

Champ's Inductions 1

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Focused Breathing

And now, I want you to just relax. Yes, relax. I want you to close your eyes and put yourself in a place where you feel ready to be hypnotized and enter into trance. Let's begin with an awareness of your breathing, concentrating on how you breathe in... and out... in... and out... in... and as you breathe out, and in... I would like you to start counting down... when you hear the bell, starting at 10 in your current state of relaxation... All the way down to one, a deep, relaxed state of meditation where you can listen to my words and my suggestions as you go deeper down the path to trance. Nice deep breaths...out....and in....

[10... allowing the sound of your breathing to fill the room... 9... as the room grows a little dimmer with each breath... 8... letting the air out of all your muscles... 7... Allowing the sounds and images of the room to fade away... 6... letting all the air out through the tips of your fingers... 5... and replacing all that air with heavy, heavy led... 4... as your body begins to sink down... 3... down into a nice relaxing state... 2... of a deep and restful meditation... 1.

Binky Press

And now, let's begin. Let's begin to enter into trance. And you don't have to really do anything at all to stay in trance. You just have to keep listening to my words, and follow along. And you can allow your mind to wander, or you can stay right here with me. It doesn't matter which. Because either way, your subconscious will be listening. And no matter what your conscious mind does, your subconscious can just listen to my words as you slip into trance. Listen to my words and accept what it hears. Absorb all those suggestions as you follow my words into trance. And if you have a binky handy, you can make sure it's nearby. If you need to, you can open your eyes and get up to retrieve your binky. And if you don't have a binky, you can simply use your thumb or imagine that binky if you don't have one in your mouth already. All of these will help you get into trance more quickly and easily as you listen.

Now I'd like you to make sure your eyes are closed as you go deeper into trance. I'd like you to close those eyes and imagine. That you are sitting in a comfortable chair and looking up at someone very special. This special someone is your caretaker. And they may be someone in your life, someone you've never met in person, or someone

who exists in your imagination. Your caretaker can be anyone you like, but whoever it is, you know the moment you see them that they are your caretaker. And you can smile when you recognize that's who you see. Can you imagine your caretaker now? Good.

Imagine that you are looking at your caretaker. You go to say hi. But that's when you realize that there is something in your mouth. It's thick. It's rubbery. And it has a nice plastic shield to keep it in place when you suck. Do you know what it is? That's right, it's your binky!

And you smile, because you love your binky. Yes, your binky is so nice to suck. It helps you focus on being little and happy. It helps you feel safe and secure. Sucking on your binky can be so calming. And you realize that now is the perfect time to put in your binky and start to suck, if you haven't already. That feels good, doesn't it? Yes, it does. You smile a big smile, so cute as you enjoy your binky. Your caretaker smiles too. And then you notice your caretaker extending a single finger.

Go ahead and focus on that finger. Focus on every little detail of that finger that you can imagine. How it looks. How it feels. The way your caretaker is holding it in the air. How far away it is from you. Just focus right on that point, concentrating as hard as you can. And you might notice that everything else begins to fade away as you focus on that point. And the harder you focus, the more other thoughts and sensations begin to fade away into the background as you focus on that finger. You might not even notice how much time has passed while you focus, or how much mental energy you've expended focusing on that finger.

It's perfectly natural for you to begin to get a little sleepy as you continue to stare at that finger. A little sleepy as you devote all your mental energy toward that one point. Focusing on that finger until you begin to see that finger move. Watching that finger move and focusing on it very intensely as it comes to point at your binky.

That's right, imagine your caretaker pointing at your binky. Pointing right at the button of the sleepy baby's binky which is in your mouth right now. That finger could reach your binky in a matter of seconds, but your caretaker is going to take their time as they slowly extend their arm toward your binky, stretching it out as you continue to focus so hard.

And you can keep your eyes focused on that finger the whole time as it comes closer and closer even as you get sleepier and sleepier. And the closer it gets, the closer you are using all your mental energy. The closer it gets, closer you are to falling into a nice deep trance as you watch that finger approach. Closer and closer. Deeper and deeper. Knowing that the moment that finger reaches your binky button, you'll drop into

trance. Keeping your eyes on that finger as it heads towards the binky's button. And you know that the finger will reach your binky by the time the countdown reaches zero or even sooner. And you can allow yourself to drop when that happens. Dropping completely into trance when the countdown reaches zero as the finger reaches your binky button and you drop into a nice deep sleep. [10. 9. 8. 7. 6. 5. 4. 3. 2. 1. 0.]

