** like a normal conversation, but interlaced with hypnotic suggestions
- **Eye Fixation:** e.g. pocket watch, crystal...
- **Kinesthetic:** a fancy word for ‘touch-based’
- **Overload:** aims to surpass subject’s cognitive capacity
- **Confusion:** exploits the desire for clarity to give a clear instruction to drop

There are two kinds of suggestions

- Those effective during trance
- Post-hypnotic suggestions, which are effective once the trance is over (e.g. a trigger)

The basics of building a post-hypnotic suggestion

Safety

- How long will the suggestion stay active?
- How long does the effect last when triggered?
- When is it safe/appropriate to follow the suggestion? (describe some conditions where it won’t work)
- Who will be able to trigger the effect

Defining the effect e.g. “Freeze”

- Speed
- Sensation
- Mental/physical
- Emotion
- Awareness
- Totality

When and how will the effect end?

Why does the subject want to follow the suggestion?

- A ‘seduction of the subconscious’

How to Trance

Start with a **pre-talk:** discuss preconceptions about hypnosis and dispel any myths, pay attention to the language the subject uses to describe their expectations, and set up a positive frame for the scene

Hypnosis generally has 4 stages:

- **Induction:** the method used to induce a (usually fairly light) trance
- **Deepener:** the techniques used to make the trance feel ‘deeper’
- **Suggestions:** the specific instructions or result desired from the trance e.g. a trigger
- **Wakener:** how you wake ‘em up

...These categories are not actually discrete, and a scene may not follow that order, but it’s a good place to start!

Some Hypnotic Terms

Fractionation: When a subject is taken in and out of trance as a method of increasing ‘depth’ of trance.

Hypnotic Depth: This is a subjective experience often associated with being more suggestible, but it doesn’t have any scientific fact. People who appear ‘awake’ can often follow suggestions just as easily!

Modality: the sensory system that’s being employed in internal representations, relating to the five senses (Visual, Auditory, Kinaesthetic, Olfactory, and Gustatory) plus our internal dialogue

Anchor: an association built between an internal response and an external trigger

This guide was written by Sinister (sinisterdenial.com) and HypnoHedonista (hypnohedonista.com). We are professional erotic hypnotists and kink educators available for private tuition. We teach throughout the UK, and run group classes online and in person.

For more information, sessions, customs, or lessons, contact mesmeroticuk@gmail.com or visit mesmerotic.net/learn (NSFW).