

Basic Relaxation Countdown Script.

About this File: This file contains two variations on a short and direct induction, as well as a basic guide on how to use it and what else you can do to create an effective hypnosis session.

For a more comprehensive look into Erotic Hypnosis please visit trancescript.com

How to use it: This script is a basic and easy to use hypnosis induction that is designed to help the subject feel mentally and physically relaxed and comfortable. It helps guide the subject into trance by creating a physical and mental space where they can comfortably let themselves become suggestible and open to your suggestions.

This is the starter script, and after you read it a few times I recommend you put your own spin on it and put your own voice into it.

Delivery: If you believe you are hypnotizing someone, they're a lot more likely to believe it too. If you feel like you're in charge you will be in charge, you won't have to sound bossy or anything, your confidence will do the work.

How to give suggestions: The best way to have a suggestion work on a subject is to let them decide they want to accept it.

Example: Can you feel how relaxed you are right now? You can go twice as deep for me every time I say the word deeper.

They hear you point something out to them, and then you build the next thing you want them to feel on top of the first thing. If you replace "deeper" with horny, you can do the same thing.

So, if you are doing financial domination, or sissy stuff, or obedience, or whatever, once you finish the script you can use a lot of the same language in it and just mix it around and add what you want your subject to feel/do/etc. We'll get back to this after the induction.

Basic Countdown Induction

Close your eyes and let yourself start to relax.

You can feel yourself getting nice and comfortable and focus all of your attention on the sound of my voice.

Start by taking a deep breath in, that's it, nice and deep and hold for just a second.

Now exhale and feel your body starting to relax more and more.

Take another deep breath in, just like that, and hold it, hold it, and let it go, let all of your air out, and just let go.

You can continue to take slow deep breathes in and out, and ever time you exhale you can let go of a little more tension and a little more stress.

You want to feel this, you want to relax and let go for me, and you will.

I'm going to start to count down from 10 to 1, and with every number I count you are going to be able to feel yourself becoming more and more relaxed, and more and more peaceful.

By the time I reach the number 1 your mind will feel very calm and very open to the sound of my voice.

By the time I reach the number 1 you may find yourself sleeping in a peaceful hypnotic trance.

You can find that you can and you will go as deep down into trance as you want to.

Now, let yourself listen to the sound of my voice and feel your mind starting to clear with 10.

You spend so much of your day thinking about so many things, and you can know right now that there's nothing else you need to think about or want to think about.

9, you can let any thoughts that you may have just fade away as easily as they pop into your head. Your mind might want to follow them and that's okay, you can always just drift away on the sound of my voice.

8, Your body and mind are feeling so warm and relaxed, you find it so easy to simply let go of everything else and feel how good it feels to focus on me. It's so easy to let go, so easy to feel so peaceful for me.

7, As your mind continues to slow down and down, and your body feels heavier and heavier, you can let yourself enjoy how it feels to just let go.

6, Just let go and let yourself feel heavier and heavier, warmer and warmer as your thoughts continue to fade away, just fade away in the pleasure of relaxations.

5, You're doing so well, and you can feel even better, you can feel even more pleasure by realizing you want to surrender to these feelings. You want to surrender to the sound of my voice, and you can just keep listening, and just give in more and more.

4, You can feel so warm and peaceful, so relaxed and so happy just letting everything else slip away, there's nothing to think, nothing to do, just feel yourself falling down deeper, deeper down into the sound of my voice.

3, you're so close to letting go of everything now, so close to surrender, you know you will fade away into a deep hypnotized sleep very soon,

2, you're almost there now, nothing can stop you, you want to let go, you want to give in, you can feel twice as wonderful, twice as relaxed by taking another deep breath, and letting go, letting go for me,

1, deep sleep for me now, deep sleep. So warm, so deep so soft.

Feel your mind fading away, drifting down into deep sleep. Even if you think you're awake you can still feel a warm soft sleep washing over you, sinking deeper and deeper into me, down into the sound of my voice.

You can be passive for me now, you can surrender to the sound of my voice and let me take complete control. It feels good to be in my control.

0, deeper than 1, deeper and deeper than you thought you would go, zero is empty, zero is perfectly blank and accepting.

You are zero, you are empty.

Deep sleep for me now, you are deeply hypnotized.

An Easy Variation on this Script:

There's a classic visualization induction called the Stairwell Induction. You can use this script to do a Stairwell as well. Since it's roughly the same induction I'm including it as well.

Staircase Version

Close your eyes and let yourself start to relax.

You can feel yourself getting nice and comfortable and focus all of your attention on the sound of my voice.

Start by taking a deep breath in, that's it, nice and deep and hold for just a second.

Now exhale and feel your body starting to relax more and more.

Take another deep breath in, just like that, and hold it, hold it, and let it go, let all of your air out, and just let go.

You can continue to take slow deep breathes in and out, and ever time you exhale you can let go of a little more tension and a little more stress.

You want to feel this, you want to relax and let go for me, and you will.

Let yourself imagine a staircase for me now.

It can be any kind of staircase, it can be wood, or marble, you can see it in your mind just the way you want to.

See it in your mind and see that it has ten steps.

Take a moment to let yourself see it as clearly as you can, and see yourself standing on the tenth step.

