

HYPNOSIS FOR FILTHY CASUALS

FOR LAZY HYPNOTISTS **AND** SUBJECTS.

(It's short, easy, painless, and only
mildly degrading.)

By the asshole behind
yourinductionsucks.fyi

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Feel free to skip around. This is meant to kickstart your journey, not be the end of it.

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WELCOME

This guide is for beginner recreational hypnotists **and** subjects.

Most newbies aren't going to start by digesting a two hour guide, and the phrase, *"That's right, you WANT to read the fucking manual!"* has never been effective in a session, disappointingly. Most people just want to dick around and have fun.

This is the bare minimum you need to get started - suited towards anyone with a casual interest. You'll miss some nuance. Later, read a guide and/or ask a mentor. **Don't mistake clout for competence.**

Inconveniently, you get what you put into this. From either side, your first sessions might flop. Think of this as the demo version. Read and network if you want to unlock the full game.

WHAT'S HYPNOSIS?

Hypnosis is a ritual of suggestion. It looks nothing like a pre-game football speech, an exorcism, talk therapy, or a doctor's placebo - it's closer to **a combination of guided meditation and Simon Says¹**. It's not magic, but can feel like it.

The experience is the sum of its components coming together. The components really are just anything you'd say or do while defining your interaction as hypnosis.

1. <https://binauralhistolog.com/newbie/getting-started/introduction> - Binaural Histolog - The Newbie Guide to Hypnosis - Introduction

WHY DO THIS, ANYWAY?

Hypnosis feels great! Many quickly learn to reach deep feelings of relaxation or a cool zoned-out feeling, not to mention all the interesting sensations you can toy with. On the kinkier side, it's a quick way to aim for automatic compliance or boost arousal. Trance is also a big selling point, but it's not required and only part of the story.

WHAT'S TRANCE?

The million dollar question. Trance is primarily the *subjective experience* of "feeling hypnotized." **It doesn't boost hypnotic response,** but it does feel cool. Why skip it?

If you do a deep dive, you'll find academics fighting over whether or not trance is real. They're trying to figure out if you can see it on a brain scan, if it follows any changes one to one with indicators, or if you can even define it.^{1 2} As someone doing this for enjoyment, you don't need to worry about that. Nobody argues it's not a genuine experience. For us, it's a label for a set of sensations, emotions, and sometimes a change in the way you evaluate things.

There is good news - trance becomes something you shape, rather than just passively get hit with.

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1. <https://yourinductionsucks.fyi/book-notes/hypnosis-and-conscious-states/#9---hypnosis-and-neuroscience-implications-for-the-altered-state-debate> - yourinductionsucks.fyi - book notes on Hypnosis and Conscious States
 2. <https://binauralhistolog.com/newbie/theory/trance> - Binaural Histolog - Trance

GETTING SHIT OUT OF THE WAY

Hypnosis is full of misinformation and misunderstandings. Let's clear up a few things before getting started.

- **The subconscious as a separate entity is bullshit¹.** Don't let anyone gaslight you into the idea that there's a 'deeper' part of you that you can communicate with, no matter what they call it. Things happen outside of your awareness all the time.
- **NLP is persuasion, not psychology.** It can hand you a few rhetorical patterns, but they wouldn't last five minutes with an angry redditor, and hasn't held up to academic inquiry.² (In contrast, there's one great book on it, which I'll list at the end of the guide.)
- **Hypnosis doesn't rely on visual imaginative abilities³.** If you can't see the fucking apple, not to worry. If you're asked to imagine something, just imagine it as you would normally, or try another sensory channel (auditory, feeling). Concepts work too!
- **Analytical and neurodivergent individuals can experience this.** There's admittedly a lot of BS in hypnosis, and it's up to them if they want to put up with it in order to feel something wild. Don't be boring! Admit when you don't know what you're doing and work collaboratively.

NLP (Neuro-linguistic programming): Pop-psych mind hacks from the '70s - big confidence, poor evidence.

