

HYPNOBARI

ヒプノバリ

On integrating Shibari and (Erotic) Hypnosis to do some serious rope magic

version 1.02

© 2014 by Guilty

FREE SAMPLE

Disclaimers: The author is not responsible for any damage resulting from reading this book or putting any of its contents in practice. Use this book at your own risk. Although for the most part the hypnotist/rigger is addressed as he, and the subject as she, this can obviously be the other way around as well.

Contents

PART I: Introduction.....	3
01 Hypnobar, not just hypnobondage: introducing the hybrid.....	3
02 What this little booklet is not (and what you need to figure out for yourself).....	3
03 So, what are we gonna do?.....	4
Part II: Hypnotising your sex partner or how to make Aunty Annie quack like a duck.....	5
04 What hypnosis is and what it isn't.....	5
05 About inductions.....	5
06 The hand drop induction.....	5
07 The Dave Elman Induction.....	6
08 Deeper and deeper.....	8
09 Giving suggestions.....	8
10 Emerging your partner.....	8
11 Safety protocols on!.....	9
PART III: Integrating shibari and hypnosis.....	10
12 The Shibari Induction - trance as a result.....	10
13 Using a pre-shibari induction.....	10
Part IV: The dirty stuff.....	12
14 Enhancing the zen: muga, muga, muga (aka The Big Cheat).....	12
15 The tightening torture ropes of little samurai.....	13
16 Shame on you.....	13
17 Role playing for the Kimono Boys.....	14
18 Orgasmic ropes.....	15
19 The longest session with the faster rigger in the world.....	15
Part V: The not so dirty stuff.....	17
20 Practice makes perfect.....	17
21 Overcoming stagefright.....	17
22 Dealing with post-accident anxiety.....	18
Part VI: Epilogue.....	20
23 Work in progress, let me know, don't forget to pay, ktxbye.....	20

PART I: Introduction

01 Hypnobarī, not just hypnobondage: introducing the hybrid

This little booklet is Hypnobarī 0.9. It contains my thoughts on integrating hypnosis and shibari, my two main fetishes. It is not finished. It is as much a research agenda as a guide book. I'm publishing it anyway, in the hope of garnering some more attention to the subject, hoping more people will be able to experiment and contribute.

Many texts on erotic hypnosis cover some form of *hypnobondage*. Using hypnosis as a method of restraint is fairly popular. It's easy, you don't have to study rope. You don't even need to bring rope. No need to bring gags either. As much fun as this can be, this is not what this booklet is about. With hypnobarī, we don't use hypnosis INSTEAD of bondage, we use hypnosis AND (rope) bondage.

Why would we do that? Shibari (as in more or less *authentic* Japanese bondage) is a very intimate, process oriented way of tying. It's communication with rope. And, of course, it is hot as hell. So is erotic hypnosis, and my guess is that 1+1 would in this case be more than 2. Maybe even more than 3.

Although it has many psychological effects, shibari is a pretty physical activity. Or for hypnotists, it is quite kinesthetic. You manipulate and restrain someone physically, and this, of course, affects that someone mentally as well. You play with restraint, disorientation, helplessness, etc. And if you're good at it, this is not a mere chance process. You know what you want to achieve, and you achieve it. If you get even better, that is likely to become a subconscious process.

Hypnosis is pretty much a mental thingy. You don't even need to touch your partner to play with him or her. But it can most certainly have physical effects as well. Now, I'm not going to suggest you're eating a lemon while hanging upside down just to get you drooling. Oh well, I just might, you know. Anyway, as a more direct mental tool, it's on the one hand like the opposite of shibari, and on the other hand, the perfect complement to it. Combining them, you now have not one, but two tools, one direct and one indirect, to influence both the physical and the mental state of your partner.

Wouldn't that be cool?

02 What this little booklet is not (and what you need to figure out for yourself)

This booklet is not an introduction to shibari. It will not teach you how to tie a takate kote. It will also not teach you any of the finer techniques of authentic Japanese bondage. It will not even enter into the basic safety aspects of shibari. Instead, it presupposes a working knowledge of rope bondage basics, preferably, but not necessarily, shibari. I will use shibari as my main point of reference, and much of the dirty stuff connects with concepts derived from shibari, but most techniques will be easily applied to other styles of bondage just as well. But I recommend you can at least tie basic wrist cuffs and harnesses and you have familiarised yourself thoroughly with rope bondage safety issues before you start integrating hypnosis and rope bondage.

Neither is this an extensive introduction to erotic hypnosis. There are other books that cover that in detail. However, part II briefly discusses hypnosis. You will learn two inductions to hypnotise your partner and how to wake 'em up again, as well as some basic safety stuff. This should be enough to get you started, but it is a very bare minimum. I highly recommend you study the art of hypnosis in more depth elsewhere if you like it, preferably with some hands-on training.

Finally, it is also not a general introduction to kink-ethics. There is plenty of information around on mutual consent, scene negotiation, etc. Here, I assume you have a partner who likes to do this stuff as much as you do, and you both take full responsibility for discussing limits, safewords, and other racky stuff (it is my opinion that shibari is inherently a RACK activity and never safe, that makes the combination of shibari and erotic hypnosis equally a RACK activity. YMMV).

So, summarising, I guess this is more of a hypnosis book for shibari practioners than it is a shibari book for hypnotists, though both can profit from the contents. Now, if you are with the limited subsection of the kinkworld that happens to know at least a bit about shibari, is interested in hypnosis, and is not an utterly mad psychopath fruitcake douchebag, the next section is for you, and will describe what this booklet IS about.

03 So, what are we gonna do?

The remainder of this booklet consists of four parts.

Part II briefly discusses the hypnotic process, introduces two methods to hypnotise your partner and how to get them out of it again, and discusses some basic safety stuff. I will teach you a bit about how to hypnotise your partner, but it won't make you a great hypnotist.

In part III, we will briefly describe the fundamentals of how to integrate hypnosis in a shibari session. Depending on your background, this might be stating the sightblindingly obvious, but I think it should be included anyway. We discuss two main methods: using shibari as the induction of hypnosis and using pre-shibari inductions.

Part IV is the core of the booklet and discusses some practical techniques incorporating both shibari and hypnosis. We call this "The Dirty Stuff". Of course this is not a complete list, and later editions will probably include more techniques than this version. As we assume a working knowledge of hypnosis, and as I don't believe in scripts, the ideas are not fully written out. It will, for instance, suggest you anchor a certain feeling and outline the anchoring process, but it will not tell you exactly what to say, if only because I don't know your partner, don't know if your partner works best with authoritarian or permissive styles and don't know if your partner is primarily a visual, auditory or kinesthetic person. There is also a lot of safety stuff in this section, as I believe safety ideas are better presented throughout this booklet, than in one boring section you will likely gloss over on your way to the fun stuff.

Part V shifts the focus from play suggestions to self-improvement. While not hypnobari in the narrow sense of the word, you can use hypnosis to become a better rigger or bunny as well, and although I can't teach you hypnotherapy in a few pages, I can't resist the urge to give a few pointers in this area as well.

Part VI contains a few final words, asking you to share your experiences.

END OF FREE SAMPLE