



Science of Thought Group

This is a philosophical and psychological group. Philosophy is the study of general and fundamental problems, such as those connected with reality, existence, knowledge, values, reason, mind and even language. Our approach considers the only values which are stable and coherent, excluding all nonsense, as what we stand for must be real and proved.

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Slavery and Self-hypnosis

By Hagurslave (Tumblr nickname)

**Experience MY Erotic Hypnosis, Become Brainwashed
and Mind-fucked**

Surrender your weak mind and soul to Me...

The Human Mind

Everything that you have ever experienced in your life has been stored in your mind. The subconscious mind works like a computer and becomes programmed, usually through repetition. When you change your subconscious mind, you change your behaviour automatically.

The human mind can pick out and learn from information that is not consciously observed. Hypnosis and NLP (Neuro Linguistic Programming) both influence the subconscious mind. In many ways, hypnosis and NLP are opposite sides of the same coin and when they are combined they become arguably the most powerful tool for human evolution that has ever been developed.

With Hypnosis and NLP one can talk and give suggestions directly to the unconscious mind. Here, empowering suggestions are readily accepted and

acted upon expanding your energy, skills and resources, and enabling changes to occur.

Hypnosis and NLP are often portrayed on TV as gimmick methods that trick people into false beliefs, but in actuality they are effective tools that can restructure thought processes in the mind. There are many noteworthy hypnotic techniques that are used to reach the subconscious mind to bring about change.

The hypnotic state is one of increased awareness. Once we are in a hypnotic state, we can interact with our unconscious mind, which is the centre of our feelings.

What the mind expects, tends to be realized.

NLP is a new science of human behaviour that is proving very effective and increasingly popular.

NLP is often associated with the work of the influential hypnotherapist Milton Erickson¹, upon whose techniques it was originally modelled to a large extent. NLP is one of the few systems that can really back up its claim to help you create more success and greater empowerment in all areas of your life. NLP is about noticing conscious and unconscious behavioural patterns. NLP is said to be the technology of permanent yet rapid change.

NLP is becoming increasingly used in business, communication skills, personal and professional development, health, athletics, therapy and education. NLP is based on the premise that the mind and language affect our behaviour, communication and human change. NLP is a simple yet powerful approach to personal and professional development. NLP is not only about competence and excellence, it is about wisdom and vision.

¹ Milton H. Erickson, M.D. – unorthodox psychiatrist, congenial family doctor, ingenious strategic psychotherapist, master hypnotherapist – has achieved the status of legend. His case studies are famous for depicting amazing ‘miracle cures’. Numerous Ericksonian hypnosis schools and practitioners have popped up all over the world. The very development of neuro linguistic programming (NLP) was an attempt to distil the man’s flexible therapy strategies into a group of set techniques. Milton Hyland Erickson (5 December 1901 – 25 March 1980) was an American psychiatrist and psychologist specializing in medical hypnosis and family therapy. He was founding president of the American Society for Clinical Hypnosis and a fellow of the American Psychiatric Association, the American Psychological Association, and the American Psychopathological Association.

Neuro-Linguistic Programming (NLP) is a behavioural technology, which simply means that it is a set of guiding principles, attitudes, and techniques about real-life behaviour, and not a removed, scientific theorem. The methods and techniques of NLP result from modelling human excellence.

This new understanding has led to the development of many new and highly effective techniques which can be implemented to change behaviour, improve motivation, enhance learning and resolve inner conflicts. These techniques are readily available for anyone to learn. Whether you're already succeeding in your profession, having some difficulties, or if you're transitioning into a new position, Neuro Linguistic-Programming training and Time Line Therapy techniques can help you achieve, maintain and enhance excellence.

Regardless of profession, the majority of NLP participants are searching, and finding, better and more effective ways to increase their performance and improve their effectiveness. Because it is a meta discipline, it works wherever anyone has a brain, and wants to learn to use it more effectively, efficiently, elegantly, etc. NLP is a simple step by step process using the five senses to create safe and comfortable behavioural changes quickly and effectively.

For example, someone learns NLP and develops their skill at communicating more effectively and perhaps even learns a "technique" in NLP and now uses that in their own practice. Salespeople learn NLP techniques to build deep levels of rapport, elicit and fulfil the criteria and values of clients, and develop effective methods for handling buyer's remorse or future objections so the sales relationship is long-term and mutually satisfying.