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1. <https://yourinductionsucks.fyi/guides/the-subconscious-is-clickbait/> - yourinductionsucks.fyi - The Subconscious is Clickbait
 2. <https://binauralhistolog.com/newbie/theory/nlp> - Binaural Histolog - NLP
 3. <https://yourinductionsucks.fyi/hypnosis-without-sucking/04---hypnosis-misconceptions> - yourinductionsucks.fyi - Hypnosis Misconceptions

USE COMMON SENSE.

If it looks dangerous, and you're being persuaded to try it, **don't do it.** Plenty can go wrong^{1 2 3 4}, but you can mitigate most risks by using using common sense⁵. EG - don't clicker train yourself to bark in public.

VET YOUR PARTNERS

If social pressure would leave you in a vulnerable position, or your potential play-buddy behaves unpredictably or doesn't take ownership of their own mental health, you probably shouldn't be doing hypnosis with them.

CONSIDER YOUR RELATIONSHIP

Staying safe usually comes down to boundaries during a session **and outside of it.** People can be shitty on both sides of this coin.

Hypnosis bends reality. Ensure your partner has a good grip on it before altering it.

Don't play therapist unless you want to pay a real one to clean up your mess.

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1. <https://binauralhistolog.com/newbie/getting-started/risks> - Binaural Histolog - Risks
 2. <https://yourinductionsucks.fyi/hypnosis-without-sucking/06---about-safety> - yourinductionsucks.fyi - About Safety
 3. <https://yourinductionsucks.fyi/subjects/01-intro/005---safety-third/> - yourinductionsucks.fyi - Safety Third
 4. <https://yourinductionsucks.fyi/subjects/03-safety-102/200---subjects---not-getting-fucked/> - Not Getting Fucked
 5. <https://www.learnhypnokink.com/index/5> - learnhypnokink.com - Safety Introduction

FUNCTION AND ALIGNMENT

Think of the pretalk in two parts - an **alignment** piece and a **functional** piece. This should feel like a conversation, not an oil-change.¹ If you're looking for a compendium of things to ask, your approach is busted. You'll never get to the fun part. Be reasonable and chat it out.

ALIGNMENT

This is where you both say what you want and agree to stick to it. Tailor the length to how spicy you're going to get. Just doing a relaxation session, or some street hypnosis with a hand stuck to the table? Say so. Bumping uglies? You'd better have a chat before surprise genitals come up.

You can both stop the session at any time, and you aren't required to explain yourselves.

Be caring, consensual, communicate, and be cautious². Make a plan for if something doesn't go to plan. If everything went as expected every time, we wouldn't need pretalks.

1. <https://www.learnhypnokink.com/index/5> - sleepinggirl - Safety introduction

2. https://www.researchgate.net/publication/271854517_From_SSC_and_RACK_to_the_4Cs_Introducing_a_New_Framework_for_Negotiating_BDSM_Participation - From "SSC" and "RACK" to the "4Cs" : Introducing a New Framework for Negotiating BDSM Participation

FUNCTION

This is where you talk about *how* to engage with the ritual. There's also a few things you can get out of the way to make the whole process smoother. Remove any distractions that might demand your attention such as your phone, an uncomfortable chair, or a full bladder.

During the session: **feel what you feel, notice what you notice, and experience what you experience.** You don't need to force, fight, or fake it.¹

Lower your expectations before the session, and let the intensity of small changes build. Savor your successes, create an atmosphere for honesty and exploration, and watch for alterations with expectation.^{2 3 4} You might be pleasantly surprised - beats disappointment and giving up.

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1. Old, Graham. How To Do Hypnosis: The Practical Introduction to Therapeutic Hypnosis
 2. <https://yourinductionsucks.fyi/subjects/02-maximizing-response/101---preparation/> - yourinductionsucks.fyi - Subject's Guide - 101 - Preparation
 3. <https://yourinductionsucks.fyi/subjects/02-maximizing-response/102---during-the-session/> - yourinductionsucks.fyi - Subject's Guide - 102 - During the Session
 4. <https://yourinductionsucks.fyi/subjects/02-maximizing-response/103---after-the-session/> - yourinductionsucks.fyi - Subject's Guide - 103 - After the Session

SETTING THE SCENE

... Induction-less hypnosis may be the equivalent of trying to take someone to bed without even buying them a drink. Old, Graham. *How To Do Hypnosis: The Practical Introduction to Therapeutic Hypnosis* (p. 107). Plastic Spoon. Kindle Edition.

