

Chastity - Lesson 1

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Introduction:

Welcome to this first lesson of my chastity course, providing a "hands-on" mindful introductory experience of chastity play and training. This lesson requires two weeks of dedication. Hypnotic audio recordings are the core of this lesson. They are assigned to be listened to on successive days, accompanied by specific exercises and assignments all exploring the mental and physical experience of chastity.

This lesson has three distinct tracks, making it appropriate for learners of varying levels of experience with chastity. Read through the requirements for each of the tracks as they are explained in this lesson and select the track best suited to you. You can also of course

complete a beginner track now, and at a later date attempt to complete a more advanced track. The basic track demands two one-week stretches of chastity. The intermediate track, one two-week stretch of chastity. The advanced track maintains complete chastity through the two week period, allowing you to maintain chastity through whatever length of time you desire following this lesson.

“What if I am in a relationship in which chastity is not an option?” I always encourage being open about your sexual interests and explorations in your relationships wherever possible. That is not always an option, and some people are in relationships with a partner who simply isn't interested in sharing in chastity play. If this is your situation, you can practice chastity for this lesson by refraining from orgasm except where required to in the context of that relationship.

“What happens if I orgasm during this lesson when I am not supposed to?” That's easy – you must be in need of more training, mustn't you? Simply start again from the beginning.

Prerequisites:

You should have completed Basic Braining 1-3.

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.

Chastity 1: An introduction to chastity

You need to learn discipline and restraint, and I love to help you learn. I want you to be hard, horny, and obedient to me, and I want you to enjoy it even more when you finally do give in to the pleasure my voice can bring. Encourages chastity, but leaves the timeframe open ended. I will release orgasm files in future, which give explicit instructions, so don't worry about needing permission, I will be giving that very often so people can craft their own chastity experience via this work with as much or as little relief as they desire.

Perfection in Chastity: The submissive joys of chastity

Instruction in what I consider the most basic elements of obedient chastity in my service. Includes suggestions about self-improvement and confidence tied to your increasingly blissful, erect, and controlled chaste existence. Enhance your existence as my perfect chastity toy to improve and play with.

Constant Cum Production Curse: Virility through chastity

A wonderful addition to any chastity regime, this piece will remind you of your virile aching hardness in its restrained state. Your balls seeming to swell, weigh down, heavy and aching. The dripping cum forming in them oozing out with a marginally sub-orgasmic desire. Always on edge from your own body alone. This sensation is reinforced with pro-active visualization and the overall hypnotic theme of constant re-entrancement by your own arousal getting the best of your cognitive process.

Chastity Meditation and Preparation: Enhancing your desires and restraint

Chastity Meditation and Preparation is a set of chastity files in various lengths. Each one comprises part of a progressively more powerful hypnotic suggestion. You will find it difficult to release your desires, but impossible to avoid wanting climax, craving control, surrendering. Fit chastity training in any time, and in any playlist.

The set includes 1, 3, 5, and 10 minute long pieces. The 3 minute piece is available for free, the rest are available at the Student level through my Patreon. However many you have access to, these pieces should be listened to on a playlist as a meditative mantra.

Bondage Jerk-Off Instructions: An introduction to chaste edging

A randomized set of jerk off instructions. There are multiple short audio clips in this downloadable pack. Each and every one is aimed at you, encouraging masturbation and stimulation of a rigid cock under my dominating control. Set your media player to shuffle. These all fit with the existing Randomized Jerk Off Instruction pack, and can be used to expand your playlist.

Dominant masturbation instructions focusing on the restraint, restriction, and control of your body. Some future bondage expansions may incorporate careful self-bondage, as well. This one incorporates hypnotic bondage and chaste restraint as well as permissive release, adding an element of chance to the "game". Remember you are supposed to be masturbating all throughout this game, except when told to cease or vary your touching.

Four of the clips in this pack are available for free, the rest are available at the Extra Credit level through my Patreon. There are no permission to cum pieces in the free pack. If you are using the complete pack, be sure to first remove all clips marked as containing permission to cum. You can also include clips from the Randomized Jerk Off Instruction pack, likewise

removing any with permission to cum. However many you have access to, these pieces should be listened to on a randomized playlist.

Breaking the Streak Induction: A teasing explanation of what's to come

A chastity themed induction designed to go before any HFO or JOI file that you are listening to at the end of a period of chastity. Eventually you're going to want to get off, after a long period of waiting, a long period of resisting the urge to get off. You might as well further your chastity training by giving in to me. I will not just let you cum, I will make you cum. I will send you over the edge again and again, encouraging self-stimulation to the point of collapse. Keep touching, we aren't done yet. When we are, you'll be able to endure chastity a nice long time – knowing that when I let you get off, it will be this exhausting and lengthy affair all over again. Habit-forming.

Wrung Out Chastity HFO and JOI: A release from chastity

We begin with jerk off instructions – you have held back for a long time, perhaps you have even been chaste for me. In your estimation you deserve a reward. Who am I to argue? Of course, it is perhaps best if you don't reward yourself too often, and so the process shall be exhausting. At my direction, let climax leave an empty hole inside of you, a void which I can fill, which I can use to our shared advantage.

Stroke and see the imagery I provide, and when you have so thoroughly orgasmed your way into fatigue, let me help your muscles simulate the process. Even if you stop touching, that is no excuse to stop cumming. Pleasure trains you into my grasp, into the companionship my control gives you, and eventually into obedient certainty that holding back will be rewarded, and the reward will be more potent the longer you wait between rewards.

