

## In Trance? Now What?

### BONDAGE

The hypnotee is made incapable of moving or feels bound by rope.

### EMOTION PLAY

Inducing fear, joy, and other emotions within the hypnotee.

### FANTASY SCENARIOS

The hypnotee experiences a situation that the hypnotist describes in trance like a vivid dream. Dragon sex, for example!

### POWER EXCHANGE

Enhancing feelings of control or obedience in D/s relationships or scenes.

### ROLE PLAY

The hypnotee feels and acts as if they were someone/something else, such as a dog, doll, or superhero.

### SENSATION PLAY

No-touch orgasms, caresses, or other physical sensation. For example, finger snapping can make a hypnotee feel a spank.

### SWITCH PLAY

A scene in which all parties participate as both the hypnotist and hypnotee.

## Where to Learn More:

### IN PERSON

#### Local Groups:

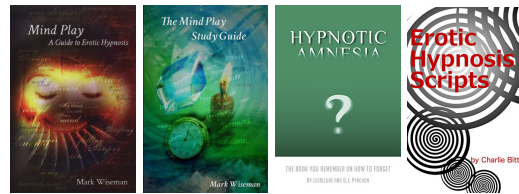
Find groups on FetLife, or see the calendar on [www.hypnation.org](http://www.hypnation.org):

- BEHIVE (That's us!)
- New Hampshire Hypnokink
- HypnoRI

#### National Hypnosis Conventions:

- Charmed! (January; Baltimore)
- NEEHU (March; Connecticut)
- Beguiled (June; Chicago)
- MindQuake (October; San Francisco)

### BOOKS



Authors in Order: Mark Wiseman, Lee Allure, DJ Pynchon, Charlie Bitten

### ONLINE

- The Erotic Mind Control Stories Archive: [www.mcstories.com](http://www.mcstories.com)
- Two Hyp Chicks podcast: [twohypchicks.simplecast.fm](http://twohypchicks.simplecast.fm)
- Discord has a big, bright, and vibrant hypnokink community. Feel free to join in!

### BEHIVE

The Boston Erotic Hypnosis Initiates, Virtuosos, and Enthusiasts (formerly known as the New England Hypnosis Group), was founded in 2009 and has been running monthly events ever since. Find us on Fetlife!

# Introducing: Erotic Hypnosis

Hypnosis is becoming more popular in the fetish world, but what's it all about? It's not just nightclub acts and quitting smoking. Flip through to find out more!



## Terminology

### ABREACTION

an unintended reaction to some aspect of an induction or scene

### AWAKENER

a suggestion that brings the subject out of trance

### CONVINCER

a suggestion that demonstrates to the subject that they've really, truly been hypnotized

### DEEPENER

a suggestion that can send a subject from a light trance into a deeper one

### FRACTIONATION

a dreamy state of mind that can occur after going in and out of trance a few times

### HYPNOAMORY

a feeling of artificially accelerated intimacy caused by hypnosis



### INDUCTION

the method a hypnotist uses to put someone into trance

### POST-HYPNOTIC SUGGESTION

a command or state that is experienced after waking up; it can be linked to a given stimulus or *trigger*

## Safety and Consent

### Hypnosis requires consent.



Consent is freely given, reversible, informed, specific, and affirmative. To establish consent, every hypnotic encounter should start

with a discussion about what will happen.

Some additional questions to ask:

- Do you want a sexual component?
- Is there any language or imagery I should include or avoid?
- Do you have physical limitations I should know about?

Much like other altered states, trance can leave people feeling dreamy and disoriented. It's usually not okay to ask for expanded consent after multiple trances. Also, don't trance and drive!

Sometimes people have unexpected strong emotional reactions while in trance, and a hypnotist should be ready to guide them gently back to reality if this occurs.

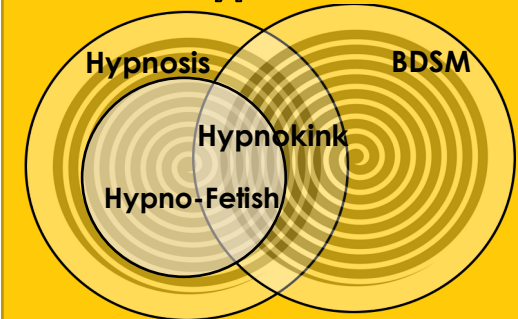
Hypnotists should tell hypnotees that they can:

- Say no and use safewords
- Wake up from trance if there is an emergency
- Protect their body by adjusting for comfort and falling safely

## What to Expect

Trance is a deep state of focus that we go into every day while performing monotonous tasks (like driving or doing the dishes). Anybody can be hypnotized. Hypnosis is not mind control, but it can make you feel more relaxed and open to suggestion. At least at first, a command might feel more like a gentle tug. Contrary to popular belief, most people remember most what happens during their trances.

### The Intersection of Kink and Hypnosis



Erotic hypnosis can be enjoyed by everyone, but not everyone who does erotic hypnosis is a hypno-fetishist. Hypno-fetishists are turned on by hypnosis itself, while others enjoy using it to enhance their erotic experiences. Only some erotic hypnosis players combine it with BDSM, but for those people they go together like peanut butter and chocolate!