Inductions are your free space to set the scene¹ and create an emotional environment for response. They feel different from what we experience day-to-day, create context, but don't matter much in the long run. Street hypnosis and magic performances work fine without them, but in recreational hypnosis, they're not only expected - they're a central focus.

Hypnotists and subjects take separate, but collaborative, responsibilities during this part of the ritual.

HYPNOTIST

Watching, listening, and responding to your partner. Facilitating the experience.

Don't blame the subject for your performance.

Pause or stop if you're unsure or uncomfortable.

SUBJECT

Experiencing, managing expectations, being present in the moment. Engaging with the experience.

Don't blame the hypnotist for your response.

Pause or stop if you're unsure or uncomfortable.

1. <https://binaural-histolog.tumblr.com/post/750951777781923840/inductions-set-the-scene> - Binaural Histolog - Inductions Set The Scene

PROGRESSIVE MUSCLE RELAXATION

Starting out - just do a PMR. Yes, the sexy hypnotist you met at the last meet bitched about how boring they are. No, you shouldn't listen to them. You can even spice them up once you get some experience¹, and will earn a permanent spot in your toolkit. By design, they're great for beginners - easy to facilitate, straightforward to follow.²

HYPNOTIST

Watch what's happening and look for responses. Try to match your partner's pace.

SUBJECT

Manage distractions, follow to the best of your abilities, and gently guide your attention back to the hypnotist.

Remember - both of you: Distractions dispelled, notifications off, thirst sated, bladders empty.

STARTING THE PMR

- Get comfy. (Don't get ready for bed. You need to be awake for this.)
- **Subject:** feel free to take the first few minutes to settle in. If you have an itch, scratch it. If something aches, adjust.
- **Hypnotist:** ask your partner to close their eyes. Instruct them to relax a muscle group or invite them to notice a change - don't tell them what they feel. Speak naturally, reword if necessary.

1. <https://www.patreon.com/sleepinggirl/posts/progressive-that-81846724> - sleepinggirl - Progressive Relaxation (That Doesn't Suck)

2. <https://binauralhistolog.com/newbie/inductions/progressive> - Binaural Histolog - Progressive Muscle Relaxation

STRUCTURE

Pick a muscle group. Suggest the PMR loop. Pick another muscle group. Follow a pattern through the body.

face → scalp → jaw → neck → shoulders → chest → arms → hands → fingers → belly / torso → thighs → calves → feet → toes

THE LOOP

- Notice a muscle group / feeling.
- Either ask your partner to relax the muscle group, or let it relax automatically.
- Notice the differences as it relaxes.

PMR CONCLUSION

- Push any remaining tension out of the body.
- Notice any differences.
- Brief check in. You can both stay relaxed while you do this, communicate through hand signals if talking is difficult, or accept a simple nod.
- You can end the ritual here depending on feedback - but you don't have to.

IN PRACTICE

You can improvise, but it may help to see an example. Howtodoinductions.com hosts a swath of beginner-friendly inductions. A demonstration is at <https://howtodoinductions.com/inductions/pmr/> alongside a staircase deepener. (Which I'll cover, coming up soon.)

FACILITATING AND EXPERIENCING

You get better at this by doing it. Go figure. You'll need this for the next section.

HYPNOTISTS - FACILITATING

Despite NLP being a dumpster fire¹, **pacing and leading** is still my favorite way to teach beginners. It takes time to click, but you'll be on autopilot when it does.

And as you notice the cool air entering in through your nostrils, or the feeling of the chair beneath you, or the sounds of the room around you, you may begin to notice your attention returning back to this page.

STRUCTURE:

- 3 paces, 1 lead. **Notice, notice, notice, suggest.**
- **Pacing** goes into experiences, often using what's already there. Warmth of hands? Into the body. Their thoughts? Internal experience. Macroeconomics? Out of the experience.
- **Leading** creates opportunities to notice or generate something new.
- String these together with things like "and as" and "you may become aware of."
- Break the pattern when it feels right.
- Watch your partner. If you see them going in the right direction, **intensify it by pacing it.**

1. <https://binauralhistolog.com/newbie/theory/nlp> - Binaural Histolog - Neuro Linguistic Programming

WATCHING IT HAPPEN

Often if you're new to hypnosis, effects can initially feel subtle. It takes a certain amount of time, patience, non-judgment, and practice to really get the ball moving. In the case of a PMR and a basic deepener, effects stack incrementally.

