Session Types

- Start Here
- Brainwash Spiral Task (BST)
- Mantra Spiral Task (MST)
- Engram Completion Task (ECT)
- Action Task (ACT)
- Story Trance Task (STT)
- Write Lines Task (WLT)

Start Here

This page provides a list of the session task types, descriptions of them, and links to configuration guides for each of them.

Brainwash Spiral Tasks - A task in which a spiral animation is played over a slideshow of images, with text superimposed over top. Brainwash Tasks send text by randomly choosing lines from a list configured by the session creator, displaying them to the subject word by word.

Mantra Spiral Tasks - A task in which a spiral animation is played over a slideshow of images, with text superimposed over top. Mantra Tasks send text line by line in the order the lines were configured by the session creator, displaying each line to the subject in full.

Engram Completion Tasks - A task in which the subject is charged with completing a given sentence or phrase a set amount of times, word by word, by choosing the correct word from a list of 4 possible answers.

Action Tasks - A task in which the subject is charged with completing a specific action.

Story Trance Tasks - A task which displays text to the subject line by line, with the subject causing each subsequent line to be displayed by selecting the provided 'Yes' button.

Brainwash Spiral Task (BST)

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This task type generates a spiral imposed over a black screen or an image slideshow, depending on whether the creator has uploaded images, with randomly selected lines of text being displayed word by word. Additional lines known as distractors may appear as either random popups in various locations or as a changing wall of text that spans the entire page.

Brainwash tasks embody the classic media trope in which a subject is brainwashed by being forced to watch a rapid-fire series of images, psychedelic visuals, and/or text-based suggestions.

When the subject has completed the task, they will immediately be returned to the Project Details list.

Creating a Brainwash task entails the configuration of the following options:

Session Lines - An area to enter lines of text that will be displayed to the subject in the center of the screen. Lines are chosen at random, displayed word-by-word until completed, at which point a new line is chosen and begins to display.
Tip: While session lines in Brainwash tasks are chosen at random, making it difficult to curate the experience a subject will have, you can create 'mini-sessions' by entering a single long line containing multiple suggestions. For example, a single line reading, 'This is the first suggestion. This is the second suggestion. This is the third suggestion.' This way the subject receives the suggestions in the desired order before the task selects another line to begin displaying.

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Number of Lines to Iterate Over - The amount of times a line must be iterated over to reach the end of the session. This setting defines how long the session lasts. Which line is used as the counter is randomly selected when the session begins, meaning the length of each instance of a given session is likely to vary.
Tip: Bear in mind that the longer your list of session lines becomes, the more that this number will impact the length of the session. A session with 100 session lines is generally going to take significantly longer than one with 50 session lines, even if both have an iteration count of 20.
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Distractors Lines - Lines of text that by default will be displayed in random locations on the screen. These are used to both distract the subject by pulling their attention from the session lines, but also to provide additional suggestions and reinforcement in the subject's peripheral vision while they are staring at the screen's center. Distractors are great at reinforcing core concepts and themes within a session
Tip: Try to keep these to single words or short phrases. While they can have other creative uses, such as making a session entirely out of distractor lines, when used in combination with session

lines short distractors tend to be the most effective.
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Distractor Line Mode: Text Wall - A box to enable the text wall mode, converting distractors into a text wall that cycles through randomly selected distractor lines.
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Images - From here you can upload images from local storage for use in the session. Uploaded images will be randomly selected for display in the session's slideshow.
*Tip: Which images to include depends on the type of vibe you want for your session. A small handful of images tightly centered around the session's theme can help a session feel curated, focused, and well-defined. Conversely, a large selection of images can help a session continue to feel fresh and content-rich, even after it's been viewed many times.
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Import/Export JSON - Found at the top of the Session Settings page, this option can be used to locally save a session, or import/export it from/to another project. It has additional functionality in that, while individual lines in Brainwash, Mantra, and Story tasks can not be edited from the main Session Settings screen, the Import/Export JSON view contains a list of fully editable session lines, distractor lines, and more. Once any edits have been completed, select Update JSON, then Close, and then Save the Session Settings to finalize the changes.
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Mantra Spiral Task (MST)

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This task type generates a spiral imposed over a black screen or an image slideshow, depending on whether the creator has uploaded images, with a sequentially ordered series of text lines being displayed line by line. Additional lines known as distractors may appear as either random popups in various locations or as a changing wall of text that spans the entire page.

Similar to Brainwash Spiral Tasks, Mantra tasks also embody the classic brainwashing trope found in media that entails a rapid-fire series of images, psychedelic visuals, and/or text-based suggestions. Mantra tasks, however, have the benefit of always displaying their session lines in the order that lines are entered, rather than by random selection. This allows creators to provide a more focused and directed experience for their subject(s), rather than a random and hectic one.

