

# KEY FOR SCRIPT

This version of the script contains specific sections which are color-coded with instructions that allow you to personalize it for your recipient. Please take note of the following:

## Symbols used in the script

\* Sounds you should record \*

“...” denotes an expectant pause

## Key for Color Coded Instructions

- 1) Words in red signify the LOCATION for words that can be replaced. Words written in red will be paired with INSTRUCTIONS written in blue
- 2) Blue areas contain a few suggested words or phrases that can be used to replace the words written in red. You are of course encouraged to change the red words with anything you'd like! Just try not to add more than one or two sentences in this location, as that may interfere with the flow of the in class editing.
- 3) Pink words are areas in the script where adding a name or title or pronoun or fetish, would make an excellent addition to help personalize the file for your subject/lover. The [ ] brackets that follow pink words denote the spot to add in the customized words.

## Part 1 - Rotating Layers

(Each line should be preceded and followed by a comfortable pause, to make cutting it out easier)

Hey/hi/hello/i missed you [Insert your subjects name]

Just Relax... [Insert your subjects favorite thing to be called]

Breathe in for me

In...\*pause\*

And out

Good [Insert your subjects preferred pronoun]

Breathing deeply causes your muscles to relax

Your body to unwind  
With each breath in...  
Building and bundling up all of your tensions  
Pushing them out from your chest  
Tensing...  
Each breath out...  
Letting them go  
**Let them all go [Insert your subjects name]**  
Releasing your worries  
Your tension  
Feeling more and more relaxed with each breath  
It feels good  
Just relax  
Follow my voice  
Focus on your breathing  
Progressively relaxing you  
More and more  
In....  
Mmmm finding every last one...  
And out...  
Feeling so good as you let go  
**In for me [Insert your subjects name], and out...**  
**Good [Insert your subjects preferred pronoun]**  
**Out for me**  
**You're doing perfect**  
Your body relaxed...  
And so to the mind...  
Finding your mind quieting  
Relaxing  
Easing into a calmer, blander, state of being  
Simply breathe  
Simply relax  
Simply listen to my voice and let it take over  
**[Insert their name]**  
**[Insert any trigger they might have pre installed in their mind for dropping into trance(ask them if they have one - and make sure you say it crisply, with authority.)**

## **Part 2 - Deepener track with layers**

### **Main Track of Deepener**

#### **Good [Pronoun], My Sweet [Pronoun]**

The more you listen, the easier you find it to be. To go down deeper and deeper

Deeper and deeper...

Such lovely words

They connect intimately with your mind

Strike a chord...

It's like a chime going off... a signalling to your awareness to turn off...

To let go, to sink down

Deeper and deeper

Every time you hear the word deeper....

Feeling more of your awareness let go

Sinking down into a deep hypnotic trance

Becoming shapeless putty

But you want to be shaped

Want to be trained

In a moment, I am going to count down, and with each number, I'd like you to feel yourself dropping further and further into trance

### **Layers to go on the deepener**

We will all be doing a bit of improv to create the layers- when in doubt, or if your mind blanks on something to say, here are some suggestions:

- Make happy sounds, "mmmmmm"
- Satisfied/relaxed/sexy sounding breathing or sighs
- Use their name
- Use their pet name
- Say "Good [Pronoun], [Name/Title]" (Seriously, do this multiple times, on both tracks)

- Moan/whisper Trigger words like “Deeper”, “Drop”, Sleep (To make triggers even better, put these in at the end: “for me” or “For your [Their favorite way to think of you, ie Mistress/Master/Domina/love]”
- Stereotypical Hypnosis Language of ANY sort “Just sink innnnnn for me”, etc...
- Just copy whatever I did as best you can

## **Part 3 - Countdowns, The “Slightly Off” Technique, Overlaying Layers, and Creating good Snaps**

### **Slightly Off Countdown (record once)**

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

**Drop [Replace with your own sleep trigger for them]**

**\*snap your fingers\***

### **Overlaying Layers Countdown (record twice, consider whispering)**

10  
9  
8  
7  
6  
5  
4  
3

2

1

**Drop [Replace with your own sleep trigger for them]**  
(record yourself saying “Drop” or your preferred sleep trigger, 5 times)

\*snap your fingers\*

## **Part 4 – Recursion**

### **Recursive Layer 1**

**[Insert Subjects Name/title/pet name]**

Drop  
Go down for me  
Drop down into trance  
Deep under my control  
I’m going to train you  
Train you in trance  
Trance to my voice  
Following my voice is easy  
It feels good  
it feels so good to let my voice take over  
Letting go is easy  
Trancing is easy  
All you have to do is drop  
Let your mind drop  
When you hear my voice  
Saying drop  
It shocks your mind  
Punctures your thoughts  
It takes you under  
Down into trance  
Down into my control  
It's so simple  
Your mind is so simple right now  
**It's so simple [Insert name]**  
One focus  
My voice

One thought  
trance  
One command  
Drop  
Deeper  
It is always better deeper  
Your will is relaxed  
Your mind is under  
But it can go down more  
It will go down more  
Down another level  
Deeper inside your mind  
Every time you hear me say  
Deeper  
You will go deeper  
The syllables  
Easing into you  
Easing your mind down  
Down another level  
Down further  
Every repetition sends you further  
Deeper down  
Deeper into relaxing  
Obedient trance  
The deeper you go  
The better it feels  
The better it feels  
The deeper you go  
A looping cycle  
Inside your mind  
Sending you deeper

