

Submission Practicum

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Introduction:

Submission is the subjective part of your role in my ideal hypnotic scenario.

It is the way you feel, instead of the way you act.

Your actions may flow from this internal feeling of well being and euphoria brought on by what many will term 'sub-space', a kind of thought process born from your enjoyment of another's control.

Trust, nourishment of self, and meditative or hypnotic peace all mingle together in your mind. This mixture becomes the motivation for transformative change and for dominant lessons to land home within your mind. Submission is the subjective portion, Obedience is the objective portion, and both together place you in the state I would consider ideal for you to be my hypnotic canvas. A student should be both obedient and submissive.

One can flow from the other, and neither is necessarily the start of the cycle. You likely have some of each already. When I visualize what arouses me and gives me the most fulfillment during the process of hypnotic training, it is to visualize the day you will be both fully submissive and fully obedient.

This lesson will train you in submission, the mental state and cultivation of systems to make submission your natural state of mind where my voice and will are concerned.

Kneeling will often be appropriate.

Prerequisites:

Submission is built on trust. To be able to lean back and just enjoy the ride, you should first explore the basics. Before embarking on this course of study, you must know that I am someone worth submitting to; someone you can trust to have your best interests at heart and stand in for you in decision making and thought selection. 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, 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.

You Are My Toy Induction and Deepener

I take you deep and blissfully simplify your mind, making you my used, objectified plaything. You know that I cherish all my toys and will always provide the most complete sustenance for your thirsty mind. This nourishment of self becomes an anchor encouraging you to enter your most submissive state each and every time you hear my voice in its commanding form.

This is a twenty minute piece that can be used as an induction, a deepener, or a stand-alone experience. You will be conditioned for deeper trance and deeper submission to me, and learn the pleasure of being my empty-brained little toy, there for me to enjoy. You will return to this submissive audio many times even after the lesson plan is done.

Be warned: this piece is a little more dominating and more direct than my usual work. Melting your mind away is an important first step, enabling you to make more room for sub space.

Submit to Women

This deep and passionate training has one goal: your total submission to women. Femininity and softness ignites the submissive urge inside of you. This file goes beyond the scope of merely your obedience to me, toward complete subjugation at the feet of any dominant women you happen to trust.

Entrust yourself to those who you already crave to obey. Powerful programming which interlaces with the entirety of my curriculum will leave you panting as your brain is washed clean of any resistance to dominant femininity.

*Refined Submission *Student File**

To be a better servant, a better tool in my designs, you should focus on self enhancement every step of the way. A subspace state is far from lazy, it is a busy state of mind where the pleasure you feel motivates you to improve for both our purposes. This principle is embodied throughout the pleasurable count-laden hypnotic session. Implied waking, memory modification, and my position as guiding force in your system of submission are all drummed into your fertile mind.

Every time you sink into sub space, you should rise up knowing how to be better and better next time.

*Mine *Extra Credit**

This is a conditioning piece about implanting one singular memory: you, kneeling, living furniture in my workroom while I rest my feet on my mindless, obedient servant and create new audios. A delicious and pleasurable experience for both of us. I train your mind to the idea of "belonging".

This file implies the presence of being controlled by hypnotically implanted thoughts in your day to day life, and by the "memories" like this placed in your mind. Thinking back to it might tempt you into new and submissive places.

Your own memory and mindset are my allies in awakening your most submissive thoughts.

You Are Mine

A strong dominant trigger I can use at any time to remind you of such blank euphoric pleasure that you will happily kneel down to whatever control follows. More complete. More comprehensive. More of me.

Kneeling, body worship, mind numbing pleasure that removes all question of if you will submit: leaving only the tantalizing question of when. Followed by And You Submit. Again refer back to the included photo set.

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. This lesson plan is more about where your mind has gone, anyway.

*And You Submit *Student File**

Continuing on from "You Are Mine", and using the same trigger. A training session about preparing you to be auctioned off for one night to Ladies of my acquaintance. You'll be returned to me at the end of that time, of course.

Part dominant fantasy, part trigger embedding for use with other dominant ladies you trust with that trigger. Become a machine for going deep and submitting to dominant women. Become more utterly mine to do with as I please. Slightly dark themes pervade this piece and its dominance is undeniable.

Listening Schedule:

Each day, use *You Are My Toy Induction and Deepener* as the induction.

Day 1: *Submit to Women*

Day 2: *Refined Submission* *Student File*

Day 3: *Mine* *Extra Credit*

Day 4: *You Are Mine*

Day 5: *And You Submit* *Student File*

I recommend taking at least a 2 day break before repeating this lesson plan, or starting your next one. Rest is important so that your thoughts on submission can become more real.

Remember there are free public versions even of the student and extra credit files available on my site, so you can enjoy them without enrolling, if you like!

Exercise 1:

Film yourself listening and consult your videos in private later. Use a cell phone or your webcam. Keep this for your own reference; it is for you to review. Consider how you look physically, and contrast it with how you felt internally. Your mental process, your subspace. It might be barely visible or perhaps you smiled or moaned or made some other sign or posture. This will also help you to be certain of your hypnotic experience. The way you look can be very unique and inspiring, and can better help you visualize the bliss of submission.

Exercise 2:

Keep written materials about your submissive experiences. This can be as simple as writing down a few words now and then, or as complex as writing full journal entries. Do at least a few words each day, and refer back to your thoughts at the end so you can add any new revelations or submissive experiences to the list of observations.

These are for your own reference, but you can share them with me if you like.

Assignment 1

Write a journal reflection on submission. In what ways are you a submissive? What is it about submission, and turning power over to another, that appeals to you? Is submission an online fantasy for you, or a regular part of your day-to-day sexual life? How is submission sexually fulfilling? How is it emotionally fulfilling?

Assignment 2

While listening to a recording in the background – perhaps the You Are My Toy deepener – observe your own submissive state as it descends. Close your eyes and ask yourself the following three questions:

- a) How does it feel? Be descriptive.
- b) At what other times do you feel like this?
- c) If you had to associate a particular feeling, scent, sight, taste, or sound with this submissive state, what would it be? Even if answers take some time to form, the action itself is useful and when you arrive at answers, you can share them with me.

Message

Upon completion of this lesson you are more than just yourself. You are also the crystallization of my thoughts and meditations on submission. You have enough of me in you that we are connected together by our impulses and desires. You think many of the same things about trance and submission that I do, at least if you have agreed with your lessons so far. With that in mind, how could you be anything other than an absolutely successful submissive? Well done.

Until next time,
-Ms Aurelia Alder-