

Obedience Practicum

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Introduction

Obedience. Dutiful, prompt, and submissive compliance; in simple parlance, you do as I command. This five day course is an exploration of submissive obedience, to me and other dominants, through assignments, exercises, and my erotic hypnosis audios.

Obedience differs from Submission, but is complementary to it. You may wish to also seek out the Submission practicum to complete either before or after this course.

Obedience is the basic element of the dominant-submissive relationship. Your obedience is the conduit of my control. Your submissive instincts make you naturally obedient. The act of obedience makes you more submissive. Through training and reinforcement, we can refine those instincts for obedience and can enhance your instinctive submission with obedience practice. We can make your obedience more instinctive, and more pleasurable. You already enjoy a thrill of pleasure at the knowledge that you are obeying me. Imagine magnifying and amplifying that pleasure. Obeying without pausing or thinking, perhaps without even being aware that you are doing so.

This saves us both time. It saves you the unnecessary effort of thinking or making decisions for yourself, so you can better enjoy the bliss of going with my flow and following my instructions immediately. It saves me the effort of firming up your obedience each time by helping it have an existence of its own in your sexual and everyday life.

Obedience means exploring new sensations when directed, because you know I will always set you on the path to new knowledge. It means attending to my desires for you before your own desires. This includes my desire for you to be safe and take care of yourself. Any time any of my – or anyone's – commands don't align with your well-being, physical or mental, it is your responsibility to instead obey the foremost command: take care of yourself. This requires self-knowledge and an awareness and monitoring of your own internal state. Stretch and explore your comfort zones under my direction, but never put yourself beyond your boundaries.

Obedience includes obedience to standing orders.

Submission is the motivation, the attitude behind it all.

Obedience is the awareness and the conduct you undertake for me.

Prerequisites

Obedience is built on trust. Before embarking on this course of study, you must know that I am someone worth obeying; someone you can trust to have your best interests at heart. Therefore, you should be familiar with me, my methods, style, and intentions.

You should have completed Basic Braining 1-3. You are also expected to have familiarized yourself with me and my work in general. 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. Some recordings are paid content. All of these are enclosed in this pack. Each of these recordings is part of the lesson. Some recordings are paid content, but they have short public versions which you can use instead to the same effect. I want you to have access to everything I have to offer.

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. Explore freely, just leave your present course of study for use in this training course.

The lessons might occur to you throughout the day, and cravings to continue your listening regimen are normal.

Patience will pay off.

Strict Induction

This fixation and command induction uses your inclination to listen to my commands, and your desire for freedom from self-directed thought to induce the initial trance. Fitting with my "strict" mood, an excellent introductory induction for any of your intense training playlists. Use this as the induction before the other files in this course.

Soft as a Cloud Mantra

Every loud thought dispelled under my spell, the pendulum swing and spin of spiral control... Wind down as my words wind their way through your mind, spiraling down...soft as a cloud, no thoughts allowed. Soft, compliant, and very deep. Loop this mantra over and over, or use it with other files or mantras in a playlist.

*Settling In *Student File**

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.

*Kneel and Obey *Extra Credit**

You know your place is at my feet, sinking and obeying. This is a combination induction and deepener involving kneeling, finger snaps, and a long countdown. Place it immediately before another file on your playlist, and notice how much deeper you are by the time the second begins. Also includes dominance elements, including general kneeling-for-me themes and training.

Special note: Kneeling can be both a physical and a mental position. Take care of your body and only move in ways that are safe for you. If you cannot physically kneel, don't. You can still mentally kneel.

Consumed

After I build you to climax, lapping up your own cum is such a good sign of your submission. Words from outside of your body are never quite so effective as its own demands. Become wrapped up in the feeling of instructed masturbation. Feel your cock slowly capture more and more of your mind. My voice encourages you all along.

