

Introducing Sensory Play with Vir Cotto

Why Sensory Play

- It's fun!
- Solid “fundamentals” hypnosis activity
- Good gateway to other activities such as orgasm on command, breathe play, transformation play

The Primary Senses

- Visual
- Auditory
- **Kinesthetic**
- Ofactory/Gustatory

What Can We Do With Sensory Play

- Enhance Sensation
- Decrease Sensation
- Associate Sensation
- Move Sensation
- Create Sensation

Starting Off With Sensory Play

- **Positive Sensations**
- Enhancement

Use Evocative Language

- Use a thesaurus
- Practice using words that paint a vivid picture
- Use onomatopoeic words (words that sound like what they are)

Use Sensations that Map to your Activity

- Light Touch
- Warm Hands
- Sharp Fingertips
- Cold Implements

Frameworks for Working with Sensations

- Memory
- Description
- Direct Control

General Tips For Evoking

- For Evoking
- Remember
- Imagine
- Consider
- What if
- ...and now....

General Tips for Feeling

- “Notice”
- “Change”
- “Difference”

Overcoming Difficulties

- Focus on successes
- Focus on things that come easily first
- Create associations
- Focus on reactions