

The 6th, 7th and 8th Senses with Vir Cotto

Next Level Sensory Play

- Building on our basic sensory play skill to make more vivid, intense experiences
- Using different senses than we have before
- Building a toolkit for making new scenes

Senses

- Vision
(ophthalmoception)
- Hearing
(audioception)
- Smell
(olfacoception)
- Taste (gustaoception)
- Equilibrium / Acceleration & Direction
(equilibrioception)
- Rubbing, Texture (tactioception)
- Body Position (proprioception)
- Temperature
- Pain (nociception)
- Itching (pruritus)
- Feeling of being drugged (chemoception)
- Direction (Magnetoreception)
- Time (Chronoception)
- (and more...)

Actions

- Moving our legs (running)
- Moving our mouth (chewing)
- Moving our hips/legs (fucking/dancing)

Activities

- Eating - Taste, Smell, Feeling (pressure, texture)
- Sex – Vision, Hearing, Touch, Equilibrium, Body Posture, Temperature, Pain(?)
- Rope– Touch, Equilibrium, Body Posture, Pain

Emotional/Cognitive Overlay

Emotions and experiences shape our perception of an activity into an experience.

Eg Adrenaline as anticipation or fear

Experiences

Experiences encompass the totality of an event through either observation of involvement in it, including our sensory, emotional and intellectual understanding of that event.

Creating Better Hypnotic Experiences

- Combine Senses to make the scene more vivid
- Focus on the totality of the experience to set the emotional/cognitive overlay
- Be flexible (don't get attached to any one sense)

Fetlife: VirCotto

Email: vir@vircotto.com

Available under the Creative Commons Attribution Share-Alike License 4.0