NLP is more than just an attitude adjustment. NLP is about how people learn, communicate, change, and evolve themselves. NLP is a practical skill that creates the results we truly want in the world while creating value for others in the process. NLP is the best approach for individuals who want to make positive changes to their lives. NLP is now the fastest growing practical set of techniques and philosophies for achieving results and producing continual success. Quite simply, NLP is a powerful set of tools and techniques for making things happen for you, at work and at home, that anyone can learn.



Knowledge around Mind control

Mind control is a little-known yet highly controversial topic today. Mind control is the successful control of the thoughts and actions of another without his or her consent. Mind control is a general term for a number of controversial theories and/or techniques designed to subvert an individual's control of their own thinking, behaviour, emotions, or decisions. Mind Control is not about persuasion, sales, seduction or influence.

Mind Control is a much bigger picture than persuasion. Mind control is sometimes loosely defined as information control. Mind control is perceived by many as a form of brainwashing. Mind control is the shaping of a person's attitudes, beliefs, and personality without the person's knowledge or consent. Mind control is a vast subject matter involving many levels of sophisticated technologies designed to control human thought, emotion and behaviour.

An essential component of mind control is that it involves controlling another person, not just putting them out of control or doing things to them over which they have no control. Mind Control is exactly what it sounds like. Is there really such a thing as "brainwashing" or "mind control. Brainwashing is often used loosely to refer to being persuaded by propaganda.

Controlling one's thoughts and actions, whether by self-discipline or with the help of others, is an interesting and important topic, but it is not the same as brainwashing or programming people without their consent. Mind control is perceived by many as a form of brainwashing.

Brainwashing, often mistaken for a method to control minds using hypnosis, has generally been associated with so-called cults as leaders used subliminal messages in an attempt to exert control over others thinking. Some persons have claimed a "brainwashing defence" for crimes committed while purportedly under mind control. Mind control (not to be confused with "brainwashing") refers to a broad range of psychological tactics able to subvert an individual's control of his own thinking, behaviour, emotions, or decisions.

"Brainwashing" refers to the unethical use of persuasion methods with the aim of recruiting people into joining or remaining involved with a group, movement, relationship or cause.

A contemporary view of mind control sees it as an intensified and persistent use of well researched social psychology principles like compliance, conformity, persuasion, dissonance, reactance, framing or emotional manipulation. Wikipedia reports that in *Influence, Science and Practice*, "social psychology" researcher Robert Cialdini² shows how mind control is possible through the covert exploitation of the unconscious rules that underlie and facilitate healthy human social interactions.

In other words it's all about making people act how you want them to, and do what you want them to, using little known psychology, NLP, and hypnosis techniques such as indirect suggestion, pattern interrupts, anchors, re-framing, waking hypnosis, language patterns, subliminal persuasion, and much, much more.

² **Robert Beno Cialdini** (born April 27, 1945) is the Regents' Professor Emeritus of Psychology and Marketing at Arizona State University and was a visiting professor of marketing, business and psychology at Stanford University, as well as at the University of California at Santa Cruz He is best known for his 1984 book on persuasion and marketing, *Influence: The Psychology of Persuasion*. The book has sold over three million copies and has been translated into thirty languages. It has been listed on the *New York Times* Business Best Seller List. *Fortune Magazine* lists the book in their "75 Smartest Business Books". His two other books, "Yes! 50 Scientifically Proven Ways to Be Persuasive" and "The Small BIG: Small changes that spark a big influence" have been named a New York Times Bestseller and The Times Book of the year respectively.

Mind control is a perennially entertaining and perplexing topic. The "science" of mind control is a well-studied "art" in the secret societies and institutions of the "elite". Mind control is the term in common usage to describe covert behaviour modification techniques and the use of neuro influencing technology. Illegal mind control is obviously going on around us. One especially invasive attack method in the arena of "psycho-electronic" mind control is "voice to skull".

Today the use of mind control is an ethical problem, but it is not objectionable in all of its manifestations. Make no mistakes about it MIND CONTROL is the next big thing. Experts agree mind control is the ultimate weapon and like the atomic bomb, all countries want to develop the weapons if they can. The end result of all Mind Control is brainwashing, pure and simple.



Hypnosis

Hypnosis is a state of focused attention resulting in a heightened ability to accept suggestions.

Hypnosis is a scientifically verified technique that can promote accelerated human change. Hypnosis is both a natural state of mind and a process. Hypnosis is a deep, relaxed, focused state of concentration.

An accurate way to think of what Hypnosis is, is that it is a state of mind of increased suggestibility, or receptivity to the verbal suggestion given by the Hypnotherapist or yourself in self-hypnosis.

Some people think that hypnosis is an "altered state of consciousness", but scientists also disagree about the precise definition of consciousness so this argument can get quite complicated.

