

Understanding Erotic Hypnosis

Understanding Erotic Hypnosis documents the growing phenomenon of individuals and couples using hypnosis for sexual health, personal growth, and erotic entertainment. I draw on pop culture (comic books, movies, and TV) and 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, I show readers how to engage in self-directed personal [sexual] growth, shared growth with a lover, dominance and submission, and a variety of erotic role-plays.

Readers will also learn how people are using hypnosis to:

- increase or restore their sex drive,
- develop greater mindfulness and sensual awareness
- synchronize their desire and arousal with a lover,
- overcome sexual inhibitions and performance anxiety,
- enjoy easier arousal and orgasms,
- engage in healthy, consensual dominance and submission, and
- explore feminization, personality transformations and erotic roleplaying,

Target Audiences

The primary audiences are hypnosis enthusiasts, and people interested in the mental aspects of human sexuality. Hypnosis enthusiasts have built multiple online communities. My synergistic approach to the topic should also interest kink-friendly sex educators, therapists, and scholars.

Table of Contents

Preface

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 a integrated emotional and physical experience. This chapter also discusses some of the personas that erotic hypnotist adopt to create the erotic experience.

Part II How to Hypnotize

5. Induction Techniques

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. Depth and 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. Suggestion Techniques

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. Being Sex-Positive

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. How to increase Your Sexual Appetite

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 Arousal with Sexual Rapport

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. Trance and the Female Orgasm

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

17. How to Enjoy Giving Fellatio

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

18. How to 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 and example.

Part IV: Dominance and Submission with Hypnosis

20. Dominance and Submission

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. Hypnotic Seductions

Discusses why seductions are exciting and how seduce someone into trance.

27. The Hypnosis Fetish

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

28. Hypnotic Bondage, Freezing, and Mannequin Play

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

29. Hypnotic Amnesia and Memory Play

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. Hypnotic 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.

The Role of Kink Communities

36. The Sex-Positive Counter Culture

A brief discussion of how kink communities provide education and support for knowledge seekers.

37. Redefining Obscenity for the 21st Century

Glossary