Very good.

Putting on a Diaper

Now to close your eyes, and imagine... imagine a place where you keep all your diapers... yes... imagine that place in your mind now... imagine looking at all the *diapers* you can wear... so many more than you remember seeing the last time you were there... so many decisions on what to wear next... take a moment to look over all the *diapers* you can choose from... take a good long look... until you spot a diaper that catches your eye... there's something special about this diaper in particular... that tells you... that this is the right diaper for you...

[dropping deeper and deeper][deep deep sleep][focus on my words][focus on the diaper]

And as you pick up that special diaper... take a moment to examine it closely... focus on what it looks like... the color... The material... the design, if there is one... focus on what it feels like in your hand... the thickness... the heft... the feel of the backing... you might even notice how it smells... that special diaper scent that makes you want to inhale nice and deep... breathing in... and out... in... and out... very good...

[dropping deeper and deeper][deep deep sleep][focus on my words][focus on the diaper]

This diaper seems to strike a chord with you... this diaper makes you feel special feelings in your tummy... and you can focus on those feelings... As you run your hands along the soft material...

[Excited... nervous... happy... giddy... blushy... how does this very special diaper make you feel?]

And you know that... you really want to wear this diaper, don't you? ... yes, I'll bet you just can't *wait* to put it on... because you know just how good it will *feel* to *be* in that diaper... Yes, and you may find that you're so excited... so *ready* to be in that diaper... that you can look down and suddenly realize... that you're already sitting on that open diaper now... that's right... somehow, you find yourself sitting on that open diaper... and now that you're here... you can allow your anticipation to grow...

Imagine how it will feel to be secured in that diaper... how that diaper will feel against your skin... the softness... the thickness... the sound... the way it hugs you snugly... how does that make you feel? You can allow yourself to focus on each and every feeling that arises as you anticipate how that will feel... dropping deeper into trance... as you sink into those wonderful feelings...

[dropping deeper and deeper][deep deep sleep][focus on my words][focus on the diaper]

Now reach down... and bring the diaper up between your legs... the closer you get... to being fully secured in your diaper... the deeper you go... into trance...

[Down down down down][going deeper into trance]

no more waiting... the time has finally come to put that diaper on... as you secure one side... Then the other... ... and as you finish securing the diaper... And check your handiwork... ... you can feel so good... so happy... as all those feelings you were anticipating grow even stronger... stronger and stronger... feeling better and better... filling up your mind... more and more... until you come to realize... that you're already entered a state of trance... without even realizing it.

[10 9 8 7 6 5 4 3 2 1 0]

Diaper Press

And now, I want you to just relax. Yes, relax. I want you to close your eyes, lay down and get comfortable, so you can focus on the feeling of being in a diaper and drop deeper into trance. You can focus on whatever you like best about being in that diaper. The sound they make, the way they look, the smells and sensations that come with wearing a diaper. And you can smile to yourself knowing that you can do what you've been wanting to do. Yes, you can feel that diaper bulge in the front of your diaper, and know it's almost time for you to make stickies in that diaper. And that's so exciting, isn't it?

Yes, you can feel that diaper bulge in the front of your diaper knowing that soon enough you're going to be stimulating, and rubbing or buzzing that bulge... until you squirt stickies right into the front of it. And you know that whenever you touch your diaper it can help you relax and go even deeper into trance.

And you don't even have to look at your diapers to know that they are there. You can just feel them pressing up against you. And you can feel them with your hands. Running your hands over the soft smooth surface of the diaper. Listening to the noises

it makes when you do that. Pressing your fingers into the thick padding. Allowing every sensation that tells you that you are in a diaper to just relax you even further. Send you deeper into trance.

I wonder if you can feel the front of your diaper and notice how that bulge feels now. You can give it a little squeeze. Press that spot that you love to press so much on your diaper. That's it. Feels good doesn't it? Makes you feel relaxed yet excited. Fuzzy yet focused. Let those feelings of being in a diaper come to the front of your awareness, allow yourself to focus on that padding between your legs. And when you do, you may notice just how good your diaper feels. So nice to touch, so sensitive, those wonderful feelings you are feeling between your legs turning you on so much.

And every time you touch your diaper, you can feel yourself go a little bit deeper into trance. Every time you press, or squeeze your diaper, you can feel yourself go deeper into trance. And the feel and the sound of the diaper gives you that wonderful tingly sensation that you love, sending ripples of pleasure through your whole body as you let your mind shut down and just enjoy the sensations. Just enjoy your diapers, allowing the sensations that you love to wash over your body, filling your awareness with that awesome feeling you've come to crave. You're a diaper lover, after all. You can enjoy your diapers as you go into trance.