Hypnosis is a completely safe and natural state of mind, matter of fact, you may have been in a state of hypnosis many times today. Hypnosis is a state of deep physical and mental relaxation that allows direct communication with the subconscious.

Hypnosis is not sleep; in fact, you are relaxed but focused and alert. Hypnosis is a process in which critical thinking faculties of the mind are bypassed (asked to go into deep relaxation, a sleep state of the muscles so to speak) and a type of selective thinking and perception is established.

Hypnosis is thought to work by altering our state of consciousness in such a way that the analytical left-hand side of the brain is turned off, while the non-analytical right-hand side is made more alert. Hypnosis is the science of influencing the subconscious mind to change the thought pattern and behaviour in individuals.

Hypnosis is easy, safe and effective with lasting results. Hypnosis is completely relaxing and usually people are completely aware of their surroundings. However you think of it, hypnosis is a method for communicating directly with the subconscious mind.

Although the word "hypnosis" comes from the Greek word "sleep", the hypnotized individual is not unconscious, asleep or any other such thing. Being hypnotized is usually characterized by (a) concentration, (b) relaxation, (c) suggestion, and (d) expectation. In fact, while an individual is hypnotized he or she is more alert than ever.

Most studies find that ninety of the population can be hypnotized. Some of the greatest leaders in history simply hypnotized people with their words. They used powerful conversational hypnosis techniques to control millions of people.

Ask a hypnotized person to make a specific, reasonable movement, he/she will comply. Because subjects are extremely suggestible while hypnotized, some states do not allow as evidence in a court of law testimony made while under hypnosis.

For example, when told "you have forgotten your name", the subject in a normal state would react with disbelief, but hypnotized individuals have claimed that they have, indeed, forgotten their own names. Even people with short attention spans can be hypnotized but the procedure requires special skills on the part of the hypnotist.

Hypnotism can be done verbally, using techniques that get the mind to follow the words and concepts being said by the hypnotist, or it can be a visual or aural stimulus that "entrains" the mind.

Despite its awesome power, there are few techniques less understood, or more plagued by misconceptions. Many religious and cultural rituals contain many similarities with techniques used for hypnotic induction and induce similar states in their participants. Conversational hypnosis is one of the most effective and efficient techniques of hypnotherapy in producing quick and permanent therapeutic results.

Thus, the object of the hypnotist is to use techniques to reduce the interference and increase the receptability of specific messages (suggestions). This combination equals VERY powerful persuasion techniques. Take away suggestion and whatever you have left isn't hypnosis.

Hypnosis is more mainstream than many people think. Hypnosis is an efficient, powerful, and safe tool which helps you tap into your ability to take action. Hypnosis is a heightened state of awareness that allows hypnotic suggestion to speed up the learning process.

Hypnosis is a scientifically verified and AMA accepted effective technique that can promote accelerated change for people. Hypnosis is the science of influencing the subconscious mind to change the thought pattern and behaviour in individuals.

Hypnosis is powerful, easy, effective, natural and healthful and is a tool anyone can use and everyone should understand.



Self-hypnosis

Self-hypnosis is a fascinating and complex subject.

Self-hypnosis is nothing but hypnotizing yourself. The state of self-hypnosis is not new, strange or even artificial. Self-hypnosis is gathering widespread acclaim as an easy, inexpensive, and safe way to gently modify behaviour in order to achieve all kinds of goals. Self-hypnosis is usually thought of as a person listening to an audio tape, mp3, or other mass-produced media, intended to induce a willingness to absorb suggestions centred around a specific topic such as weight loss, stop smoking, etc.

Self-hypnosis is the art of consciously directing one's subconscious to accomplish whatever you want. Self-hypnosis is the fastest, most efficient tool for direct access to personal change. Self-hypnosis is a highly effective way to harness the natural resource of your creative unconscious mind for good, the possibilities are endless. As a psychological tool self-hypnosis is incredible.

Imagine being able to program yourself for success. Self-hypnotism is quite common in sports, where athletes are encouraged to visualize themselves successfully completing a difficult move, and in dieting, where would be dieters are encouraged to visualize themselves as healthier, happier individuals. All that you need in order to practice self-hypnosis in order to try improving your love life is a little bit of time, a basic familiarity with hypnosis technique, and a willingness to welcome in a new era of romantic success.

By changing the subconscious programming, hypnosis often adds the vital missing component, and removes the blocks to success with other programs. With the help of self-hypnosis, however, you can successfully make those changes. You change the way your mind looks at a task or a goal in order to give yourself a better chance of success.