Additional Recordings:

Chaste Instruction Induction – Make any file a chastity file

This audio will help you to listen to any of my audios during this two-week course without cumming. It is available at the Student level through my Patreon, and a short version is available for free.

Many of you are chaste and restrained, you listen to my chastity lessons, you hold back your climax for me... But so many of my audios command climax, hands-free, jerk off instructions, more and more. These instructions pardon you from that requirement. Of course this means you will be very aware that you could be cumming, but will have to hold back so you can remain dedicated to your chaste regime. This is also a very deep induction, of course, but verbal permission to hold back from cumming will let my chaste listeners explore more of my lessons.

Listening Schedule:

Basic track:

Day 1: Chastity 1

Day 2: Perfection in Chastity

Day 3: Constant Cum Production Curse

Day 4: Chastity Meditation and Preparation

Day 5: Bondage Jerk-Off Instructions

Day 6: listen to the Breaking the Streak Induction, but at the end, you will not follow it up with a file allowing orgasm. Follow it with your choice of either Chastity 1, Perfection in Chastity, or Chastity Meditation and Preparation.

Day 7: listen to the Breaking the Streak Induction followed by Wrung Out Chastity HFO and JOI, ordering orgasm.

Days 8-12: you return to the beginning again, returning to Chastity 1 and repeating days 1-5.

Day 13: listen to the Breaking the Streak Induction. This time, follow it with your choice of either Bondage Jerk-Off Instructions or Constant Cum Production Curse.

Day 14: listen to the Breaking the Streak Induction followed by Wrung Out Chastity HFO and JOI, ordering orgasm.

Intermediate track:

Day 1: Chastity 1

Day 2: Perfection in Chastity

Day 3: Constant Cum Production Curse

Day 4: Chastity Meditation and Preparation

Day 5: Bondage Jerk-Off Instructions

Day 6: listen to the Breaking the Streak Induction, but at the end, you will not follow it up with a file allowing orgasm. Follow it with your choice of either Chastity 1, Perfection in Chastity, or Chastity Meditation and Preparation.

Day 7: listen to the Breaking the Streak Induction. This time, follow it with your choice of either Bondage Jerk-Off Instructions or Constant Cum Production Curse.

Days 8-12: you return to the beginning again, returning to Chastity 1 and repeating days 1-5.

Day 13: listen to the Breaking the Streak Induction followed by Wrung Out Chastity HFO and JOI, but DO NOT orgasm, only edge yourself. If you wish, you may listen to Chaste Instruction Induction first.

Day 14: listen to the Breaking the Streak Induction followed by Wrung Out Chastity HFO and JOI, ordering orgasm. Advanced track: Follow the listening schedule of the Intermediate track, but do not orgasm during Wrung Out Chastity HFO and JOI on day 14. If you wish, you may listen to Chaste Instruction Induction first.

Advanced track:

Follow the listening schedule of the Intermediate track, but do not orgasm during Wrung Out Chastity HFO and JOI on day 14. You can listen to Chaste Instruction Induction first as desired.

Exercise 1:

Journal reflection: How often do you cum? Do you edge? What is your history, if any, with chastity play? What does chastity mean to you? Why do you want to explore chastity? What do you expect to get out of it?

Exercise 2:

Remove all trappings of hypnosis from your environment. No spirals, no mp3 player, none of my voice. Choose some mundane pornography, or a fantasy with no prominent hypnotic elements. I understand this might be quite difficult. Edge yourself as close to orgasm as you can get, and then stop. Permit yourself to notice the difference from everything else you have been up to lately.

At a later date, repeat the above experience, but restore your hypnotic trappings. Add as many as you can. Listen to my voice, stare at a spiral, read erotic mind control fiction or watch erotic hypnosis themed erotic videos. Edge yourself, and notice any differences between the edging experience without the trappings of hypnotic fetish, and with it involved. Harder? Easier? New feelings? New sensations? New desires? A renewed commitment? Notice your experience.

Assignment 1

Exercise. Which is to say, work out. Exercise is about self-control, restraint, and a focused use of your body's energies. Throughout these two weeks, make a commitment to get regular exercise, in whatever manner is best for you. This could mean walking, jogging, cycling, bodywork routines – whatever is best for your body, interests, and schedule. I also recommend attempting restraint from any unhealthy vices you may have, too, with an awareness that for most addictions, even to things like sugar, going cold turkey can be unfeasible.

Assignment 2

Complete a daily chastity journal. If you almost came, almost gave in, noticed a lot of physical signs of arousal, make note of it. What emotions are you experiencing around chastity? What is keeping you dedicated to chastity? What is tempting you away from it? If you wish, you can submit this to me at the completion of your course, or it can be a private thing for you.

Message

Taking the steps on a true journey of chastity can blend other fetishes together in your mind. Some think of chastity as inherently humiliating. It is not. Some think it is inherently a woman-dominates-man dynamic. It is not. Some think that a device must be involved. It need not. Each of these can be included if they are what the parties desire together, even if it takes some whimpering and weeping and a feeling of raw true pleasure to make you comfortable enough to bring it out. I am open to all of these, each flavor and each dimension. I can only know if you bring them to me. You can only know as you explore for yourself. Keep this in mind as your journey into chastity continues.

Until next time,
-Ms Aurelia Alder-