

# Regression School 2 Audio Script

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## Description

Now that you're enrolled in your new school, it's time to learn (to forget)! Will you forget your shapes and colors? Or maybe forget how to count! I'll bet you're good at forgetting lots of things, even how to ask to use the potty. That's okay, though. The teacher is always there to help! -Suggestion from Kami Yamibushi

## Intro

This file is intended for adults 18 or older, so if you are a minor, please stop the recording and go elsewhere.

You are listening to another hypnosis file from Champ. If you are here with me, then you must want to be hypnotized. That means you are ready to spend some time in trance, listen to my words, and accept all that you hear.

I cannot guarantee that you will go into trance as you listen to this file, but even if you don't immediately go into trance, it's okay to pretend. Sometimes, as you are pretending to go into trance, your subconscious will follow suit and before you know it, you may find you have already entered a state of trance without even realizing it.

Before we begin, please make sure you are in a safe place where you can relax and listen to my words uninterrupted. A reclining position is best, where you cannot roll or fall over. Once you are situated, turn off any cell phones, lights, or anything else that may distract you as you listen to my words. If you need time to prepare yourself to listen to my words uninterrupted, please pause the recording and do so now. I'll be here when you return. Are you ready to be hypnotized? Good.

## Induction - Bus Trip

In this file, you will go on a journey. A journey to school. You remember going to school, don't you? Yes, we've all been to school, or seen a school on TV, and it's easy to imagine going to school now. In fact, today we can be extra excited, because we are going back to a fun and familiar school room... for little ones... Let's close our eyes and imagine ourselves... at a bus stop... Excited to go back and continue our little

education... And you can imagine just how you feel as you anticipate the bus coming to pick you up...

And as you wait for the bus, you can feel your excitement growing... and you may not even notice that whatever you are wearing is getting a little more colorful... a little more childish... shoelaces turning into straps... easy access snaps or buttons appearing wherever they need to... your underwear... thickening up... just a bit more as you think about going back there... as you sink deeper into trance.. [deeper and deeper... as you think about your first day of school... deeper and deeper... down down down... nice deep sleep... as you wait for the bus... in a nice deep trance... ]. and while you may not realize it, you are suddenly feeling much more comfy in these clothes as you are distracted by the arrival... of the school bus...

And as you step up the steps.... you can feel yourself go into a bit of a trance as you try to count them one... two... three... deep sleep... and as you smile and wave to the bus driver, and you see the smiling faces of the other little ones strapped into their special bus seats, you can see... that there is one seat open that is just for you... so comfy and secure... waiting, with the straps open...

Walking back now to that seat, and the bus driver gets up to follow you back so they can strap you in.... you sit down... feel the soft molded padding cushion your tush, and back and between your legs.... the driver smiles and says, "safety first..." as they pull down the straps... a five point harness.... and as you count each one you can go deeper into trance.... one two.... for the chest... three four... for the legs... and five for the crotch... deep deep sleep as they click into place.... nice and snug... very good... and you can reach down... and give the front of your diaper or pull-up a nice firm squeeze... to experience that feeling even stronger... dropping down down down... into a nice deep trance....

And before you know it.... the bus is starting up again... and the singing begins.... as the wheels on the bus go round and round... round and round... round and round... [going deeper and deeper into trance as the wheels go round and round...]

"The wheels and the bus go round and round, round and round, round and round, the wheels on the bus go round and round... all through the town..."

Deep sleep.

## Body

And as you slowly come to, you realize that the bus driver is unbuckling your seat... and the bus is stopped... somehow, you must have slipped into a deep deep sleep... but you

can see your school out the window... Kiddie Care Kinder School... that's where you belong! And you rush off the bus... the bus driver reminding you not to run as he calls out after you... but you're just so excited... because you know just how much fun you are going to have today...

And you see other little ones lining up in front of the school... it's nice to line up because it's so easy to get lost and even when you aren't sure where to go, someone will help you... yes... that's the best thing about this school... there's always someone to help you, no matter what it is you need help with... and as you look around... trying to find where you are supposed to go.... you see your teacher and the teacher's assistant smiling and calling you over. That's right! And you can get right in line... and soon enough you follow the line into the big colorful school... through the big colorful halls plastered with drawings and arts and crafts projects... all the way into the classroom... And as you arrive and walk in... everyone hangs up their coats and bags on their hooks... and puts their shoes in their cubbies...

And you look around and see that there's a few low table in the classroom, and a big carpet... and a corner with lots of picture books... and some toys too... and because you are so distracted by all the colorful and exciting things in the classroom, you notice... that everyone has finished putting up their stuff and they're all sitting down on the big carpet... And the teacher comes up to you...

