

Hypnotic Safety Net

Bob Brown

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## **OPENING**

I know that you want to truly enjoy erotic trance

And that you want to be the best subject that you can possibly be.

So, right now, as I take you into a deep, hypnotic state.

I'm going to give you some very valuable suggestions that will enhance the pleasure and protect you.

Suggestions that will help you each and every time you are hypnotized.

Suggestions that will make it easier

and easier for you to slip into deep hypnotic trance.

Suggestions that will help keep you safe during your hypnotic explorations.

Suggestions you may find you eagerly embrace.

## **INDUCTION**

As you may already know all hypnosis is self hypnosis so if you follow my simple instructions, no power on earth can keep you from being hypnotized. You can resist if you want to, but that is not why you are here. So just follow my simple instructions, and you will enjoy a very exciting and fulfilling experience.

Now get yourself ready... just make yourself completely comfortable.

You likely know where the tension in your body is, just release all of that tension now. Allowing every muscle to become loose and limp like a rag doll...Shake out your arms, your shoulders your legs, your neck, allow all of the tension to leave you now...Loose, limp, like a rag doll. RELAX...

Now focus on a spot on the ceiling or the wall and allow that spot to draw you in. Focus on the colour, the shape and size..... The spot may be so small that you may not even be able to see it but you can simply imagine that you do and while you stare just picture these words in your mind... Relax, Deeper, Calm.. Relax

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Deeper Calm... Watch each word as it flashes before your mind. Allow each word to sink down deep into your mind... Feel yourself going DEEPER, RELAXING further, enjoying CALM. Now close your eyes for a moment and allow them to seal shut.

I want you to try something for me, whenever I say DEEP BREATH IN, I want you to simply open your eyes, stare deeply back at your spot, stare right through it just like you had xray vision while at the same time allowing the words RELAX, DEEPER CALM to sink deep into your mind. Fill your lungs with pure cleansing oxygen and hold it until I say RELAX. And then when I say RELAX, and only when I say relax, simply let your breath out, allowing your eyes to seal back down and all of the oxygen to leave your body, letting all of the stress leave your body and taking yourself ten times deeper into relaxation.

It is really quite simple... whenever I say DEEP BREATH IN, open your eyes and focus them on your spot, take a nice deep breath in and stare deep deep into the centre. Allow the words RELAX, DEEPER, CALM to become a part of you.. RELAXING further, going DEEPER, enjoying CALM. Holding your breath until I say RELAX and then letting it out, allowing all of the oxygen to leave your body, allowing your eyes to seal tight and taking yourself ten times deeper into relaxation.

Let's try it.... DEEP BREATH IN... focus on the words... RELAX, DEEPER, CALM... going DEEPER, relaxing FURTHER, enjoying CALM...

RELAX... seal your eyes shut, going ten times deeper into relaxation. Allow yourself to drift deeply into relaxation.

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You may notice how easy it is for you to go into trance. Merely the sound of my voice can take you there... give yourself the freedom to go there now... DEEP SLEEP NOW..

And you may know which muscles still need to be relaxed, just stretch them and shake them out now. Release all of the tension. Allowing every muscle in your body to become loose and limp like a rag doll...Shake out your arms, your shoulders your legs, your neck let all of the tension leave you now...Loose, limp, like a rag doll.

DEEP BREATH IN... .. RELAX..

Now you may notice how heavy your eyes are getting, they are sealing themselves tighter and tighter each and every time. Locking tight, no longer wanting to open ... You can test them now if you want but instead just relax them away so that they won't even want to open anymore... tightly sealed, completely shut... you can try to open them but instead just relax them even further so that you know they are sealed tight, completely shut. Going ten times deeper into relaxation.

From now on whenever I say DEEP BREATH IN... there's no need for you to open your eyes, you can simply look out into your minds eye and see the words as the flash before you..RELAX, DEEPER, CALM.. Relaxing further, going deeper, enjoying the calm...ten times deeper into relaxation.

DEEP BREATH IN... .. RELAX.

You know how easy it is for you to enjoy a nice deep comfortable hypnotic trance... simply look back into the deepest recess of your mind and find that

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wonderful place of relaxation now. Take yourself to that wonderful place in your mind, where your unconditional freedom to change lies... open the gate and let yourself in. Deep inside you can find your centre of choice. The place where you can decide to accept or reject the suggestions any hypnotic suggestions you are given. You know this program is designed to protect you. You know what this program is designed to do. Tell yourself now... that you are open and free to accept these suggestions... Repeat these words after me... I am open and free to accept these suggestions.<pause> and again.. I am open and free to accept these suggestions.<pause>

Deep breath in.... lock this suggestion in... You are open and free to accept these suggestions...

Relax... going ten times deeper into trance... Completely and deeply entranced.

I am going to count from 5 to 1 and with every number... open your mind to erotic and playful thoughts, thoughts that excite you and arouse you ...

