

Synopsis

Exploring Erotic Hypnosis documents the growing phenomenon of individuals and couples using hypnosis for sexual health, personal growth, and erotic entertainment. The author draws on scientific research in sexual health, hypnotherapy, personal development, cognitive science, and interpersonal communication to discuss how thoughts and experiences shape your sexuality. Combining this with an analysis of several hypnotists' techniques, the author shows readers how they can engage in self-directed personal growth (or shared growth with a lover) while exploring a variety of erotic activities.

Readers will learn how erotic hypnosis evolved from pop culture, why people explore it, and how it fits into self-directed growth and sexual health programs. They will also learn how people are using hypnosis to:

- increase their sex drive or restore it after stressful life events,
- synchronize their arousal and desires with a lover,
- overcome sexual inhibitions and performance anxiety,
- get more pleasure from foreplay and oral sex,
- reach arousal and orgasm more easily,
- explore hypnotic dominance and submission and
- explore a variety of kinky hypnotic play.

The book consists of five parts (35 chapters). Part I (4 chapters) introduces the concept of erotic hypnosis, provide a brief summary of the literary inspirations and how we've come to use it, some of the misconception perpetuated by mass media, and the differences fantasy an reality. It discusses the differences between between erotic hypnosis and hypnotherapy.

Part II (4 chapters) discusses multiple techniques for inducing erotic trances, including eye fascination, progressive relaxation and guided visualization. This section also discusses techniques for deepening trance, making suggestions, as well as reframing techniques and anchoring for session-based fun and long-term growth.

Part III (11 chapters) discusses the sex positive growth mindset and how this enables people to approach their sexuality as an aspect of themselves they can develop through their own efforts. This is followed with discussions and examples of how to synchronize mental and physical arousal, overcome inhibitions, increase body awareness, increase your libido, and get more pleasure from oral sex.

Part IV (6 chapters) discusses hypnotic dominance and submission (D/s). This includes discussions on the historical literary association between hypnosis and D/s, how to develop dominant and submissive mindsets, the importance of rapport and growth oriented relationships, and practical examples of how to train for subspace, and obedience.

Part V (10 chapters) discusses kinks that evolve from exploring erotic hypnosis, including hypnotic bondage (paralysis), amnesia and memory play, forced arousal, consensual non-consent, orgasm control, chastity, and paranormal erotic roleplay.

The text concludes with a brief word on the evolving sex-positive culture.

Table of Contents

Forward

A short discussion of my personal experience and what the reader can expect from the book.

Part I: The Basics

1. Introducing Erotic Hypnosis

An overview of the subject. Brief discussions of the pop culture inspirations and the three

main uses of erotic hypnosis: entertainment, improving sexual health, and BDSM submission training.

2. Misconceptions Perpetuated by Comic Books, Movies and TV

Discusses the five most common misconceptions perpetuated by popular culture: 1) It overwhelms you 2) You're either awake or in a trance. 3) Anyone can instantly go into a deep trance. 4) You believe and do whatever the hypnotist says. 5) Hypnosis instantly transforms beliefs and behaviors.

3. How Erotic Hypnosis Works

Discusses three theories of hypnosis and each partly explains what we know about hypnosis.

4. Differences between Erotic Hypnosis and Hypnotherapy

Discusses significant differences in training, goals, methods, and ethical guidelines.

Hypnotherapy's goal is to give you intellectual tools to solve problems. Erotic hypnosis's goal is to create an integrated emotional and physical experience. This chapter also discusses some of the personas that erotic hypnotists adopt to create the erotic experience.

Part II How to Hypnotize

5. Different ways to Induce Erotic Trances

Discusses ten different methods for inducing erotic trance, including controlled breathing, progressive relaxation, eye fascination, guided visualization and NLP. Includes excerpts from erotic hypnosis scripts that I've written and recorded.

6. Deepening Techniques

Discusses hypnotic depth and the four most common methods for achieving depth: a second induction, fractionation, count downs and subconscious dissociation. Includes examples of two techniques.

7. How to Make Hypnotic Suggestions

Discusses six methods for making hypnotic suggestions, direct, indirect, physical, double binds, double entendre, and NLP reframing techniques.

8. How to Be a Better Hypnotic Subject

Breaks down the skill of entering trance into three component skills and describes methods of practicing them.

Part III: How You can Benefit

9. How to be Sex-Positive with Erotic Hypnosis

A discussion of growth mindsets, how this applies to your sexuality. From this I derive a new definition of being sex positive and introduce the following chapters.