Everyone is an individual in the process of development. Self-hypnosis is the process of taking oneself safely into a state of deep subconscious relaxation, and accepting words or suggestions spoken or created by oneself. It is a simple process that we all use all the time. During this process your mind becomes receptive for implanting suggestions, thus allowing you to plant suggestions directly into the subconscious

This whole hypnosis process depends on the person who is being hypnotized. It is the communication between the conscious, process mind to the subconscious, creative mind, which creates desirable automatic behaviour. Three conditions must be met for a person to benefit from hypnosis: the person must agree to be hypnotized, participate in the process with their full attention and be able to use their imagination or improvise. Self-hypnosis is scientifically dependent on "auto suggestion" and is a "process by which an individual trains the subconscious mind to believe something for a given purpose".

Self-hypnosis is a technique in which you focus yourself to attain desired goals or any belief by putting positive suggestions into your subconscious mind with the help of relaxation. Self-hypnosis is unlike meditation because it uses positive affirmation and suggestions of change. Self-hypnosis is one of the easiest, most affordable techniques that you can use to change your life for the better.

Self-hypnosis is an incredibly powerful technique to achieve results in many different aspects of life where mere will-power and even medicine is not enough. Self-hypnosis is the art of consciously directing one's subconscious to accomplish whatever you want. Self-hypnosis is great as a tool for self-improvement.

Self-hypnosis is a great tool for relaxing a slave and examining the core of her beliefs. For example, you can use hypnosis to examine fears, phobias, faulty thinking and past pain in her life. You can also use hypnosis for BDSM lifestyle scene play.

According to the HPTI, hypnosis is a very strong method used for behaviour modification, self-development, performance improvement, coaching and stress reduction. These are just the areas needed for slave training. But, I believe, one should receive training before starting.



Slave training

Hypnosis or self-hypnosis can be a great tool for behaviour modification in the proper circumstances according to the proponents of this treatment. A hypnosis slave could be a good thing or a bad thing depending on the behaviour that is affected by the hypnosis. Many people go to a professional hypnotist to quit smoking. This habit is accompanied by an addiction in smokers, and this habit is extremely hard to break. A hypnotist that works with a client to modify this behaviour is appreciated greatly by most successful clients. If the client is a hypnosis slave in this instance, this is a good outcome.

Re-socialization is described as creating a social unit of two, (the Master and his slave). The slave has to be taught (re-educated) how she is expected to serve, obey, and please her Master. The Master establishes goals for the slave to meet during training. Motivation is needed in order to complete goals. Motivation is considered a product of thoughts and emotions (attitude). During training, the slave's behaviour, emotions, self-image and thoughts (B.E.S.T.) are evaluated and, if needed, changed to reflect her slavery. It is a moulding process.

Hypnosis, by no means, should be considered the primary training tool used in this moulding process. It is only one tool that a Master can employ during training. In fact, I consider it secondary to customary training techniques. Listed below are examples of how hypnosis can be used in slave training. It is NOT a

complete list. Goals and Motivation: It is necessary that the slave accept the goals of her Master, and they become important to her. If they are accepted and important she will be motivated to accomplish the goals.



A hypnosis slave probably will not make mistakes because of the self-hypnosis

There is information that people will not do anything while under the influence of a hypnotist that they would not want to do. If they go to a hypnotist to quit smoking, it is something that they want to do. If they go to a hypnotist to lose weight, they will modify their behaviour so they lose weight. In other words, hypnotism will produce favourable outcomes for the clients of a hypnotist. People do not have to worry that they will come under evil forces when

hypnotized. A hypnosis slave will not clean someone's bathroom if they do not want to do that.

Hypnosis can be a very effective tool for behaviour modification. Those people who have developed unwanted habits should consider working with a professional hypnotist to modify their behaviour. People should investigate the possibilities in their community to find the best possible services. A good hypnotist will cost some money, but these professionals will probably save their clients' money on cigarettes, chocolates or alcohol. They will not have to worry about becoming a *hypnosis slave* and do inappropriate things if they work with a reputable professional. Hypnosis should produce only favourable results.

Slavery and self-hypnosis:

How hypnosis can be used in slave training:

Self-hypnosis can be used to:

- 1) Help the slave visualize the completion of the goal.
- 2) Examine any emotional resistance to accepting a goal.
- 3) Reinforce motivation with direct or indirect suggestions.

Behaviour: Controlling a slave's behaviour is defined as controlling her space, time, physical actions, privacy, and relationships with others.

