

Basic Braining - Lesson 3

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Introduction:

Welcome to the final Basic Braining course. First, student, some announcements and important information. Pay attention.

There are five audio files in this pack, and each of them comes from the "deep end" of my training pool.

The themes are more intense, the desires and implication of addiction more obvious. This is for serious listeners only, and marks the graduation from basic content to advanced conditioning.

If you are uncomfortable with this concept of devotion to me and exploration of your own true desires, then there is no shame in turning back now. I would also recommend you do not listen past the third file in a series, should you wish to minimize your devotion.

This is the final step in rudimentary instruction. You will be equipped to choose other paths of deeper learning at future dates. Relish the completion of this basic course.

Prerequisites:

You should have completed Basic Braining 1 and 2.

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



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 4 - Emphasizing the pillar of taking action when commanded, this is a deeper control than the prior pieces in the Welcome series.

Welcome to more of my instruction. My main instructional course is based around three principles: Attendance, be there and pay attention to the snap. Action, when assigned or commanded, follow promptly. Response, report in so I know how to shape your training going forward. This is the second of the three, action. Includes triggers and conditioning to have you follow along unthinkingly and automatically. Surrender to my voice and find yourself springing to move, kneel, follow, at a snap of my fingers. Works with the various lesson plans.

Welcome 5 - Responding to my lessons, so I can keep track of you and work with you, is very important.

The capstone to the Welcome file series. Eventually your training must come to a new milestone. Step from your initial hypnotic instruction into my dominant grasp, and surrender utterly to the solidification of my three pillars of instruction: Attendance, Action, and Response. Finger snaps, nested deepening, long progressive relaxation, deep entrainment.

Good Boy 5 - The capstone of this series emphasizes how helpless you become when those crucial words are spoken.

The fifth and final installment in the Good Boy series is darker and more restrictive. You will truly crave the phrase, and you will hear it less often throughout your training from here on out. You will have the drive to truly earn it. This recording is optional, though its inclusion in your training will surely add to the feeling of instruction and control laying over you. Include it only if you want a feeling of true craving and addiction to the little rewards that come with being good for me. Includes rapid wording, fractionation, finger snaps, and repeated instructions alongside the overall matrix of control and desire I weave into that little phrase. Knowing you are my good boy enhances and improves, adds and mends, creates and forges a new you. Over 43 minutes long, this can be an exhausting mind fuck. Use caution.

Settling In - This is an audio which addresses some advanced hypnotic concepts and useful thoughts

You can't always listen to trances in ideal circumstances. However, if you have spent time listening to my work then you have cultivated a kind of inner trance space. Relax and bring that space with you. Imagine my office, you laying on a couch, I comfortably seated and watching you as a metronome ticks away your mind. Includes post-hypnotic suggestions and trance anchors to intensify any file which comes after it, so place it into your trance play lists

or else listen alone when you have the spare time to solidify your internal trance space.

Scratches - Deep End Induction - A conversational deep induction. The longer you listen the further gone you are.

This is a combination of warning and introduction. Once you pass beyond this audio, you will never be able to go back. The contents of this file make scratches one, two, and three seem different – this adds more enhanced add-ons to each scratch trigger used in those prior three. You cannot un-know or un-see the contents of this audio file, and so you should make sure you are ready for deeper masochism before listening. Each scratch will uncover you, make you ready, make you want more than just my nails. Addictive, convincing, and seductive in its meditations on the nature of sadism and masochism. Be ready, be sure, be mine.

There is an add-on audio called “Graduation from Basic Braining” available at the curriculum tier. It essentially contains congratulations, a reward, and references to the exercises below. It will only truly make sense if you have listened to all of these. Listen to it once you have completed this curriculum.

Exercises

These are optional but helpful, each targeted at specific issues a tranced student might face. They are intended to make you better for me. The mandatory assignments are in the next section.

Exercise 1: Remix

Some people have an odd reverence for my content, some people feel uncomfortable with how mp3s are made. It can be as simple as slicing your favorite bit out of a file to make a trigger recording, or as complex as adding music and binaural beats.

Take one of my files, open it in an audio editor, make a change, then enjoy your work.

For bonus points, send me the file if you want, I might use your remixed interpretation or the trigger you’ve selected.

The purpose of this assignment is to reduce the level to which you put MP3s themselves on a pedestal. The recordings are just recordings. It is the connection between us that is special.

Exercise 2: Mantra

Choose a file which arouses you. Listen to it, but also repeat the following mantra at all times throughout your listening session.

"I am yours, Miss Alder. I obey. I am yours, Miss Alder, I obey. Thank you for teaching me, Miss Alder. Thank you for shaping me, Miss Alder. Thank you for everything, Miss Alder."

This will have the dual effect of embedding useful phrases, and also turning me on when I hear you've done it - because the idea of a student repeating that mantra, or a whole class, mindless and praising, is quite a fantasy of mine.

Assignment 1

Each night, listen to one of the above files, starting in order from Welcome 4. This means it will take 5 days for your training to truly be established. While you work on the other assignments, keep repeating this loop: Welcome 4, Welcome 5, Good Boy 5, Settling In, The Deep End.

If you have time in a day to listen to more than one file, you should follow that same order, listening to Welcome 5 second, Good Boy 5 third, and picking up from where you left off the next day. The effects will grow.

Assignment 2

Conduct a review. Think about each file I asked you to listen to in Basic Braining 1 through 3. If there are any where the lesson simply did not "click" with you, try revisiting them now, with more training in your mind. If you still have trouble, contact me and let me know. If you have absorbed all of your lessons and feel confident in your ability to proceed, then you should go on.

Consider how much you have learned, how deeply everything has permeated you. You have done well, and should be justly proud, if you can say your lessons are internalized now.

Assignment 3

Read your letter, the one I had you write way back in an earlier Basic Braining. Consider any changes in your perspective. If you seem mostly unchanged, that is fine because it should be reassuring. If you see changes, then they bring you closer, certainly, but hopefully they are all changes for the better. Consider whether and how you want to proceed. Perhaps write a new letter. Consider your goals. This is an act of introspection where I can provide little guidance, despite my teacherly role. Move on from this assignment only when you feel ready.

Message

You have done it. I am proud. This is the culmination of a journey. I have a basic curriculum now, and can package it and share it with people. Please, please, remember to respond.

Of course, I do not need to remind you of your obligations at this point. Your mind will rewind and remind you again and again.

Remember Graduation from Basic Braining is now your due. You deserve it. It will reward you properly.

Until next time,
-Ms Aurelia Alder-