We are going to create a trigger in your mind using that wonderful feeling. A trigger that activates when it is safe for you to go into trance. A trigger that can help you get into trance more quickly and easily. And to do that, you can just put your hand on the front of your diaper and apply a little pressure around your most sensitive area. That's right. apply a little pressure to the place where it feels best to press. Go ahead and feel your diaper now and try to find that spot. Have you found it yet? Good.

That spot is your crinkle button. That's right, that spot is your crinkle button. A very special button that gives you very special feelings when you feel it. In a moment, I'm going to tell you to press your crinkle button, and when you do, it will send a signal to your brain that it's time to go into trance and listen to my words. And the wonderful sensation that you feel will allow you to go deeper into trance. Making it even easier to allow my words to pass directly into your mind. Go ahead and press your crinkle button now. Feeling so good, so relaxed, going deeper into trance. Very good.

On the count of three you can bring yourself back to consciousness once more, waking up just enough to listen and respond to my words. Coming back up barely aware on three. One. Two. Three. Very good. And we're going to go back down on three when you press that crinkle button again, going even deeper into trance, feeling even more pleasurable and erotic sensations, ready for an amazing masturbation session. One.

Two. Three. And press. Oh yes. Relaxing. Going deeper into trance. The incredible feeling around your sensitive diaper area growing and growing, leaving less and less room for coherent thought, until you finally find yourself totally relaxed, and totally horny. And you can leave your hand on your diaper as you listen to my words, or you can get your favorite buzzer even as you remain in trance and listen to my words. But try not to cum until I say so. You must be very good and try your best to keep from cumming until my little story reaches its climax.

But you don't have to think about that now, though. You can just keep on touching and enjoying your diapers, and the wonderful feelings they bring as you go deeper and deeper into those sensations. Deeper and deeper into trance.

Progressive Muscle Relaxation

You are listening to my words... allowing them to speak to your mind as you follow along... and you can follow along to my words, can you not? And if you can listen to my words, then surely you can believe that you have already done a wonderful job of relaxing your body and preparing yourself to listen. And if you know you are relaxed, that is all the evidence you need to know that you have begun to enter trance... prepared to listen, and accept what you hear... and if you don't know that you are relaxed, then you may have already entered into a state of trance without even realizing it. Because as you know, when you are in trance, it can be easy to wander away, leaving the awareness of your body behind as you listen, listen to my words, and follow along down the path to trance. And there is a way to determine just how relaxed you really are. It's easy to do. All you have to do, is listen to my voice, and follow along. Starting at the top of your body with your eyes closed, try to notice the feeling of your scalp, your eyes, the muscles behind your ears... now tense those muscles, nice and tight... and relax, releasing your hold... noticing how much more relaxed and heavy those muscles feel compared to when they are tense... Now try to notice your mouth.... your cheeks.... and your shoulders... tense them up, nice and tight... and... relax... dropping deeper into trance...as all those muscles go limp... moving down now to your arms, your chest and your groin, scrunching them up nice and tight... and... relax... allowing all your muscles to go limp... going down to your butt... your legs... and your toes. Tense them up nice and tight...hold it...hold it... and drop... feeling the deep relaxation in your body as you let go... very good... you are doing so well at noticing how relaxed you really are. So well, that you may not have noticed that you are already in a deep state of trance, ready to listen to my words, and the suggestions that they bring.

Nursery Visualization + Comfort Object

Are you ready to be hypnotized? Good.

First, a guided visualization to prepare you for hypnosis. Let's try a game to go along with our guided visualization. I'll speak. You follow along and mirror my words as you visualize. For example, when I say 'you blink'. You blink. Did you blink? One more time to be sure. You blink. Very good. Next, you close your eyes and visualize a nice relaxing place. A quiet place. A place... where you can feel little. It could be a nursery. Could be a daycare. It could even be your very own playpen, or crib. Any place that you can feel little. Have you got a place in mind? Good. While you are in this place, you take a moment to look around, you listen. You try to notice all the details that make this the place where you can feel little. All the things you can hear... the things you can see... the things you can smell... and the things you can feel... all the things that tell you that you are little. All the things that remind you of being a baby. And around you are all your comfort items. Your favorite toys. Your favorite stuffie. Your paci. Your blankie. You look at yourself and notice what you are wearing. Whatever you like to wear to feel little. And of course you notice your diaper. Crinkling between your legs. Hugging you tight and keeping you safe.