Self-hypnosis can be used to:

- 1) Visualize each of the above listed areas then analyse how she is owned or not owned by her Master.
- 2) Reinforce goals set for each area with direct suggestions.
- 3) Allow the slave to imagine the displeasure her Master will have if she does not put all her efforts into changing her behaviour and imagine how pleased he will be with her if she does change her behaviour.
- 4) Examine old habits.

Emotions: If the Master is sufficiently trained in the use of hypnosis, this is probably the most useful area that hypnosis can be used for in slave training. Hypnosis can be used to:

- 1) Examine root causes of emotional reactions to training.

- 2) Examine past trauma, through the use of techniques like regression or parts therapy and offer relief.
- 3) Give direct suggestions to change attitudes. Self-Image.

Self-image: Is defined as the way in which we view ourselves. No Master/slave relationship can exist (long-term) without the slave having a positive self-image of her slavery. Self-image is a product of our emotions and thoughts. In order to improve self-image it is often necessary to examine core beliefs and the associated emotions that relate to self-image.

Self-hypnosis can be used to:

- 1) Offer encouragement with direct suggestions.
- 2) Picture positive image of self.
- 3) Dispel negative images.
- 4) Examine unrealistic self-expectations that weaken self-image.

Thoughts often spring from learned attitudes that are deep within our subconscious mind. What we think about an event causes how we feel about it. Changing core beliefs also changes emotions. Faulty thinking can be divided into two areas. They are how the slave perceives stimuli and how she values it. Either one or both may be wrong and cause the wrong emotion to be applied to the stimuli.

Hypnosis can be used to examine core beliefs and ideas about subjects and events that occur during training, dispute the faulty thinking, then offer different ways of perceiving and valuing it.

Phobias, fears, stress and depression:

In addition to the above discussed ways hypnosis can be used in slave training, it can be used in ways to improve the quality of your slave's life. This would include examining the causes of phobias, fears, stress, headaches and depression. Then the Master develops methods of reducing them by using standard hypnosis techniques. Often "regression to cause" is necessary.



Self-Hypnosis Practice Rules for whatever you want to Be or Do

Rule 1. Treat self-hypnosis practice as a skill.

It is important for you to understand that self-hypnosis practice is to develop it as a skill. It's not something you have to be born with. Anyone can use it to achieve personal, social and professional goals. Some people are better at it than others. This has some effect on the speed of results, but everyone who is fundamentally normal can use hypnosis to do astounding things. It just takes some people longer than others.

Okay, I know I just used a scare phrase: “fundamentally normal.” You are not sure you are normal. In fact, sometimes you are certain you are not. Relax. Don't worry about it. There are only 3.7 normal people in the world. You know of course that I just made that up. But I'm pretty sure it is accurate.

I'm going to change that “fundamentally normal” to “not fundamentally berserk.” There, feel better?

Here are some of the more important things that apply to learning a skill, self-hypnosis included:

- Practice sessions should be regular, not sporadic. Once a day for 15 minutes is better than once a week for an hour and 45 minutes.
- Practice when you are reasonably alert, not at the end of a rough day when you are whacked out.
- Structure your practice sessions in a meaningful, logical way. If you are listening to one of recorded inductions, it is more or less organized for you.
- Don't allow yourself to be distracted while you practice. Pay attention. Old Sufi saying: When carrying water, just carry water.
- It takes about 10,000 hours to get really good at anything. Wait, what? "Really good" is relative. But self-hypnosis is not solo chair in a symphony. After just a few practice sessions you will be clicking along nicely.

The real point of that business about 10,000 hours is to not take yourself too seriously. Relax. Enjoy it. The more relaxed you are, short of falling asleep, the better you will do.

Rule 2. Do self-hypnosis practice correctly.

Practice right to get it right. There is an old saying circulated amongst us that "practice makes perfect." Like many hoary American or European notions, this one is wrong. Practice just makes permanent. So if you practice wrong you will develop the wrong skills.

When correctly done (or even just almost correctly done), your self-hypnosis practice will eventually enable you to use self-hypnosis in almost any situation. Quickly, sometimes in a matter of mere seconds. You will have internalized the procedure to the point that it is almost automatic. (You probably cannot fully grasp the meaning of this just yet, but it will become apparent to you when you get there.)

Rule 3. Approach all hypnosis as self-hypnosis.

This may not sound like a rule to be followed, properly speaking. But it is in the sense of being something by which to govern yourself and your hypnosis practice.

This is why you can never truly be hypnotized against your will. At least not without the use of drugs. Nor can you ever be made to do something in hypnosis that you would not want to do otherwise.