I'm going to start to count down from 10 to 1, and with every number I count you are going to be able to feel yourself becoming more and more relaxed, and more and more peaceful as you walk down from step to step.

By the time I reach the number 1, when you reach the bottom step, your mind will feel very calm and very open to the sound of my voice.

By the time I reach the number 1 and you reach the bottom step, you may find yourself sleeping in a peaceful hypnotic trance, and you will find you can and you will go as deep down into trance as you want to go.

Now, let yourself listen to the sound of my voice and feel your mind starting to clear as you stand on the 10th step.

You spend so much of your day thinking about so many things, and you can know right now that there's nothing else you need to think about or want to think about.

9, see yourself moving down a step and let any thoughts that you may have just fade away as easily as they pop into your head. Your mind might want to follow them and that's okay, you can always just drift away on the sound of my voice.

Take another step down to 8, and your body and mind can feel so warm and relaxed, you find it so easy to simply let go of everything else and feel how good it feels to focus on me. It's so easy to let go, so easy to feel so peaceful for me.

See yourself moving down to 7 as your mind continues to slow down and down, and your body can feel heavier and heavier, you can let yourself enjoy how it feels to just let go.

6, one step lower, one step deeper, just let go and let yourself feel heavier and heavier, warmer and warmer as your thoughts continue to fade away, just fade away in the pleasure of relaxations.

Take another step down to 5, you're halfway there and you're doing so well. You can feel even better, you can feel even more pleasure by realizing you want to surrender to these feelings. You want to surrender to the sound of my voice, and you can just keep listening, and just give in more and more.

4, sinking down twice as deep with every step. You can feel so warm and peaceful, so relaxed and so happy just letting everything else slip away, there's nothing to think, nothing to do, just feel yourself falling down deeper, deeper down into the sound of my voice.

3, so close to the bottom, so close to deep sleep, you're so close to letting go of everything now, so close to surrender, you know you will fade away into a deep hypnotized sleep very soon,

2 more steps, you're almost there now, nothing can stop you, you want to let go, you want to give in, you can

feel twice as wonderful, twice as relaxed by taking another deep breath, and letting go, letting go for me, 1, down on the bottom of the step, deep sleep for me now, deep sleep. So warm, so deep so soft. Feel your mind fading away, drifting down into deep sleep. Even if you think you're awake you can still feel a warm soft sleep washing over you, sinking deeper and deeper into me, down into the sound of my voice. You can be passive for me now, you can surrender to the sound of my voice and let me take complete control. It feels good to be in my control. 0, down at the very bottom, deeper than 1, deeper and deeper than you thought you would go, zero is empty, zero is perfectly blank and accepting. You are zero, you are empty. Deep sleep for me now, you are deeply hypnotized.

Deepeners and Suggestions:

A traditional hypnosis session is made up of 3 core parts, the induction, the deepener, and the suggestion. We've covered the induction, and now you want a deepener. Sometimes a hypnotist will use a second induction to guide someone deeper. The easiest way for you to make your own deepener is to do a second countdown. You can do anything from another ten count, to a 5, or a 3, or you can go into negative numbers. What makes a deepener effective is that it continues to guide the subject down. So if you say you are going to fall ten times deep with every number I count, then go 5, deeper down ten times deeper, 4 etc. that will work. I'm not including a deepener here because this is also where you can transition most easily from this script into what you want to say and do. You can also have a deepener be something like, "you are deeply hypnotized now and it feels so good. The better you feel the deeper you will fall for me. Feel the pleasure washing over you and fall twice as deep with every breath you take."

As far as length goes, the deepener can be as long or as short as you want it to be, but what I recommend for this script is to make it about as long. The customers that really want to be hypnotized will think that it can take a while, and the people that do get hypnotized will respond well to deepeners.

On Suggestions: Chances are you will actually hypnotize someone if you believe you can do it, and that means there's a good chance you can give someone a suggestion that will actually work on them. Use your deepener to set them up for the suggestion you want to give. Use the deepener to really seduce them into accepting your words and letting you in. Then, when you give someone a suggestion remember that they work the best when the person gets to decide.

Examples:

"You can feel even more aroused by tributing me."

"If you want to fall deeper you can realize I'm the only woman you desire."

Stuff like that.

Or, you can hit the hard domination angle, just be in control, feel like you're in control and you will be.

Stuff like “when you wake from trance you will do –something- then you will do –something else-, works well for that.

It just depends on what you want to do with your file, your character, your tone, etc.

It’s important to remember that hypnosis isn’t magic and a suggestion someone accepts is still just a suggestion. People’s fetishes and their sexual desires will drive them to want to accept what you say, and will inspire them to want to play along, at least until they climax.

Also, for delivery and structure I recommend you watch a couple of vanilla hypnotherapy youtube videos. I would also recommend, if you are interested in understanding your customer’s desires, to watch those videos and let yourself be hypnotized.

Vanilla youtube content is the easiest and cheapest way to familiarize yourself with hypnosis.

Last of all, the more work you put in the more hypnosis will work, but it’s still ultimately up to your subjects as to how easily they can go into trance.

If you’re making hypnosis themed adult entertainment, and you’re not too worried about hypnotizing people, then I hope you can have fun with what’s here.

Good luck!