You feel little. All of these things help you feel little. And all of these things help you go deeper into trance. Deeper into that baby mindset you love so much. And whenever you listen to my voice, you can pick up, suck on, feel, squeeze, smell, or snuggle any of the items on or around you. And you can go deeper into trance. Deeper into feeling like a baby. Surrounded by all your favorite baby things.

You hug your stuffie tight and close your eyes. You suckle your pacifier and feel a smile spread over your face. You feel your diaper crinkling between your legs and let all those adult thoughts fall away. Allow the sights and sounds and smells of the present moment to absorb all your attention. Let the grownup voices talk. Let those words wash over you as meaningless noise and go deeper into trance. Let my suggestions sink deep into your subconscious mind as you go deeper into trance. Let yourself sink more deeply into trance. And when you do, you notice you are feeling a little more regressed. A little less adult. It's a feeling you know. A feeling you love. The feeling of being little. You hug your stuffie tight and close your eyes. You suckle your pacifier and feel a smile spread over your face. You feel your diaper crinkling between your legs and let all those adult thoughts fall away. Allow the sights and sounds and smells of the present moment to absorb all your attention. Let the grownup voices talk. Let those words wash over you as meaningless noise and go deeper into trance. Let my suggestions sink deep into your subconscious mind as you go deeper into trance. Let yourself sink more

deeply into trance. And when you do, you notice you are feeling a little more regressed. A little less adult. It's a feeling you know. A feeling you love. The feeling of being little. You hug your stuffie tight and close your eyes. You suckle your pacifier and feel a smile spread over your face. You feel your diaper crinkling between your legs and let all those adult thoughts fall away. Allow the sights and sounds and smells of the present moment to absorb all your attention. Let the grownup voices talk. Let those words wash over you as meaningless noise and go deeper into trance. Let my suggestions sink deep into your subconscious mind as you go deeper into trance. Let yourself sink more deeply into trance. And when you do, you notice you are feeling a little more regressed. A little less adult. It's a feeling you know. A feeling you love. The feeling of being little. Feeling so good as you finally reach your destination on the path to trance.

Follow the Numbers + Nursery Induction

Are you ready to go into trance? Good. Now that you're ready to be hypnotized, just close your eyes, and begin counting down from 10. And as you follow each number down, you can trace it in your mind. Imagine there is a finger drawing out those numbers over and over. And as you follow the path, you can feel yourself sinking deeper into trance with each number. Twice as deep with every single number. 10. A nice light trance a one and a 0. Going over and over. Ready to go deeper. 9. A little deeper now, as we circle the 9 around and around. 8 Deeper still, tracing two circles over and over. Around and around. Deeper. And deeper. 7, Going right. And dropping down into trance. Nice deep trance. There you go. Very good. 6. The circle is on the bottom now, spiraling down down down to the deepest depths of your conscious mind. 5. two straight lines floating above your conscious mind, and a hook dipping down below the surface, right into your sub-conscious mind. 4. Tracing a line that bounces around deeper and deeper into the sub conscious, the place that accepts all that you hear as true. 3. Two curves preparing you to be a good baby for Daddy as you fall down deeper to 2. The curve hits the bottom of your subconscious and rolls along the floor 1. Dropping straight down that floor to circle 0. Circling around and around a hole in your subconscious. The hole becomes bigger and bigger as the circle widens. Bigger and bigger until you can walk right through it and see a door... a door into trance.

And you can knock on the door. KNOCK KNOCK KNOCK. And you can notice that the door is already slightly open. You can just place your hand on the door and push. And the door falls open so you can walk through. And as you look around on the other side of that door, you can see that nice familiar room. Yes, a comfortable room that reminds you of happy memories from when you were little. It could be a nursery. Or maybe a living room. Maybe a bedroom. Or even a daycare room. Any room that helps you feel so little. Reminds you what a good little baby you are. You can smell the familiar

babyish smells that you love so much. You can feel that comfort of being back in Daddy's house where you know you are meant to be. And you can see Daddy waiting there for you with a big big smile. Hello little one. I'm so happy to see you. And I have something to tell you. And you know that whatever I tell you is true, because you wish it to be so. That is why you are here. Why else would you be here in Daddy's house? You are here because you want to learn the truth. And the truth is...