It also means that as you read about my inductions in the various EBooks and you become hypnotized in practising, you are actually doing it yourself. When you are listening to an induction talk, whether it is me or anyone else, the “hypnotist” is you. I’m just the guide. Once you have the procedure down pat and you feel ready, you can quit listening to the induction talk and just think your way through it.

You don’t ever have to give up listening if available to a recorded induction, of course. Some people listen to them for years. But to never feel you have reached the point of “ready” to do it on your own is a mistake. Go ahead and try it on your own when you want to. You don’t break anything.

Rule 4. Practice self-hypnosis enough, but not too much.

I touched on this a bit in Rule 1. It is near the top of the list of most frequently asked questions: “How often should I practice?”

It probably won’t surprise you to hear the answer is, “that depends.” Personally I despise that kind of answer. Someone answers a question with, “It’s up to you” and I just want to smack ’em in the kisser. Of course it’s up to me. I’m no one’s slave so far.

But the answer to how often you should practice really does depend on a few variables unique to you.

- Learning daily. Some people learn faster than others and it has very little to do with overall intelligence. Most people make about as much progress as they are going to in a day with two or three practices, and you generally need at least an hour or so between practices.
- Time available. If you are really eager and have a lot of time on your hands, practicing two or three times a day will not be out of the question. But for the rest of us who struggle to squeeze everything in, one practice a day might not be realistic. In which case you should shoot for a minimum of three times a week.
- Tolerance to boredom. Anything, self-hypnosis included, can become boring if done too much or too often. When you get bored you are more likely to fall asleep. Sleep and hypnosis are not the same thing. This should not be practice in falling asleep.

Generally speaking, the ideal practice schedule is once a day, every day, and in a better part of your day. That is, when you are reasonably alert and no so likely to fall asleep.

If you can't practice every day, or if you miss a day, try not to go more than a couple of days without practicing. Eventually you will get good enough to put yourself into a hypnotic state in a matter of seconds, and you may find yourself using it several times a day. But for most people that takes time to develop. For now, try to practice about twenty minutes every day.

Think of the occasional return to recorded induction you have at hand as a coaching session. The recorded induction is your coach helping you correct any drift away from good technique. My EBooks suffice and the spirals I publish on Twitter and Facebook so far. Print as wishing your own texts on spirals, that will be very effective.

A practice schedule is important, but it should also be realistic, one that you can stick with. Make a commitment to practice regularly. Otherwise you might find yourself putting it off with the slightest excuse. Practicing when you “get a chance” is usually not good enough.

If you are not aware of it, there is a twenty-one-day principle that applies here, as in so many applications. That is, it takes about 21 days to get used to something new, break in a new pair of shoes, change a habit, and so on. Applied here it means that if you practice once a day for three weeks (21 days) you will probably never want to stop using self-hypnosis.

Rule 5. Practice self-hypnosis, not sleep.

Pick a good time of day to practice. That is, a time when you are good and alert, at your best or close to it. If you wait to practice until after you get home from a hard day at work, you might not do anything but practice going to sleep.

Sometimes this surprises people because they think it would be helpful to already be a little sleepy when they practice. Not so. Sleep and hypnosis are quite different. If you go to sleep, that's all you'll be: asleep, and that's not hypnosis.

In my written inductions, and in most of those records made by others (far be it from me to say they are copycats), I give instructions that refer to “sleep.” That's just because it is a convenient shorthand. It is much easier to say, “sleep” than it is to say, “hypnose.” “You are getting hypnosier and hypnosier” lacks a certain *je ne sais quoi*.

Rule 6: Don't try to make self-hypnosis feel like anything.

“What’s it like to be hypnotized?” I’m often asked. There is no good, universal answer to that question. Because (yeah, you guessed it) “It’s up to you.”

That’s because different people experience things, especially hypnosis, differently. Here are a few reports from self-hypnosis adepts about how it feels to them:

- I feel like I’m floating, being pushed gently by a pleasant breeze.
- Everything becomes dark and comfortable. Sometimes I spin a little, but not enough to get dizzy. I’m weightless.
- It’s as if I’m all wrapped up in a fluffy white cloud. I’m aware of everything going on around me, but I don’t care.
- I am almost always in a kind of dream state. I see and hear novel things, or things from my past, but I know I am not asleep and I could wake up and get up whenever I want.
- It is like being asleep and awake all at the same time, like in a lucid dream.
- My thoughts slow down and I am in the now more than usual but with no cares or worries.
- The most common report is that self-hypnosis is a pleasant state, often involving some sensation of floating.

