

Thursday, July 18, 2004
Trancesylvania @ The Owl's Nest

PLURALITY AND HYPNOKINK

Presented by {Sunshine, Pelia} and Lady Alienor

1. PRESENTER BIOS

- Sunshine and Pelia's System – Mid-40s, active in kink spaces since late 90s. Actively acknowledging of plural status since about 2004. *Generally quite private about plural status* – please do not out us to others!
 - Sunshine – she/her – sapphic and demisexual transwoman. Pony in headspace. Submissive/versatile. Collared by Lady Alienor. Usually in front.
 - Pelia – she/her – sapphic and asexual demigirl. Human in headspace. Dominant/top. Also collared by Lady Alienor by special arrangement.
- A. Alienor – she/her - Early 40s, kinky since forever, practicing hypnokink off and for the last 6 years or so, but only actively part of the community the last two years.

2. GENERAL TALKING POINTS

- A. We can't speak for everyone. Plural systems are diverse.
- B. Plurality is not inherently a disorder but *can* be strongly associated with trauma.
- C. All plurality is valid. There is no purity test to determine validity.
- D. Plurality is not itself an impediment to engaging in kink or hypnokink.
- E. Plurality *does* offer unique challenges and opportunities for hypnokinky folks.
- F. Intrasytem hypnosis is a thing, and many plural systems enjoy it!
- G. Negotiate, negotiate, negotiate!
- H. Prepare for switches/dissociation in advance. Have plans and contingencies.
- I. Discuss what a switch means. Is it a yellow? Red?

3. ADDITIONAL RESOURCES

- A. We will be presenting again on this topic along with another community member, Daja, at the Baltimore Playhouse Hypnokink Skillshare on September 22, 2024.
- B. Sunshine's webpage at <https://purplepega.gay/> for educational materials.