## **Recursive Layer 2**

Drop  
Come back down for me  
**Again [Name]**  
Drop down into trance  
Deep under my control

It's so easy to train you  
Train you in obedience  
Obedience to me  
Obedience to trance  
To submit to one  
Is to submit to the other  
it feels so good to submit  
Submitting is easy  
Trancing is easy  
All you have to do is drop  
Let your mind drop  
When you hear my voice  
Saying drop  
It shocks your mind  
Punctures your thoughts  
It takes you under  
Down into trance  
Down into my control  
It's so simple  
Your mind is so simple right now  
One focus  
My voice  
One thought  
trance  
One command  
Drop  
Deeper  
It is always better deeper  
Your will is relaxed  
Your mind is under  
But it can go down more  
It will go down more  
Down another level  
Deeper inside your mind  
Every time you hear me say  
Deeper  
You will go deeper  
The syllables  
Easing into you

Easing your mind down  
Down another level  
Down further  
Every repetition sends you further  
Deeper down  
Deeper into relaxing  
Obedient trance  
The deeper you go  
The better it feels  
The better it feels  
The deeper you go  
A looping cycle  
Inside your mind  
Sending you deeper

### **Recursive Layer 3**

Drop  
Deeper  
It is always better deeper  
Your will is relaxed  
Your mind is under  
But it can go down more  
It will go down more  
Down another level  
Deeper inside your mind  
Every time you hear me say  
Deeper **[Name or title]**  
You will go deeper  
The syllables  
Easing into you  
Easing your mind down  
Down another level  
Down further  
Every repetition sends you further  
Deeper down  
Deeper into relaxing  
Obedient trance  
The deeper you go  
The better it feels

The better it feels  
The deeper you go  
A looping cycle  
Inside your mind  
Sending you deeper  
Deeper and deeper with every word  
Every repetition  
Every loop  
Sending your mind  
Spiraling  
Spinning downwards  
Each loop a further dampening of your thoughts  
DROP  
Deeper  
Your desire wants it  
Your mind needs it  
Allow yourself to take this break from your day  
This break from your life  
Putting yourself in my power  
It feels good to give up control  
My voice  
Leading you  
Leading you down deeper  
Feeling sooo good to go down another loop in the spiral  
Trancing is its own relaxing  
Rewarding pleasure  
Again and again  
Each time more success  
Each time going deeper  
Each time sending your thoughts in a nose dive  
Until you lose all sense of self

## **Part 5 - Triggers and Pleasure**

**(Unless you are really confident in your snap game, try to make sure you only snap during pauses, and not when you talk- for certain words though, you should add emphasis to your voice as if you were snapping)**

[Insert name or pet name]

You... are doing perfect

Just relax even more for me

Your mind is wide open to my tinkering, **and since I like you**, [Replace the red part with “**and since I love you**”, or “**and since I want to Fuck/Train you**”, or “**and since I want to play with you**”] [Insert their name or pet/slave/slut] I’m adding something fun

Something simple, something easy

An easy easy trigger

It's a snap

A snap to bring you pleasure

When you hear me [Your husband/wife/mistress/master/boyfriend], and only me snapping

You will feel deep, wonderful pleasure

Each and every time

Each snap sinking you

Each snap spiking sexual arousal and pleasure within your body

Ready?

5

4

3

2

1

**\*snap\***

Feel it

**\*snap\***

Feel it again

**\*snap\***

**And again and again [Insert Name]**

**\*snap\***

**\*snap\***

Jolts of electric sensation, a nectar of sensual bliss dripping, dripping, across your skin...

Dripping down down down... following your nerve endings, attuning each stimulated receiver of pleasure to the deep and wonderful sensation tingling down from your neck, flooding through your body, crashing in waves of deep pleasure into your center...

Your core tingling with delight as each SNAP

**\*snap\***

Kindles a roaring inferno of arousing need

**Feel the intense arousal and pleasure building in your cock/pussy, a driving wave that wants to get out, to burst/climax in a crescendo that will have you spasming as your cock/clit thrusts in the air, seeking and finding, swelling as with each snap the sensations build, on on another stronger and stronger...**

You need more

Want more

Here's more sweet heart

**\*snap\***

**\*snap\***

**\*snap\***

Your mind blanking with the pleasure

**\*snap\***

Wanting and needing more

**\*snap\***

And more

**\*snap\***

Because it feels so good

**\*snap\***

Because you are doing so wonderful

**\*snap\***

You deserve this pleasure

**\*snap\***

It is my joy to give it to you

**\*snap\***

Again and again

**\*snap\***

**\*snap\***

And take from you everything else

**\*snap\***

Leaving you blank

**\*snap\***

Blank except for pleasure

**\*snap\***

Feel it spreading  
Your body spiraling in spasms of lusty bliss  
That's right...  
Again...  
And go deeper  
And listen again  
And each time feeling more relaxed, sinking deeper into trance where the pleasure hits  
you deeper  
And deeper....

Gooooood **pet** [Or boy/girl/slave.....whatever word you use with them]

You're doing so good... **[Insert Name]**

Let's go down again...

Relaxing further, sinking deeper, sensations and responses to triggers growing stronger,  
with each and every repetition

Mind caught and lost and mine....