



## **Some Tips for having a Hands-Free Orgasm from TantraGoddess888**

### **Do some prepping.**

**Find a track you really enjoy and keep trying it, OR try something different maybe with a longer hypnotic induction (more time and directions to get hypnotized). Pick triggers and a scenario you enjoy, listen to a voice you feel comfortable with.**

### **Set the stage:**

- 1. Ensure you are fully alone and are picking a time you will not be disturbed, to feel totally at ease, and safe to have this experience. Turn off any noise items, electronics, and ringers.**
- 2. Set up a comfortable area to sit or recline in, and consider using this as your private space to always enjoy audios. Create a ritual, to get your mind and body prepared for the experience, you are in essence, 'conditioning' yourself. Some people enjoy reclining, but some fall asleep in this position. See what works best for you.**
- 3. Have a comfortable temperature environment, being undressed is best so make sure your room is not too cool to make this uncomfortable.**
- 4. Dim the lights**
- 5. Use the bathroom ahead of time, and have a small glass of water to be comfortable and hydrated.**
- 6. Some men find that refraining from orgasm for a few days helps, as well as 'edging' a day or two up to trying for a HFO.**

- 7. Your positive mind set is key; be open and curious, willing to simply experience the hypnosis track. Erotic hypnosis is meant to be erotic fun, so approach it with the same attitude. You are there to enjoy. Being too goal oriented can cause resistance.**
- 8. Consider listening to a conditioning file with the commands the hypnotist uses to get used to the hypnotic triggers/commands. Some people respond best to certain triggers like words or fingers snaps.**
- 9. Try a manifestation technique: several days in a row, closing your eyes, focus on picturing it happen, imagine listening to the track and visualizing it happening (the orgasm). Imagine you are counted up and see that you have climaxed, and how good it felt. Feel really good about the experience as though it really happened. Imagine the sexual feelings, the joy of the experience. Make the image vivid in your mind, and use the same imagery again and again. Say thank you and let the thought go (detach). Try to hold this image at least 45 seconds to a minute uninterrupted, and do this a 2 to 3 times during the day. Condition your subconscious mind that this happens, and will happen.**