For most people it takes practice to reach these experiences, or depths of self-hypnosis. Frequently in the beginning there is little sense anything is happening. But it is; you are learning even though you may not be aware of it. Eventually pleasant, noticeable things begin to happen.

By the way, if you cannot remember what happened during self-hypnotic practice, you were probably asleep. There are exceptions to this, but they are rare.

Rule 7: Use suggestion to drive self-hypnosis goals.

Suggestion is the engine of change and it works at all levels of awareness. It is much more quickly and deeply effective when applied during your self-hypnosis practice. Without suggestion – that is, if you practice hypnosis by itself and do

not give, or make, suggestions – hypnosis is little different from meditation. Meditation has its uses but it is not goal directed.

“Suggestion” in the context of hypnosis is communication intended to bring about a physical or mental change. Hypnosis prepares the subconscious mind to receive instruction, and suggestion is the instruction.

No matter the depth of your hypnotic state, suggestions will still be effective if they are reasonably well formulated and applied.

Rule 8. There is no “best position” for self-hypnosis practice.

The rule here is to not get your nickers all tied in knots trying to figure out the best position for self-hypnosis practice.

You can practice either seated or lying down. The important thing is to be comfortable and in a position that you can maintain for about twenty minutes without getting uncomfortable. Eliminate as many sources of distraction as you can and make your surroundings as quiet and peaceful as possible.

Start with your eyes open or closed as you like. Don’t try to make your mind a complete blank because that is not possible, but do try to avoid thinking about distracting things like work, politics, love life, bills, etc.

Use your imagination as much and as vividly as possible when you are asked to visualize something during the induction talk.

Rule 8_1: Let, don’t try to make, self-hypnosis happen.

Don’t try to make anything happen. Be as casual and relaxed about the whole process as you can be, and just let things take their own course. If you try to “will” yourself into a state of hypnosis you will only impede your progress.

Another common pitfall for beginners is their constant alertness to anything that might feel like hypnosis. They are so busy watching for the hypnotic trance experience they prevent themselves from achieving anything. Try not to do that.

As you go through your self-hypnosis practice, try to receive instructions as passively as possible. Remember, you should not try to make anything happen, and you shouldn’t try to keep anything from happening. You will go through the procedure because you want to, not because you have to. Although you will be able to regain control at any time, voluntarily relinquish control until you want or need to take charge again.

If you are reading about my induction talks (writings), at no point will I make silly statements like, “You are under my control.” It doesn’t work and it is not my style. (Well, okay, I did try it unsuccessfully with Eddy Sue when I was 14, but that’s another story.)

Rule 9: You can never *not* wake up from hypnosis.

A question that often comes up is, “What if I can’t wake up?” That will never be a problem. You will always be able to terminate the state at any time you want or need to. Dedicate your thought and energy to getting into a hypnotic state, not out of it.

If you somehow end up spending significantly more than about twenty minutes practicing, you probably fell asleep. If you are sleep deprived and worried about drifting off to sleep and missing an appointment or something, set an alarm clock.

If you find yourself repeatedly falling asleep when you practice, change the time of day that you do it. If that doesn’t work, progressively make yourself less comfortable when you practice until you can practice without falling asleep. Practice that way for a while, then gradually move back to being more comfortable. Sometimes it is just a matter of breaking the habit of falling asleep when you practice.

There are very few preparatory remarks or instructions in my recorded inductions. Others should be the same. They are meant to be listened to many times and it would get tiresome to have to listen to instructions over and over again. So what might seem abrupt at first, you will be thankful for later.

Before you begin your hypnosis practice it is a good idea to take two or three slow, deep breaths like in the meditation techniques. Then begin listening to my induction and I will start by guiding you through a relaxation process with an imaginary blanket. Your job is simply to listen to my voice and imagine the blanket as I describe it.

Following the relaxation will be a deepening count-down, then some general suggestions designed to help you develop hypnotic skill and depth. These will be followed by what we call a “scene visualization.” [There are variations in different inductions, but this is the general rule.]

Begin your scene visualization when I instruct you to go to your “special place.” By that I mean you should imagine yourself someplace very pleasant, serene and peaceful. It could be someplace you’ve actually been, or it might be someplace

constructed totally from your imagination. Just imagine yourself alone and peaceful in that special place.

Your special place might, for example, be a beach or mountain scene in which you can feel the pleasant warmth of the sun, smell the fragrance of the place, and envision all the details you can imagine. Make it as real as possible. You can change your place from time to time if you want, and you can experiment with different places. Or, imagine yourself in a BDSM community if that is what you want.

