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, blanker, 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….

Goooooood **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….