"First thing's first, it's time to take your shoes off, sweetie. No shoes in the classroom! Can you take them off yourself, little one, or do you need help?"

And maybe you think... that you can take them off yourself... and you can give it a try... bending down... to untie your shoes... as you reach down you may be surprised to see... that there are no laces on your shoes... no, no laces... just straps... or maybe they are just slip on shoes... either way, the laces are gone... and the memory of how to deal with laces... is fading away with them... as all that knowledge of using laces... slips away like a shadow... off the back of your mind... [bye bye adult brain... no more shoelaces...]  
slips away as the teacher kneels down and takes off your shoes while you are distracted by all these thoughts...

And when this happens, you can feel super little... as you realize that you were just helped to take off your shoes... and you can think about just how that feels... as the teacher walks off to put your shoes into your special cubby...

You sit on the carpet with a crinkle [crinkle]... with the other little ones... and the teacher breaks out into song...

It's time to learn [learn to forget]! It's time to learn [learn to forget]! What will little ones learn today? Learn to think [think only baby thoughts]! learn to smile [smile and drool...

smile and drool]! Learn to play [play like a baby... play with your toys... play with your blocks... play with your diaper... play like a baby]!

The first thing you will learn about... is shapes and colors [for the rest of the school day, you will forget your shapes and colors]... the teacher's assistant brings out big roll out whiteboard by the carpet, and you can see lots of drawings... of shapes... and a color written next to each one... and the teacher goes behind their desk and comes back with an armful of big foam shapes and drops them on the floor... making everyone giggle... but it's not time to play with them just yet... because right now, it's time to learn...

The teacher picks up... a big colorful triangle...and shows everyone... It's big... red... it has three sides... and as you look over, you see the teacher's assistant wipes the triangle from the board... and when that happens... the word triangle is wiped from your mind... That's right... that word... is wiped from your mind... [bye bye adult brain] And then the word red, that was next to this three sided shape... and the name for that color is wiped from your mind... And you look back at the shape... it's so big and bright... and the teacher calls on you...

"And what do we call this one, little one?"

And you can't quite remember what it's called, can you? But that's okay because you can make up a funner, sillier name for it right now... go ahead... what should we call this thing in the teacher's hand?

...

"Very good," says the teacher, "that's just what you can call it for the rest of the day..."

And the teacher holds up a big long blue rectangle... it looks just like a building block and it's colored like the crayons you use to draw water... and you can imagine the teacher's assistant wiping the word for this long flat shape from the board... it's a... what was it again? ... And before you can think about it too hard, the assistant wipes away the name for that color that you use to color water... it's... wawa.... like wawa.... that's right.... And you can see the shapes, and realize... that you just don't know what they are called... and for some reason... that's just sooo funny... that you might just find yourself giggling and smiling...

And you can give me a little smile and a giggle right now to show me just how silly that feels... yes... very good...

And the teacher has one more shape to show everyone... it's a biiiig round thing... and it's yellow.... like the sun! Yes, and as the teacher's assistant wipes away the word for the big round thing... and that colorful color... you can smile.... and feel very good... knowing you are learning [you are learning to forget... bye bye adult brain... hello baby brain...]! Yes, and the teacher asks you to tell everyone what it is they are holding.... But

you just don't know... and that's fine, because you can just giggle and clap and giggle some more at how silly and fun it is to forget... yes, it is...

Very good! You've learned so much, little one... you deserve a treat...

And you can get a little sticker from the sticker chest as the teacher brings it around... and you put that sticker anywhere you like... on your nose... or your clothes... or even on your name on the good behavior chart... yes... you got a sticker because you're a super duper learner... yes you are... and that feels so good...

And you and the other little ones can play with the colorful shapes for a while.... and you don't need to know the names of the colors or the shapes... because you can just point when you need to... and say... "that one!" ... and everyone will know what shape you mean.

The next lesson is all about numbers [for the rest of the school day, you will forget your numbers]... and you can imagine now on that big whiteboard... the numbers from one to ten... go ahead and imagine those now... and you may get very excited when you hear what the teacher says next, because you are going to get to do something really fun. That's right, you get to wipe off the numbers all by yourself... and you can use the special eraser, or you can be super silly and use your hands... but however you do it, you get to run up to the white board and erase the numbers... and as I count down... those numbers will erase away... and you can allow those numbers to wipe away from your mind... gone from your mind... as you go a little deeper into trance with each number.... wiping away the 10... 9... 8... ... 6... 5... 4... 3... 2... 1... Deep sleep... very good.... And you can forget all about numbers for the rest of the school day... and you can smile... because all that space in your brain can be filled up with other things like how to smile and play and just relax and be little... and it feels so good to just let go of all that adult knowledge... as you slip into a nice deep trance... very good...

