

Basic Braining - Lesson 1

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Introduction:

This is the first of many training courses which will instruct your mind and body to increase your ability to trance, to submit, to engage in new domains of erotic exploration, and to reach new heights of experience. You will be given assignments to complete, exercises to attempt, and a specific packet of audio recordings to listen to on sequential nights until they are deeply embedded in your brain for future use.



Each installment of this course builds on the prior lessons, so ensure you tackle them in sequence. Any email sent to me with "Lesson" in the subject line will be sent to a special correspondence chain set up for discussion of these courses. This is how you submit assignments for my consideration, inquire or provide feedback about course material, and propose new curriculum ideas.

Prerequisites:

None. You are expected to have familiarized yourself with my methods, background, style, and intentions. You may do so by perusing my website at www.MsAlder.com.

Course Objectives:

By the end of this course, you should have the basics of my style down and understand how to relax and sink. You will also know my goals for you, and that they are very much like your own. You will begin to build up trust and rapport with my voice and technique, and experience basic training in obedience and the joy of an empty, submissive mind. You will be instilled with some basic triggers, and begin to learn some of the unique pleasures you can experience through attending to my instruction.

Assigned Recordings:

All of these are enclosed in this pack. Each of these recordings is part of the lesson. Listen to them on successive nights unless instructed otherwise. Give your brain time to process one before absorbing the next. You also have permission listen to recordings not included in your present course of study at any time; I want you to consume - and be consumed by - my work.

Welcome 1 - *The most basic instruction in how to relax and submit to trance.*

A simple little file where I introduce you to my voice, my expectations, and going down for me. An introductory recording which establishes some basic recurring language and triggers.

Good Boy 1 - *A basic pleasure trigger, it incorporates my pleasure as well: I want you to feel good when you have done well.*

You want to be a good boy for me, don't you? Sinking and obeying me and just feeling so very good...This file takes you deep and gives and reinforces the "good boy" trigger to help you feel the pleasure of obedience. I love it when you are a good, obedient boy for me.

Good Boy 2 - *Intensification of that same pleasure trigger, enhancing it and tying it to submission and self-care.*

Intensification of the existing Good Boy trigger combined with training to achieve hands free orgasm. Very dominant, using a long fractionation induction and many finger snap triggers to take you very deep and then use your open, blissful state to powerfully ingrain your training and the memory of pleasure.

Welcome 2 - *Further self-care and companionship building between you and I. Reminding you that my goals and yours are the same. This audio ends with an order to listen to Aftercare 1, so do so immediately if able.*

Instruction in how to let my voice even deeper into your mind. Our rapport, our shared joy, your submission, your triggered response. My basic lessons are reinforced: you will attend promptly to your lessons. You will serve my ends, taking action quickly. You will respond as requested, so we might learn more about each other. Listen well, absorb, and internalize. Fractionation, countdowns, and detailed descriptions of my words attenuate you to a wavelength of control that is always present in your life.

Aftercare 1 - *This audio is about restoring and resetting your mind so you can be rejuvenated for the next lesson. A good thing to try out when you feel anxious or run down.*

Aftercare is essential, and so often neglected. Your mind will be asked to jump through many hoops and follow many paths. Each exerts some small amount of tension, adds some exhaustion. This exhaustion is useful when it carries you down, drifting, into my grasp. But you need time to recover, feel closer and connected. This represents that time. Be restored, and your mind will prioritize time where we work together, so you can be restored at the end and feel like you've earned such pleasure by working alongside me.

Exercise 1

This is something you can do on your own, to test or explore trance.

At a time when you are relaxed and calm, settle in and listen to one of my recordings, carefully inspecting each word. For some, this helps those words move deeper and is an excellent fixation induction. Inspect the sounds, allow yourself to become satiated on them, spell the words in your brain. Become a fan of the way I say words, because in doing so you will notice tiny inflections that communicate more than the words themselves would alone. Repeat as you desire, but do not forget to sometimes simply listen without inspecting or evaluating, and become lost in the stream of my control.

Exercise 2

Triggers are a form of post-hypnotic suggestion. They can be overt, like "good boy," or more subtle and covert. Triggers become more effective the more you train with them and the more you experience them. Notice how much more effective the "good boy" trigger becomes with greater exposure. Try to identify some of the more subtle triggers I use in my work.

Assignment 1

*Write a letter to yourself, write it down. It can be shorthand, it can be simple. Write down words relating to your goals, the nature of your hypnotic fetish, and what you wish to achieve with me. Hold on to it. Address yourself, address me, just state what goals you have in mind, what you think is possible, how you think you can best be induced to submit. What fetishes are prominent, what desires are powerful? Do not send it to me, just hold on to it somewhere. A later Basic Braining course pack will have you re-visit this letter.

Assignment 2

*Reflect on some of the anxieties you may have about submitting to my control. What are the things that might keep you from effectively trancing, or that might be mental roadblocks in your training? Write down a list of these things. Once you have done so, listen to Aftercare 1.

Once you have listened, reflect. What are some of the ways I work to ensure your safety and integrity throughout your submission and training? Most likely, some of your fears and anxieties are also some of the exact same things that excite you so much about trance and submission to me. Proper, healthy submission that best serves the dominant and the submissive can sometimes involve playing with and deriving pleasure from feelings of fear and anxiety. However, it is always grounded in a foundation wherein ultimately everyone is safe. This is what we are building together. Hold on to the list of your anxieties and roadblocks – we will also re-visit it later.

Message

Good luck. Listen and submit. I hope you are excited to embark on what is a new model and method of hypnotic training, because I am quite excited to teach and share my work with you. I look forward to hearing about your progress and what direction you would like to see my training modules take next. Contact me at the email address on the first page, any time.

Until next time,
-Ms Aurelia Alder-