10. Increasing Your Sex Drive

Discusses the importance of positive anticipation and the many reasons people have sex. Includes an excerpt of a hypnotic script that increases positive anticipation.

11. Being Mindfully Present

Discusses the importance of mindfulness for experiencing sexual arousal and how to perceive touch as a form of emotional communication.

12. Building Sexual Arousal

Discusses how being mindfully aware of your lover's excitement increases your own arousal and excitement. Includes excerpts of hypnotic scripts to increase mindful awareness of your lover's desire.

13. Overcoming Sexual Inhibitions

Relates the dual-control model to individual sexual acts like oral sex. Discusses the importance of talking about sex, and provides two different ways to overcome an inhibition towards talking about sex.

14. Overcoming Performance Anxiety

Discusses how to overcome performance anxiety by reframing sex as an opportunity to learn and communicate rather than an obligation to perform.

15. Motivating Yourself to Exercise your Sexual Muscles

Discusses how to reframe the Kegel exercises as a component of positive anticipation for greater pleasure and intimacy.

16. Helping Women Orgasm

Discusses how to reframe orgasm as a response to being mentally immersed in physical rhythms rather than something to 'reach for'.

17. Helping Women Enjoy Fellatio

Discusses how to reframe fellatio as a kiss that connects you to the root of a man's sexual desires.

18. Helping Women Enjoy Receiving Cunnilingus

Discusses some of the reasons women are reluctant to accept cunnilingus, especially insecurity about the look and smell of the vagina, Describes how to reframe her perceptions so she can experience positive anticipation and sensate focus.

19. Individualizing Sexual Identity and Orientation

Discusses the limitations of predefined terms and categories we've been using to describe sexual identity and orientation. Discusses the importance of applying a growth mindset to the development of your individual sexual identity. Also discusses feminization for sissies and transgenders; includes an example.

Part IV: Dominance and Submission

20. Hypnotic Domination

Discusses how BDSM relationships provide opportunities for personal growth with and without erotic hypnosis.

21. Four Ways Dominants Approach Hypnosis

Discusses what potential submissives should look for in a dominant hypnotist by discussing the different approaches to erotic hypnosis, as a power exchange, as a mentor, as an artist, or as an opportunist.

22. Developing a Dominant Mindset

Discusses the multistep process for developing a healthy dominant mindset.

23. Five Ways Submissives Approach Hypnosis

Discusses what potential dominants should look for in a submissive by discussing the different approaches to erotic hypnosis.

24. Developing Subspace with Hypnosis

Discusses the relationship between trance and subspace.

25. Training for Obedience

Discusses different approaches to reframing obedience as an intrinsic aspect of the submissive's sexuality.

Part V Getting Kinkier

26. Sexual Hypnosis

Defines sexual hypnosis as the use of sexual imagery to induce trance.

27. The Hypnosis Fetish

Discusses how, when and why erotic hypnosis becomes a fetish.

28. Hypnotic Bondage

Discusses the eroticism of being bound or paralyzed by hypnotic suggestion.

29. Hypnotic Amnesia

Discusses the eroticism of hypnotically induced amnesia to create uncertainty, excitement, surprise, and anticipation.

30. Training for Petplay

Discusses the mental aspects of erotic pet play and the role of erotic hypnosis in training the submissive.

31. Exploring Consensual Non-Consent

Discusses some of the most popular non-consensual erotic fantasies and how to create them through hypnotic imagery.

32. Forced Arousal

Discusses why forced arousal is such a popular fantasy and how to induce it through hypnotic suggestion. Also discusses different processes for training submissive men and women to experience forced arousal and experience it as a manifestation of the hypnotist's power or control.

33. Orgasm Control

Discusses orgasm control as a process of personal development as well as way to develop intimacy rapport and trust within a relationship. Includes orgasm denial, orgasm on command, and inducing orgasm from non-genital contact.

34. Chastity

Discusses some of the motivations and methods for using hypnosis to support BDSM chastity play. Includes an example of using guided visualization and mental blocks to prevent masturbation.

35. Roleplay and Paranormal Fantasies

Discusses the most popular paranormal fantasies that erotic hypnotists create, i.e., vampires, succubi, and magical seductions. Also discusses the 'corruption' and personality transformation roleplays, i.e., bimbos, kajiras, sluts, stepford wives, etc.

Conclusion

36. The Evolving Sex-Positive Subculture

A brief recap of how the erotic hypnosis communities evolved from the 20th Century pop culture. And what this culture means to us today.

