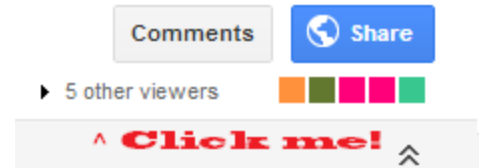


Pony Hypnosis Help, by [Fillyosopher](#)

So, this is your first time trying [Pony Hypnosis](#). Even worse, there are no instructions! That is why I'm here :D The next few paragraphs are the important stuff (no TL:DR here, sorry). I have a note where to stop reading.

What you will need are two files from the AUDIO FILES heading. Unfortunately, you shouldn't pick Applejack for your first attempt, as her audio isn't finished. First, pick one of the files labeled "Ind. + BGM." Then, download the audio file "loop + BGM" directly below the first file you choose. If you choose TS, find the loop+BGM below.



It is often best to start with a single trance, in which case play the "Ind. + BGM." once. It should awaken you at the end. If you prefer to have a longer time under, put the "loop + BGM" on repeat. The loop file does not have an Induction (a portion to help you into the trance), so it will likely be less effective for your first time.

Another option is sleeping through your first attempt. In this case, put "loop + BGM" on repeat as before. If you can get a separate Induction file (perhaps try the one below), add one at the beginning (make sure it doesn't have an awakener). Go to sleep. You MAY OR MAY NOT not have any effects when you awake, BUT if you play the file again afterward you will have a much better reaction. Alternately, you may have constant effects, in which case think "I am a human being" hard and repeatedly until they go away.

If you still have questions, join the #mindgame channel on Rizon IRC. The users in there are knowledgeable and have ways to contact me at need.

Unless something goes wrong/doesn't work, stop reading here.

Some people have trouble with or are distracted by the Background music. In these cases, you should download the "Ind + noBGM" and "loop + noBGM," and follow the same procedure.

Induction File: Some people have a very difficult time getting into a trance. I don't have much knowledge of the distinctions between inductions, but [7plus/minus2](#) has a good reputation on the IRC. There are also files on the Pony Hypnosis main page, just scroll down to Inductions.

Also, this file might help: [Perfectly Suggestible](#). The file makes you more open to suggestion from other files. (It uses the 7+-2 Induction also). I've had 3 positive results and one neutral from the

testers; reports to follow on my blog. Still, DON'T try this until other options have proven unsuccessful or unsatisfactory.

More Information on Pony Hypnosis

[General notes](#) on trances by Foxxxy as seen on the IRC.

I've been keeping [a journal of my own experiences](#) with hypnosis, with plenty of comments and random extra ideas.

([Old Journal Link](#)) Read this if you want to see how cautious I was at the beginning of my experimentation.