And as you allow your adult knowledge to go away, you can feel more and more little and more and more relaxed... and it becomes easier and easier to just forget all that information that you really don't need here at Kiddie Care Kinder School...

You may even find that some of your words are reverting back to baby babble [for the rest of the school day, you will forget your adult words]... as your lessons continue... and that's perfectly okay... you can smile and babble... or stick your thumb in your mouth while you try to talk... you can do whatever comes natural as long as you are feeling little... as long as you are in a safe place where you can be yourself, like this school... and it's totally fine... and so adorable... as you allow yourself to relax and be little... and you might not even notice the babyish changes happening to your speech, or your clothes [crinkle crinkle]... as the teacher points to the board and you repeat after the teacher...

"Wa Wa... say Wa Wa... Ba Ba... say Ba Ba... very good... Pa Pa.... Pa Pa.... Ma Ma... Ma ma.... Boo Boo... Dum Dum.... you love to suck your dum dum... very good... Num Num... mmm, yes! Tum Tum.... can you poke your tum tum? Say goo goo.... Say ga ga..."

And you are doing so good at learning, and you are getting so many good stickers, that you don't even notice that you are shrinking... getting littler and littler as the lessons go on... until... the teacher begins to take the stars off of the big potty chart from the wall... and you can see... that there is a potty chair in the corner of the classroom... but no one has asked to use it today... not even once... and you realize... as you watch... that the teacher is replacing all the stars by the names on the potty chart... with big water droplets... and when the water droplet gets put by your name... you suddenly notice... that you're wet... and you realize... that you completely forgot to ask... to use the potty... [crinkle crinkle] [for the rest of the school day, you will forget to ask for the potty]

And you can stand there and think about just how that feels when you realize it...

Eventually, one of the grownups notices your reaction... and comes up to you...

"Are you okay, sweetie? What is it? Hmm.... I think I might know..." And without warning, they open your clothes... and check your diaper... [snap snap rustle]. "Hmmm... just as I thought... somebody's a soggy super soaker... Aww, it's okay, you did a great job using your diaper! Now how about we change you into a fresh one? Won't that be nice?"

And you can feel super duper little as you are led by the hand to the changing table... and two big hands lift you up so easily onto the padded table... [Fwump]

"Okay, sweetie, I have two diapers for you to pick from, go ahead and point to the one you want.... This one? Oh, that's very cute! Okay, then, we'll put you in this one... Now lay back, sweetie.... I'm going to pull the strap across your chest so you don't roll off... There we go... Now you just relax, while I take care of the rest... I'm just gonna fluff up the diaper real quick... [fluff fluff fluff]... then I'll get the wet wipes ready.... Okay, I'm opening up the tapes... [rip rip] Alright... these wet wipes are going to be a little cool... [wipe wipe]... and I'll lift your leggings to get your tushie... [pull... wipe wipe] there we go, we'll use however many wipes we need to get the job done... alright... there we go... and now for the switch-o-change-o... [crinkle, crinkle, fwump], there we go. I'll just fold this up over you and hang tight for a second while I toss the old diaper out.... [clang toss]... there we go... now let's get a little baby oil and powder on you.... [cap snap...] aww... that smells so good, doesn't it, little one? Yes, gotta protect that baby soft skin down there.... Alright... all set... and now to tape you up nice and snug! [Tape sound... diaper pats] All done, little one!"

And you are unstrapped, and they say "Arms up!" and you get picked up off the table and put onto the floor with a final pat on your butt. And when you look over to the potty

chart, you can see that your name is being erased from the potty chart... and you can allow yourself to forget all about potty training for the rest of the school day, because you just don't need to think about that here... and you can smile knowing that you learned so much today in school... and that all the grownups will be very pleased to see how much you learned!

## End

On the count of five, you will awaken from your nice relaxing trance feeling alert and refreshed. One ...beginning to regain your normal awareness...Two... becoming more aware of your body, lying in a relaxed position... Three... becoming more aware of your breathing, and where you are... four... feeling so, so good as you finally come back on... 5. All the way back, refreshed, and alert remembering all the fun you had here today. I hope you enjoyed your time with me, and I hope you return to listen again soon. Goodbye now.