When the subject has completed the task, they will immediately be returned to the Project Details list.

Creating a Mantra task entails the configuration of the following options:

Session Lines - An area to enter lines of text that will be displayed to the subject in the center of the screen. Lines are displayed in sequence, line-by-line, from the top of the list to the bottom. External lists of lines can be imported using the Import Script option.
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Distractors Lines - Lines of text that by default will be displayed in random locations on the screen. These are used to both distract the subject by pulling their attention from the session lines, but also to provide additional suggestions and reinforcement in the subject's peripheral vision while they are staring at the screen's center. Distractors are great at reinforcing core concepts and themes within a session
Tip: Try to keep these to single words or short phrases. While they can have other creative uses, such as making a session entirely out of distractor lines, when used in combination with session lines short distractors tend to be the most effective.
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Images - From here you can upload images from local storage for use in the session. Uploaded images will be randomly selected for display in the session's slideshow.
*Tip: Which images to include depends on the type of vibe you want for your session. A small handful of images tightly centered around the session's theme can help a session feel curated, focused, and well-defined. Conversely, a large selection of images can help a session continue to feel fresh and content-rich, even after it's been viewed many times.
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Import/Export JSON - Found at the top of the Session Settings page, this option can be used to locally save a session, or import/export it from/to another project. It has additional functionality in that, while individual lines in Brainwash, Mantra, and Story tasks can not be edited from the main Session Settings screen, the Import/Export JSON view contains a list of fully editable session lines, distractor lines, and more. Once any edits have been completed, select Update JSON, then Close, and then Save the Session Settings to finalize the changes.

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Engram Completion Task (ECT)

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This task type charges the subject with completing an 'engram' - a provided sentence or phrase - a set amount of times. The subject does so by choosing each correct word in the engram, one at a time, from a list of 4 possible answers. If they choose the first word correctly, they move on to a new set of 4 choices for the next word and so on. If they choose an incorrect word, a punishment line is briefly displayed and they have to start that iteration of the sentence over.

Engram tasks are primarily used as a form of repetition-focused hypnosis, in which the subject enters the given phrase into their mind and repeatedly reinforces it, helping to solidify it as a part of their long-term memory.

Once the subject has completed the engram the designated amount of times, the task is completed and the user is returned to the Project Details page.

Creating an Engram task entails the configuration of the following options:

Phrase to complete - The series of words that the subject will be required to complete word by word.
Tip: Bear in mind that the phrase will only be shown to the subject once at the beginning of the session. If you want the subject to complete the session, especially if they've already been dropped down into trance during other sessions, it's generally best to make the phrase relatively easy to remember and repeat. Conversely, a long phrase and varying letter-cases can make an Engram task much more difficult for a subject to complete, entranced or not.
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'Wrong Answer' words to include - These are the incorrect words or phrases that will populate the three other answer boxes for each given word. The ones that are used for a given list of choices are selected at random.
Tip: As in the example below, you can use the correct words with incorrect capitalization as a method of tripping the subject up while they complete the phrase, forcing them to slow down and study their options more carefully. Another option that mixes well with this, since the subject will at least be glancing over each choice to find the correct one, is adding words and phrases to this list that are centered around the theme of the project. This gives the subject a constant feed of reinforcement as they complete the task, whether they make any errors or not.
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Punishment phrases to display if a wrong word is chosen - What it says on the tin. When a wrong answer is selected, the screen will briefly change to only display a randomly selected punishment phrase. Often used to tease or chide the subject for having made an error.

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Number of times to complete the phrase - Also what it says on the tin. When the subject has completed the phrase this many times, the session will be completed.

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Action Task (ACT)

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This task type allows you to direct the subject to perform a specific action.

This task type has great utility. It can be used to aid in setup, provide some measure of aftercare, give a subject a brief break in between other sessions, or anything else you'd like a subject to do while completing project sessions. For instance, actions can range from anything as simple as, 'Turn off the lights in the room', to a more complicated set of instructions, such as, 'Turn of the lights in the room, close the door, sit down in a comfortable chair, turn off any other screens, and silence any other devices. Once completed, begin the next session.'

When the subject has completed the task, they will select the 'All done' button and be returned to the Project Details list.

Creating one consists of only two parts:

1. Name of Session - The name displayed on the Project Details list.
2. Enter task to be followed - As it states, this is the action(s) that the subject should perform.
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Story Trance Task (STT)

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This task type displays lines of text to the subject one at a time. In order to view the next line in the 'story', the subject must select the 'Yes' button at the bottom of the screen. The subject continues selecting 'Yes' once each line has been read until the last line has been displayed, at which point the task will be completed.