Once you are in your special place, there will be a period when all is silent and you can apply your own suggestions. This period will last about four minutes, during which there will be either complete silence or the Psych sonic™ Rhythm if you have that version found on Internet. This will be the time for you to apply your own suggestions. You can speak them, or think them, whichever appeals to you. Most people just think about their suggestion during this interval.

Following this period I will give you a few closing suggestions, then I will count to three and instruct you to wake up. You could wake up without any kind of termination procedure, of course, but it is better to do it this way to end the condition of increased suggestibility that the induction procedure develops.



At last recently sex slavery worldwide in the news

There are an estimated 1.4 million sex slaves in the world today; most of them are women, although there are some men and many thousands of children.

These women even men do not voluntarily enter prostitution, but have been forced under the threat of violence to have sex with men who pay their 'owners'.

Sex slavery is present in every country of the world.

In some cases, categorised as 'domestic', women are sold into brothels within their own country. But international sex trafficking of women and children is on the rise.

In this episode, Al Jazeera's Rageh Omaar investigates the enslavement and trafficking of women from Moldova, the poorest country in Europe, to wealthier European countries, in particular to the red light district of Amsterdam, one of Europe's most profitable sex markets and a major international tourist attraction.



This here's a slave camp somewhere in the United States of America. Men, only men, are hunted and enslaved. Men between 21 and 35 years of age. They are trained, beaten, sold, used and abused. In the slave camp it has white and black slaves. Make with the slave goods whatever you want. Sex always has the dominance and control. Here you can play a role. (Incidentally: I'm not a racist. And of course, I don't believe that the black man was created to serve the white man.) In the slave camp, there are more white slaves than black slaves.) We live in the 21st century. Everything's possible. Everything's imagination. It is mine and yours for the asking. If you don't like then you've lost nothing here and I please you to leave the slave camp.

Gay Master and Slave an interesting website:

http://www.gaydemon.com/directory/fetish_and_BDSM/master_and_slave/

Visit also following link:

<http://www.milism.net/>

What it feels to be a sex slave? (A real story, but some of us would very much like it)

Soon after coming to Allred prison in Texas, Bret Ramos claimed me as his own. He told me I had two choices: I could submit, or I could die. Thus began my life as a prison sex slave.

What most people don't understand is that rape in prison isn't like it is on the outside. It's not random or chaotic. It's planned and methodical. It's business. The gangs trade amongst themselves to determine who is going to be with whom. And other inmates didn't dare touch me without clearing it first with my owner.

Ramos would rape me once, twice, sometimes three times a day. Then he would force me to clean his cell, make his bed, or cook food for him. Eventually he demanded that I have sex with his friends, who took to calling me "Coco." When a different sex slave was badly beaten for refusing sex, he said the same thing would happen to me if I didn't comply.

When I was finally transferred to a different cell block, I was told by Cliff Brown that he and his gang had "bought" me. That's when the prostitution escalated. They made me perform sex with dozens of other inmates -- white gangs, Mexican gangs, black gangs. Sometimes it was anal. Sometimes oral. Sometimes both. They did it in cells, in the shower, on the stairs. The going rate

was five or ten dollars in commissary a fuck. Eventually I was moved to another building. Waiting for me there was La Brigada. At the next building it was the Akin Soldiers. Then the Ivory Kings.

I pleaded with the guards, the warden, and the classification committee time and again for safekeeping. Each time I was met with deaf ears and laughter. They told me that because I was a homosexual, it didn't matter. They told me to "fight or fuck." The rape continued. The prostitution continued. And with it, my shame grew and grew. Eventually I couldn't face the constant humiliation anymore. I was suicidal.

At last, I wrote the ACLU and told them I wanted to kill myself. They flew to the prison and contacted the prison director. And for the first time since my ordeal began eighteen months earlier, I was put in safekeeping.

I was released to a halfway house in December and now live in my own apartment as I try to move my life forward. I'm getting counseling and the medical attention I need. I spend my days working as a youth counselor and hope to start a nonprofit organization. But every day is a struggle. I'm always very aware of my surroundings. I watch my back. I hate crowded rooms. And the nightmares of being raped persist.

Tougher still is the struggle to move past the shame and guilt. Sometimes I blame myself. I think, If I had only listened to my grandmother and stayed out of trouble, I wouldn't have gotten into this. Sometimes I start analyzing the situation, I start looking at the picture from all types of angles, and I start thinking, Why me? Why am I so weak? I just need to move forward.

Register yourself as Master (dominant) or slave (bottom), use the following link in registration certificate:



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