When you eventually become very deep, climax is commanded, allowed, flows over you. In the wake, I request a small sign of submission to your own body... and to me. Lap up your own cum in the wake of climax, mind still hazy in the afterglow. If your body is so full of arousal, the thoughts spurting out of you must induce a delicious horny throb when ingested.

The Hour At Hand – CBT

A long tormenting pleasuring squeezing pinching training session aimed at your shaft. This is an hour long cock and ball torture themed piece for students with penises that would like a little slapping, restraint, and tender handed massage in between. This is a complete session with induction and training, but ending on the choice to wake or remain down, a simple count and finger snap with no further instructions.

Laid out on a padded bed, slowly brought under, and then subjected to a coupled pleasure and pain that will grow into an ever more intense yearning for future cock and ball centered torment. Slapping, the application of a cock ring (don one beforehand or keep it nearby if you wish, though I believe my words to be sufficient), and a thorough pleasuring in between to give you a contrast between torment and bliss.

Listen well, learn how much I enjoy doing this to you, and then associate every future countdown with a long tormenting squeezing pinching training session aimed at your shaft.

Compliance

A state of hypnotic trance has long been synonymous with compliance... obedience, the act of following instructions or orders which are directly given.

Compliance requires someone there to supply the order, however.

Compliance requires something for you to comply WITH, whether it is a direct order to do just one thing, or a more general order to change your behaviour or mindset. This meditation will seek to help you see simple compliance in a more positive light.

Listening Schedule

This is a five day course. Each day, use *Strict Induction* as the induction.

Day 1: *Soft as a Cloud Mantra*. Play file in a loop at least three times, longer if you have the availability.

Day 2: *Settling In *Student File**

Day 3: *Kneel and Obey *Extra Credit**

Day 4: *Consumed*

Day 5: *The Hour At Hand – CBT*

Exercises

Exercises are optional. You can do them as often as you like, and they will help with the overall theme of this practicum. They are simple and can be done frequently to reinforce training. They have some parallels to the audio tracks you will listen to, and so they will gain greater meaning as the course goes on.

Exercise 1:

Choose a day to do this exercise. Whenever you notice you have downtime during that day, pause and let your eyes zone out. Let them go fuzzy, close them if you want, focus on a point on the wall, whatever you must do. If you have privacy, repeat "I obey Ms Alder" ten times out loud, slowly. Repeat it in your head, if you lack privacy. Resume your day normally until the next time you notice you have downtime. Words actualize into reality in hypnosis all the time, this is just your way of getting your mind there.

Exercise 2:

Adopt a position of submission. Research it online. Kneeling is one classic, but once you kneel where do you put your hands? Laying face down with your back and butt exposed so I might mount or pin you to the ground is one way to be, but another would be to place your hands interlaced behind your head, on your back, with your front and its obvious arousal exposed. You may feel silly at first, but adopting this position, especially with one of my files playing in your head, will evoke a powerfully submissive mental state.

Assignments

Assignments are mandatory. They should enable you to see what you have started to experience, what you need and crave. They should illustrate the power of the instructions I have been funneling into your mind.

Assignment 1:

When you must perform a task, whether it is a chore or an activity during your work day, stop and imagine my voice telling you what to do, commanding action. See if this makes any difference in how you carry out the activity. Try this as often as you are able, letting my voice replace your inner mental voice for these purposes, adding an element of motivation, and the promise of reward.

Assignment 2:

Choose a file you either have never tried or have had trouble with. Any file, from outside of this curriculum. Listen to Compliance, then listen to that 'other' file you have chosen, right after. Pay careful attention to my perspective on obedience.

Message

Completing this course will have beneficial effects during every other audio experience I create. You will get in touch with obedience for its own sake, following commands and finding your own desire to obey. Finding the part of yourself which is like a lock without a key, and which is opened by my commands, will bring you closer to me and shape you into my ideal instrument for pleasure and experimentation.

Submission and obedience in unity and harmony. Then your complete subjugation into pleasure, when it is safe and comfortable for us to take you there together, you and I.

Until next time,
-Ms Aurelia Alder-