5... allowing yourself to go 10 times deeper into relaxation each and every time you are hypnotized, Allow your mind to open freely, open to the suggestions you want to accept and receive. Allowing the suggestions you want to go 10 deeper and be 10 times more powerful each and every time you listen.

4.. drifting 10 times deeper into trance.. knowing that every erotic suggestion that you choose to accept will be 10 times stronger each and every time you listen.

3.. 10 times more aroused now. Enjoy that wonderful feeling of erotic excitement as it tingles through your body now. You may find that every person you see today will lead you to sexual thoughts, every moment you daydream you will think sexual thoughts.

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2.. 10 times deeper in trance, deeply relaxed, your mind filled with sexual thoughts and arousal. You know that erotic hypnosis can be fun and exciting as long as you protect yourself with your hypnotic safety net.

1.. You are deeply relaxed your mind filled with sexual, arousing thoughts. A wave of sexual pleasure drifts through you now from head to toe....Like waves of pleasure you mind is awashed in erotic feelings. From this moment on every erotic suggestion you choose to accept will be 10 times stronger and 10 times more pleasurable for you to enjoy.

### **PROGRAM**

Erotic hypnosis is such a wonderful feeling.

Hypnotic trance should always feel so wonderful.

And, it should always feel safe.

I am going to help ensure that now

By preparing you a hypnotic safety net.

A safety net of hypnotic suggestions designed to protect you.

Suggestions that will remain in your subconscious mind deeper than any other

So that you can recall them any time you need to.

Your safety net will be there always be there to protect you ..

Deep in your subconscious mind deeper than any other thought can go..

And these suggestions will protect you whenever you are hypnotized or you feel like you are being hypnotized.

All you have to do, is accept these suggestions now.

You already know that accepting these suggestions is easy, don't you?

If so, simply say YES now...

That's right..Let this hypnotic safety net drift deeply in your mind to protect you at all times.

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Now from this moment on I want you to know that any time you are in hypnotic trance whether you know it or not, if something happens which requires your attention, you will awaken immediately and be able to deal with it easily and without stress. You will awaken quickly and easily in order to address whatever is needed of you.

And if you choose you will be able to drift easily, deeply and safely back into hypnotic trance if and when it is safe to do so.

Drifting 10 times deeper than you were before.

I want you to know that you can remember everything in trance if you choose to remember it. No power on earth can stop you if you decide you want to remember anything you hear.

You'll only forget what you choose to forget.

You need to know that you are always safe.

Your physical safety and mental well-being take first priority.

You will always remember that each session has a purpose

A purpose that you have chosen for you.

You may always choose to accept or reject any suggestion during the session because your safety net is deeper and more powerful than any other commands.

Your safety net will remind you and protect but it will never stand in your way if there is a suggestion you want to accept.

Hypnosis, is meant to be safe, sane and consensual. You are in control of accepting any or all suggestions that you want for you. Only you decide what is good for you. You will always have the power to accept or reject any hypnotic suggestions that you hear.

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And because your safety is so important you will never give anyone your personal information while you are in trance. This includes your name, phone numbers, home or work addresses, credit card or banking information. If anyone should ask for any of this information you will immediately awaken and come out of trance and speak your mind.

From this moment on you will never give out private information for any reason while in any suggestible state whether or not you realize you are in trance. You will always experience trance in a way that allows you to protect your core being and to be healthy and well.

If anyone asks you to compromise any of these suggestions, you will awaken immediately and you will feel free to speak your mind.

Ther suggestions I have given you are reasonable and designed to keep you safe..

Allow yourself to embrace them now..

Knowing that you can remember them and act on them any time you need.

You know that you are in control and you will always be fully in control no matter what others might say. You will only listen, accept and obey suggestions you want and you will only listen to hypnotic programs when you have the free time to do so.

You've done so well during this time.

And I know you are feeling so relaxed..

Feeling so very good...

It's such a nice feeling that you want to remember it and experience it again.

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Enjoying the wonderful pleasurable feelings of arousal that are drifting through you. And you may notice each time, slipping easier and easier into trance.

Each time slipping deeper

Deeper into erotic hypnosis its so easy and pleasurable to do.

Always enjoying.

Always using your hypnotic safety net.

In a moment I will awaken you.. and you may notice how wonderfully protected you feel. You may find you want to listen to this program once a week just to ensure you are always protected.

Good .. I am going to count from one to five and at the count of five you'll be wide awake, feeling wonderfully aroused with beautiful erotic feelings flowing through your body, calm, peaceful and erotic thoughts flowing through your mind. You may find these wonderful erotic thoughts grow stronger and stronger, leaving you feeling perfectly and wonderfully aroused. Letting you see, feel and experience everything as sexual because you simply choose to be sexual.

One, two, three - coming slowly back now, four - eyelids beginning to flicker - and five - eyes open, wide awake, refreshed and relaxed. Mind and body returning to normal.

\*\*\* NOTE - the core for most of these suggestions were formed based on the script written by the author of

<http://www.geocities.com/throwaway319/safety.html> )