Don't rule out sudden changes - those happen too! However, we're focused on creating the best conditions to let the effects grow naturally. If it hits you like a brick - great! You're going to have a fantastic time.

SUBJECTS - EXPERIENCING

- Follow the suggestions. Predictably, **nothing will happen if you don't do anything**. You'll get the effects of listening to an audiobook before bed.¹
- If you feel something as a byproduct of a suggestion, **let it grow**. If you're new, nobody knows if you'll respond slowly or quickly, so you'll need to watch for subtle changes.
- Don't think, analyze, or direct. If you find your mind wandering, **gently bring it back**. If your hypnotist tells you to let your mind wander, let it.
- Don't give up early. Just notice what's there.
- Again: **don't force, fight, or fake it**. Just feel what you feel, notice what you notice, and experience what you experience.
- As a last-ditch option, **give yourself the smallest possible push to start things off**, then see if they continue automatically.

1. <https://yourinductionsucks.fyi/subjects/02-maximizing-response/102---during-the-session> - yourinductionsucks.fyi - Maximizing Response

STAIRS ARE ICONIC

Tropes, while cliché, make hypnosis feel more like hypnosis instead of just guided meditation. So - we'll start with a staircase deepener.

This is the hypnotist's excuse to try pacing and leading, and the subject's opportunity to... well, be subjected to suggestions.

As a general rule - the more in tune you are to your partner's perceptions, the better.

While entrancement is optional, it is a skill. You'll both improve at this over time.

THE IDEA

Do whatever feels natural. Repeat suggestions, pause, use a different metaphor, and take your time.

Begin by asking them to imagine a staircase, **then start the loop**. End it by asking them to take a moment to notice any changes.

THE LOOP

- Take a step
- Pace with...
 - 1. Imagination** of stepping down a staircase. Keep it ambiguous. *OR*
 - 2. A guess** about their **internal experience** (body / perception / cognition).
- Lead with a trance suggestion.

Twelve steps, counting down. Don't worry if you're on the 'right' step or not.

How do you suggest trance? Well - you make it up as you go.

Here's a cut-down list of indicators from Hypnotic Realities¹:

- Slowed / inability to move
- Profound relaxation
- Uncritical thought - *not* absence of thought
- Emotions/feelings of entrancement, relaxation

EXAMPLES:

As you become aware of how the steps look, you may still be aware of the temperature of the room you're in right now, or the feeling of your body on the chair, finding yourself so comfortable it doesn't want to move, or it had fallen out of awareness until I had mentioned it.

Even as we descend, you might notice just how automatically you're beginning to think of stepping down, or imagining moving further, as your mind relaxes all on its own, focused mostly on my words, feeling better and better with each step.

As you notice the color of the stairwell, the slow, strange movement of going down, or the sound of the space as you continue, you might find your mind has begun to drift as you continue to follow my words.

Remember - trance is what you make of it.

Make your 'lead' an **invitation**. EG - "You're thinking less critically" sucks. "You may have found this easier than you expected to follow along with" is much less demanding. Be direct when you're confident it'll hit.

1. https://archive.org/details/milton-h.-erickson-hypnotic-realities_2/page/n223/mode/2up - Hypnotic Realities

You don't need any special language to give or receive suggestions. Anthony Jacquin's *Reality is Plastic!* provides some easy to use approaches.

SUGGESTION STYLES

- **Links and chains:** In a moment, I'll lift your hand by the wrist. Soon, you'll find it sinking back down - mind and body relaxing you as it does. (Association. It doesn't have to make sense.)
- **Loops:** A classic. "The deeper you go the better you feel and the better you feel the deeper you go."¹ (Cyclical logic.)
- **Bombs:** Sink. Relax. Eyes closing. Deeper down, now. Emphatic, direct suggestion.

