

Basic Braining - Lesson 2

by Aurelia Alder

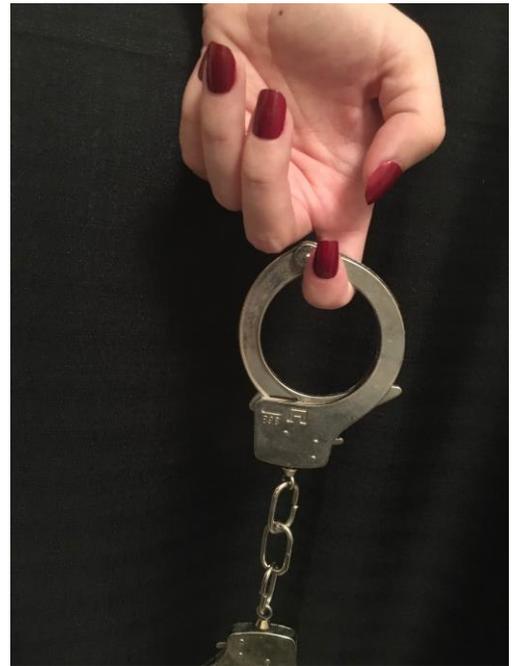
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Introduction:

Welcome to the second of three tutorial lessons to help get you up to speed with more advanced meditation, trance, and relaxation techniques as I utilize them.

This lesson will take at least five days, though I would recommend marking out a week or two to rehash its contents. Audio recordings are contained which are to be listened to on sequential nights. This will cement a course of action and learning we can both cooperate to achieve.

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:

This is the second of my official training courses. This lesson follows up from Basic Braining 1 and relies upon the contents of that pack. This especially includes Welcome 1 and 2, Good Boy 1 and 2, and Aftercare 1. All of these are entirely free - so you have no excuse to be behind.

As with Basic Braining 1, you are expected to have familiarized yourself with my methods, background, style, and intentions. Peruse my website at www.MsAlder.com for details.

Course Objectives:

Through this course, you should achieve a better understanding of hypnotic basics. You will

explore the more sexual side of trancing for me that was mostly unexplored in the first lesson. The first and second pillars of my teaching: Attendance and Action, are explored in great detail. You will build on triggers established in Basic Braining 1, that will be important for your deepening trance and submission. You will gain a great appreciation for the pleasures of obedience to me, and begin to explore various pleasures you can give and receive through trance.

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.

Meditative Companion - Create a safe place to relax with my words.

This is a set of instructions on choosing a trance location, and also on state of mind when entering trance. The instructions evoke my three pillars of attendance, action, and response. This audio is exclusive to this course pack.

Welcome 3 - Learn about attendance - the principle that you should develop and stick to a regimen of training.

As part of the Welcome series, this audio represents the very basics. This one concerns the pillar of "Attendance", the first aspect of my core training, alongside Action and Response as second and third. They will be explored in later Welcome assignments.

Good Boy 3 - Now the elements of pleasure are truly sexual, and the command word is one of arousal mingled with obedience.

A simple trigger phrase can be a powerful reinforcing agent, and that is what Good Boy is about. This series represents one of my favorite simple trigger phrases. There are just so many ways to whisper it and surprise a play partner.

Good Boy 4 - An uncontrollable pleasure response helps you understand just how fun it can be to lose control for me.

Now the "Good Boy" response is truly automatic. I give active examples of when it might be used, and what your body does when you hear those words said by someone in authority.

Masturbation Companion - A vivid set of masturbation commands, action and pleasure mingle into a single feeling.

The actions you take are, in many ways, governed by my connection and companionship. Trust and pleasure turn you on, and your body is driven, through detailed jerk off instructions, to deepen that feeling.

Exercise 1

Object - Physical foci are important. Some people like pocket watches, some enjoy metronomes. Others like to have an interesting tinted light or a music player going. Choose something that helps you trance better, whether it is a collar or a ring or a book laid nearby.

Exercise 2

Explore - When my files command you to masturbate, try working in alternative body parts to stimulate. Touch yourself in unusual places, unusual ways, vary your movements, vary your stroking, roll your hips. Do things in new ways so you have a better sensation map inside your head for HFO and JOI experiences.

Assignment 1

Meditation Companion tells you exactly what to do, but where you do it requires more elaboration. Select a place to be your safe trance location. Make it up with comfortable blankets or pillows, put a water glass nearby. Create a meditation space, experiment to find what makes for a better trance space for you. This could be as complex as white noise, or as simple as trancing at night.

Wherever possible, trance in that space.

Assignment 2

Your second assignment is hidden inside Welcome 3. A simple piece of information encouraging you to choose a favored file and delay your own gratification.

Message

At this point, you have begun to cross from introductory material into more personal pieces. I consider that once someone has listened to three audios in the same series, they are prepared to be initiated into deeper more alluring mysteries. Your erotic fulfillment, and my own sexual satisfaction, will be greatly enhanced by your successful completion of ever deeper tiers of hypnotic coursework. I look forward to future updates on your progress. Contact me at the email address on the first page, any time you feel the deep abiding urge to do so.

Until next time,
-Ms Aurelia Alder-