

Progressive Relaxation Induction

About this File: This file contains a classic progressive relaxation induction that works by providing guided visualization to help the subject relax their mind and body.

This file also includes 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 foundational and easy to use hypnosis induction that is designed to systematically guide the subject into a relax and suggestible state.

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

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Before you close your eyes, I would like you to focus on the sound of my voice.

Focus on my words and let everything else go.

There's nothing else for you to do right now, there's nowhere else to be.

Stretch out, move around, get as comfortable as you can, and be here with me.

Focus on my words and follow the sound of my voice.

Take a deep slow breath in for me now, and hold it, hold it, now breathe out and let your eyes close.

Listen to the sound of my voice and focus on your breathing for me now.

On your next breath in breathe as deep as you can and hold it for the count of three, count to yourself, then breathe out nice and slow.

Feel your body relaxing and let your mind just continue to follow my voice.

As you let yourself breathe deep and slow, you can just listen to my words and continue to follow my

suggestions.

Every breath can help your mind and body relax more and more, and when you're ready to let go you can let yourself fade into the sound of my voice.

Now, as you continue to breathe deep and slow, I would like you to see yourself in your mind.

Imagine yourself as you are right now and see yourself perfectly in your mind.

You can see how relaxed you have become, you can see your eyes are closed and you feel very calm and still.

Let yourself see this, let this become perfectly clear in your mind.

As you see yourself, imagine a warm white ball of light floating over your stomach.

See the light and let yourself imagine a warm soft glow washing from the light.

Let yourself imagine your entire body bathed in warmth, and let yourself feel the soft heat spreading down to your feet.

Focus on your feet and feel the light washing away all of your tension.

Let yourself feel the heat sinking deep into your muscles and on your next breath in imagine the ball of light is swallowing your feet in deep relaxation.

You can see this in your mind, and you can feel the tension draining out of your feet as the warm glowing light starts to spread up into your ankles and deep into your calves.

Every breathe in can let warm relaxation spread deeper into your muscles, and every breath out can carry away more and more tension.

Feel the light rolling up your shins and into your knees, see the ball of light and feel the warmth massaging away the tension in your legs, feel the heat moving up into your thighs, and on your next breath out, let your legs become perfectly relaxed.

You're doing so well right now.

Let the relaxation spread up into your core and see the ball of white light washing over your stomach.

Let the deep relaxation and heat sink down into your core, let your muscles relax, and feel the deep tension in your stomach fade away.

Breathe deep and slow, and let the light wash into your spine, and feel warm relaxation moving from your lower back up into your shoulders and the base of your neck.

Feel the heat spreading up and down, soothing any tension you might be keeping in your spine and let go. Let my voice guide you into deeper relaxation and feel yourself letting go of any tension in your shoulders.

Feel the light washing up into your chest and know you can let the muscles in your chest relax.

Feel the heat spreading into your lungs and around your heart, and let yourself feel deep relaxation and calm fill you.

Breathe deep and slow, and let the sound of my voice begin to guide the light deep into your shoulders, and down your arms.

You can let your upper arms relax, letting the relaxation roll down your arms and into your wrists, and down to your fingertips.

As your hands begin to relax more and more, you may feel your hands begin to tingle slightly.

On your next breath in, you can let the warm white light wash across your face and your head.

The muscles in your scalp and your cheeks can become loose and relaxed, and you can feel deep relaxation working into your mind.

Let go for me and sleep.

Sleep for me now, and surrender to the sound of my voice.

Breathe deep for me now and feel the warm relaxation spreading deeper into you core.

Let the heat relax your groin, and let the warmth spread down into your cock and balls.

Feel the warmth and relaxation sinking into the deepest parts of you, and surrender to the pleasure.

Every breath lets your body become more relaxed and more aroused.

Feel deep relaxation and arousal spreading from the top of your head to the tips of your toes.

Surrender to the pleasure, surrender to the sound of my voice.

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 to create your own deepener for this script is 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."

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.

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!