

I hear a knock at the door, and I let my client in. Right on time, though that's not a surprise. He seemed very excited when we spoke on the phone, so I guess it's almost more surprising he wasn't here a bit earlier. But I appreciate that, I had more time to prepare this way. His ears are twitching as they catch the few soft notes playing from my stereo's speakers, and his eyes move around the room, trying to absorb a bit too much too quickly. Right here boy, just look right here. There's a little bit of a blush to his cheeks now, his teeth dragging slowly across his lower lip. Just relax, and take a seat.

It was a bit harder to tell on the phone, but now that he's here, I can see why he wanted my help. For someone who jumped at the opportunity of therapeutic hypnosis when it was offered, he's shaking like a newborn lamb. He *definitely* needs my help getting over his nervousness. But there's no one more fit to do so than me, that's for sure. I'll fix him, he needn't worry about that.

He's bouncing just the tiniest bit in his seat as I lay out everything out for him. Take a deep breath, relax for a moment, I tell him. It will be alright, I promise. Nothing to be nervous about. He complies, his breathing slowing down a bit. Heart rate still a bit fast, but at least he doesn't look so flush he's likely to faint. Another deep breath boy, that's right. Can't have someone about to be hypnotized acting so nervous can we? I smile, and he smiles back. There we go, much slower breaths, just like that. Pull in and count to three, then out through your nose. Much better, isn't it? He nods again letting out a tremendous rush of air that sounds like he's deflating. I can't help but giggle a bit, there we go.

I tell him about how the process will go, and he continues to nod as I explain and answer the questions on the edge of his lips. No, no, you needn't worry, I won't be doing anything you wouldn't want yourself. Hypnosis isn't where I just swing a watch and snap my fingers. I won't be able to just "take control" of you or anything like that. He chuckles to himself at the idea, as if a bit embarrassed that he even had such a thought. What a cute deer. Don't worry about it, I tell him. It'll something much more enjoyable than that anyway.

I am more like a guide, I tell him, and he tilts his head just a bit at this. Yes, a guide. I'll be taking you on a journey young man. A journey through your mind, guiding you to where you need to go. You won't have to do anything really, just sit there and let my words wash over you. You can just sit back and relax as I'll take you down, and if I ever take you anywhere you don't want to go, you can just say so. This is all about helping you out, as easily as possible. Doesn't that sound nice? I have to tell him to take another deep breath, (yes, in and out, just like that, you're doing well), since he's breathing a bit fast again. Though not because of nervousness, I think. Perhaps... Excitement? Another blush to his cheeks when he hears me notice this. Don't worry, I wouldn't be doing this in the first place if I didn't think you'd enjoy it.

I stand up to turn up the music. The beats in the song strum through nice and strong, but seem to disappear as time goes on. Not really of course, you just fail to notice them eventually, even as they match the sound of your heart. His eyes flutter for just a moment as the music moves through him, and he breaths long, deep breath out again. Good, you're doing very well actually.

Oh? No, you needn't lay down. You can just sit back, actually. You're comfortable enough in your chair already, aren't you? He nods, yes I am, thank you. Good, good. That's the most important thing here.

It's just you and me now, so take one more conscious, deep breath, and relax. Deep breath in...

And deep breath out. You shiver, a little bit of excess energy leaving the deer's body. There we are.

Now, just focus on me, I tell him, and he listens. He hears my words ring in his head, even sees them as if they're visible, imprinting themselves on his mind. Certain words will have more weight than others, and will feel a bit heavier. But this is completely normal, and is nothing to worry about. It's all part of the process of relaxing, and focusing. The two most important things to do. The only things you need to do. Relax, and focus.

Relaxing so nice and easily, your breath nice and steady. It's something you can do so easily, it's something you don't even need to think about. And with every breath you take that relaxes you further, that's less you need to worry about, which makes it so much easier to focus.

Focusing on my words, so much though that you can see them clearly, can't you? You nod. Yes, of course you can. And when it's easy to see them, visualize them, they are even easier to focus upon. There's only two things you need to do as you listen, I tell him, watching his body sink further into the chair. Relax and focus. And they're so easily done you're not even consciously thinking about doing them.

He's already slipping under, I can tell that much. Though they occasionally twitch, his arms and legs seem planted to the ground, they must feel so heavy. I reach over and tickle his chin (carefully, have to watch out for those denticles of course), and his eyelids pop back open. Not just yet, stay awake for a bit longer little deer. Though his ears get red, he's just far too relaxed react any more than that. Let's continue shall we?

I want you to imagine a set of stairs. Each stair is large and blue, and the staircase spirals down. You can see at the very bottom a large blue bed, it looks so comfy, so relaxing, you know you don't have to worry about anything on that bed. Yes, nod just like that. There's only ten steps, and I am going to help you down them. I am going to count you down each stair, and with each stair you will grow even more relaxed, even more focused, even more hypnotized than you are now. And when we finally get to that last step, when we finally get to "one," you will be completely hypnotized. Of course you understand, you're a good boy and you're focusing on my words so well. Careful not to drool too much I laugh, and all he can do is smile.

Another deep breath now, and we'll begin. See the staircase nice and clearly in your head, and see each step as I say the number. Alright, ten. You're getting deeper your body more and more tired and relaxed by the second, while your mind is still perfectly focused on me. That first step was very easy, let's move onto the next one.

Nine, notice how relaxed your feet are. You don't want to move them, or at all, but you couldn't even if you wanted to. You know this, and you want this. That's why you continue to breath so deep, and focus so well, even as your body relaxes all of its energy away.

Eight, and you take another deep breath. Your legs feel so heavy now, it's like they've been turned to lead. The last of their energy is released with your next deep exhalation, and your smile gets wider.

Seven, another easy step down into hypnosis. Where you want to be, where you need to go. Your waist feels so heavy now as well, so tired, so without energy. I can't help but smile. Well, everything but one part, but that just shows your intense focus. Letting each new word push out your stray thoughts, making them disappear. You don't need your own words, only mine.

Six, keep those eyes open boy. Don't fall asleep yet. You need my words to guide you into trance. You need to focus, not that that required any thought on your parts. Those are something you don't need anymore. I will help you think, and isn't that what you wanted? Yes, you say, smiling and nodding your head. This is what I want.

Five, we're doing so well, we're over halfway there. Halfway to the greatest relaxation and focus you've ever felt in your life. You can hardly move your paws, they're so heavy. But you will, so you can have more of my words. Good boy.

Four, one more step closer. Even more focused than before. Let the word bounce around in your emptying little head for a moment. Focus. It's what you're doing, it's what obedient deer do. And you love to obey don't you?

Three, you're so relaxed. Your whole body feels so heavy, so warm, if you didn't need to keep reading my words you wouldn't be able to move at all. But you do, and you will. Because they're hypnotizing you, and now you're sure there's nothing you've ever wanted more in your life.

Two, and we're almost there. So close. Feeling so good. About to let yourself go entirely, and relax. Your focused mind aches with anticipation and arousal from my words. From knowing that you are a **good, obedient deer**.

One.

Take a deep breath in, and let it flow out more easily than anything ever has before. Let yourself drift, and fall into my grasp my pet. You are hypnotized, just like you always wanted, just like you always needed. So do what you're told pet, and ask me what you need. Ask your mistress what you need. I know what to give you.

Good boy.