Appendixes

- I. Redefining Obscenity for the 21st Century
- II. Glossary

Forward

In the 1960s and 70s pop culture was obsessed with hypnosis and mind control. It was literally everywhere, in comic books (*Daredevil*, *Batman*, etc), sci fi (*Lost in Space*), Saturday morning cartoons (*Scooby Doo*, *Superfriends*, *Underdog*), sit coms (*Gilligan's Island*, *Get Smart*), crime dramas (*Hart to Hart*, *Charlie's Angels*), spy films (*Our Man Flint*) and horror movies (*Dracula*). It's impossible to recall which of these gave me my first impression of hypnosis. But I still recall which gave me the most indelible one: *Dracula Has Risen From the Grave* (1968).

When I first saw this movie, I was immediately struck by the power of hypnosis. Not just to control someone, but to captivate them. To hold them entranced while you take them from frightened stranger to devoted servant and lover. When Dracula meets Zena on the road, she is at first startled and little frightened. But the vampire quickly captivates her. Within a few seconds, his power relaxes her, strips away her fear and fills her with euphoric bliss. And this plain looking girl becomes beautiful. When Dracula enthralls Maria, her transformation goes all the way to sexual arousal, and is even more beautiful.

I didn't see that movie again for over 25 years. But my memories of the hypnosis scenes inspired me to learn about real hypnosis, experiment with my lovers, and develop my first erotic hypnosis mp3. When Youtube became available in 2005, I looked up several of the hypnosis scenes I remembered from my old movies and TV shows. But none lived up to my memory. They weren't erotic at all; only laughably superficial and inaccurate. (It didn't help that I had been suffering from a chronic migraine for several years.) In spite of this disappointment, I still believed that hypnosis was intrinsically erotic and I continued to explore it.

I approached erotic hypnosis like an art. I studied what other hypnotists were doing. I read what they wrote, listened to what they recorded, learned from them, and explored new media. I also approached it like a technical writer and novelist, the cross-pollinators of ideas.

For my recordings, I researched hypnosis, NLP, sexual fantasies and inhibitions, BDSM, mindfulness, paranormal romance, and even erotic horror. For my first two novels, I researched human trafficking, sexual abuse, and repressed memories. For my third novel, dark matter, music, ethnomusicology, and steampunk bands. And for articles on this subject I researched

personal growth, interpersonal communication, cognitive science, storytelling, epistemology, pop culture, and literature. I applied what I'd learned from these subjects to my art, and evolved as an both a writer and recording artist. I wrote the novels and short stories that I hoped would expand the genre and produced audio files to share my vision of what erotic hypnosis could be.

In 2019, while researching an article for my web site, I again looked up the hypnosis scenes from *Dracula has Risen from the Grave*. This time, instead of seeing them through the eyes of a hormone-driven teenager or a migraine sufferer, I saw them through the prism of all the research I'd conducted. I saw both scenes exemplifying perfect rapport (the synchronization of two people's mirror neurons) and the sharing of erotic desire. And I saw this portrayed with exceptional skill. This made the scene even more erotic than when I'd first seen it.

I'm relating all of this to illustrate two points. The first is a point that Dr. Nagoski makes in her book, *Come As You Are*. Dr. Nagoski discusses how context affects whether we perceive something as erotically meaningful. Context includes all the knowledge you derive from previous experience, your health, your state of mind, and your current mood. This means that a touch or kiss that stimulates you under some circumstances, could fail to affect you under different circumstances. The same touch or kiss that ignites your passions on your honeymoon could fail to affect you when you're worrying about losing a job. And that's normal.

Nagoski may have been the first credentialed researcher to scientifically demonstrate how this principle applies to interpreting sexual stimuli. But technical writers have always known that a reader's previous knowledge and experience determines how well they interpret written text. Speech writers have always known the importance of setting up context to get a message across. Hypnotists have been helping people reframe experiences for decades. And storytellers have been providing context for the understanding of experience for thousands of years.

The second point is that French philosopher Henri Bergson was correct when he wrote, "To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly." Exploring erotic hypnosis, I learned this applies to sexuality as well as many other aspects of human nature. I became an artist recreating my own sexuality each time I explored another application of erotic hypnosis. And I'm not the only one. Many people who explore this genre do so just for fun. But many also discover they have the ability develop the sexuality they want.

Some learn to increase their libido, others overcome sexual inhibitions, some train themselves to orgasm on command, others explore dominance and submission, and some change their orientation or gender identity. But most importantly, they discover the satisfaction of engaging in self-directed growth through their explorations.

Everyone who explores this art does so for their own unique reasons. And many develops their own approach. But we do learn from each other. And I hope that sharing what I've learned will help you explore erotic hypnosis and direct your own personal sexual growth.