Story tasks entrance subjects by helping them enter into a reading-based flow state, one of the more common forms of trance that we all experience in day to day life. Subjects very quickly fall into a natural rhythm of reading the lines they are given - passively taking in the provided suggestions - and then selecting 'Yes' to receive the next one. Story tasks, via the 'Yes' button, also help train the subject to agree with the suggestions that they receive during sessions, similar to the way many hypnotists will incorporate nodding or feelings of agreeability into their dialogues and scripts.

When the subject has completed the task, they will immediately be returned to the Project Details list.

Creating a Story task entails the configuration of the following options:

Session Lines - An area to enter lines of text that will be displayed to the subject. Lines are displayed in sequence, line by line, from the top of the list to the bottom. External lists of lines can be imported using the Import Script option.
Tip: Because Story tasks inherently involve agreeing to each line, they are the perfect place to help encourage a subject to internalize and reinforce various suggestions, whether introduced in this task or any other session within your project.
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Import/Export JSON - Found at the top of the Session Settings page, this option can be used to locally save a session, or import/export it from/to another project. It has additional functionality in that, while individual lines in Brainwash, Mantra, and Story tasks can not be edited from the main Session Settings screen, the Import/Export JSON view contains a list of fully editable session lines, distractor lines, and more. Once any edits have been completed, select Update JSON, then Close, and then Save the Session Settings to finalize the changes.
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Write Lines Task (WLT)

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This task type prompts the user to type out a given character string - often a sentence, mantra, or reinforcement/trigger phrase - a set amount of times. If a mistake is made while typing a line, a punishment phrase will be displayed for a short duration before returning the subject to their task. As the subject types, their task may be randomly interrupted by phrases known as interrupter phrases.

While line-writing is generally considered a punishment, it's undeniable that writing or typing out a phrase repeatedly can evoke its own form of trance, as well as the internalization of the subject matter. Much in the same way that Engram Completion Tasks function, the repetition of line-writing builds neural connections that help store the line into long-term memory.

Once all lines have been typed, the session will be marked as completed and the subject returned to the Project Details page.

Creating a Write Lines Task entails the configuration of the following options:

Phrase to complete - The line that the subject will be required to type out as many times as is designated by the Number of Lines option (see below).

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Punishment phrases to display if a wrong letter is written - As the feature title describes, phrases entered here will display when an incorrect character is entered by the subject, after which they will be required to restart the line from the beginning. Punishment phrases will be chosen at random from this list.

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Interrupters - Interrupters are lines that will display after a certain amount of characters - 40 by default, randomized by up to 20% - have been entered by the subject, interrupting their focus. Interrupters will be picked at random by default, but they can be switched to an ordered display in Advanced Settings.

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Number of times to complete the phrase - Exactly what it says on the tin. When the subject has typed the line this many times, the session will be completed.

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Advanced Settings - Write Lines Tasks have some unique options in their Advanced Settings. Click the Advanced Settings frame to expand it and configure them.

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Audio URL - As with other session types, configuring this option in a Write Lines Task will allow you to add a link to an audio track that will play while a subject completes the session. This can be a hypnotic file, ambient noises or music, static, or really whatever else you'd like. If the session lasts longer than the audio file's length, the track will automatically repeat once it reaches its conclusion.

Please note that the link must point *directly* to the file, meaning a link that ends in .mp3, .flac, .wav, etc. Links to Youtube, Soundcloud, etc. will NOT work. If you don't have your own place to host such files, you can use the Stash page to upload any necessary media and receive valid links for them.

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Interrupters Frequency - Once this number of characters has been typed, plus or minus 20% if Interrupter Frequency Random is enabled, an interrupter will be displayed on the screen.

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Add Lines As Punishment - Whenever the subject makes a mistake, an amount of lines equal to this number will be added to their count to complete.

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Overlay Display Time (Punishments and Interrupters) - When punishment phrases or interrupters are displayed, this is known as an overlay (the phrase screen is drawn over the line-writing screen). This configurable value will determine how long an overlay will be displayed.

Please note that for every 5 words in a punishment or interrupter phrase, an additional 500ms will be added on. Ensure that you set this value to be the length you'd like an overlay of 4 words or less to be displayed.

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Interrupters Loop Or Random - When checked, this option will cause interrupters to be displayed in the order they've been entered in the session's settings. When unchecked, interrupter phrases will be chosen from the list at random.

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Interrupter Frequency Random - When checked, this option will randomize the amount of characters needed to trigger an interrupter by up to plus or minus 20%. When unchecked, interrupters will display when the exact amount of configured characters have been entered by the subject.

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Custom CSS - As with other session types, CSS is used to customize the design, layout, and variations in display for your session. The most common usage for it in a Write Lines Task will be to customize the text being displayed. For example, you can use CSS to specify a font to use, as well as change font size or color.

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Delete Session - Found under the aptly-named Danger Zone section of the Advanced Settings configuration area, this button will delete the session. Simply select it, confirm the deletion, and the session will be erased.

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