If you're trying to make something happen in the moment, talk about it as if you're trying to encourage it to occur on its own. If something will happen in the future, say it like an instruction.

EG: "In a moment, when 'y,' you'll find 'x' will happen." **There are no hard rules.**

As the subject, pacing and leading can feel more like a change or shift is building gradually. Direct suggestions can feel surprising, or they can feel like orders that you're compelled to obey. You can work out your preferences with your partner.

1. Jacquin, Anthony. *Reality is Plastic. The Art of Impromptu Hypnosis.*

ACTUALLY DOING SOMETHING

Here's a few things you can try for fun. Again, you don't need an induction or deepener to do these - they just make it feel more like hypnosis. Ask in the **alignment** part of the pretalk. Think conversation, not oil change.

EASY TRICKS:

- **Immobility:** Suggest their wrists come together, locking in place. Test it - finding they don't move.¹
- **Arm levitation:** Extend an arm, **palm up**. Suggest it rises on it's own.¹
- **Aphasia:** When they try to speak, they find the words don't come, or nothing comes out.
- **Silly pen:** Still in trance, eyes open, show them something. Have them close their eyes and sink back in. Explain they'll find the object hilarious when they come back. Keep it out of view for a bit, then test it by pointing the object out.³
- **Eyes open, unable to move body:** In trance, suggest they can't move their body. Have the subject test it. Suggest they open their eyes, coming back, unable to move their body.²
- **Ticklishness:** Make a body part more ticklish than usual.

Hypnotists: stop the suggestion any way you want. Subjects: you can stop the experience whenever, as always. **It's okay if a trick doesn't work**. Just talk with your partner.

With practice, you'll create your own evocative language for these. Stuck? Check the footnotes.

1. Tripp, James. Hypnosis Without Trance: How Hypnosis Really Works

2. Wiseman, Mark. Mind Play

3. Wiseman, Mark. The Mind Play Study Guide



Stopping is simple. As a hypnotist, you can invite them to come back to the surface at their own pace, everything returning back to normal. As a subject, you can end the experience any time you want.

Afterwards, take a moment to chat.

DISCUSSION TIPS

- Do either of you need glass of water or a short break?
- **Give it a few minutes before discussing the session,** taking a moment to cool off. Make some small talk, flirt, or just hang out for a bit, depending on what's appropriate.
- Use **clean language**¹, avoid leading. "What was that like" is much better than "When I zonked the shit out of you how deep did you go."
- Studios and driven? Jot down a few notes.

SUBJECTS - ASK

- What was that like for you?
- Did any of my responses surprise you?
- Is there anything you wanted to ask?
- Not a question - but it's worth thanking them for the treat.

HYPNOTISTS - ASK

- What was that like? Or - what was it like when [suggestion]?
- Did anything take you out of the experience?
- What was your favorite part?
- Thank them.

Got feedback? Consider trying it. Everyone's different.

1. https://en.wikipedia.org/wiki/Clean_language - Wikipedia - Clean Language

Congrats! You just finished this guide. Found it useful? Great! Hated it? That's ideal. I want you to hate this so much that you go read something better.

BEGINNER GUIDES (THAT DON'T SUCK):

- <https://learnhypnokink.com> - How to do this in more detail, but better and hotter. Full of expert advice.
- <https://yourinductionsucks.fyi> - **My writeups and book notes.** Complete **guides for subjects** and hypnotists. Much less condescending than this primer.
- <https://binauralhistolog.com> - A gentler and more complete introduction. Ideal for couples. Excellent academic diligence.

BOOKS (THAT DON'T SUCK):

- **Graham Old - The Practical Introduction to Therapeutic Hypnosis** - A great all-rounder. Easy to understand and a generous addition to your toolbox.
- **James Tripp - Hypnosis Without Trance** - How to do hypnosis, but gradually and conversationally. Some NLP bullshit, but the techniques are top notch.
- **sleepingirl - Kinky NLP** - Yes, I talked smack about NLP. This is the only book on it worth reading. Pseudoscience-free with a focus on making language hot. Don't be shitty - buy it.

Snark aside, I hope you had fun, and even if I'm a prude; I want you to have a blast with this goofy-ass interest no matter how far you decide to take it.

Thanks for reading.

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