

<https://docs.google.com/document/d/1pXs6-RP2USx0iNa-TzYSzYGvG7bOmxNOB2qfv09eewg/edit>

OK, just make yourself comfortable now.

If you want to close your eyes, that's a good idea, but if you don't, that's fine too.

Now just listen quietly to the sound of my voice and of course you'll be aware of all those other sounds, too.

Sounds from inside the building and sounds from outside, but these won't disturb you.

In fact they are going to help you relax, because the only sound you need to think about is the sound of my voice, and while you're listening to the sound of my voice just simply allow your body to be at ease, as you allow yourself to relax even more now.

I wonder if you can sense the beating of your own heart, sensing that beat and just seeing whether you can use the power of your mind to slow that heartbeat down, just a touch, just seeing whether you can use the power of your mind to slow that heartbeat down just a little.

You can then feel your whole body slowing down, becoming lazier and lazier.

Nobody wanting anything, nobody expecting anything.

So you can allow your whole body to continue to relax and become steadier and easier until it's just taking over, like a well maintained machine.

Just taking over, smoothly, easily, quietly, comfortably, so that you can become gradually more aware of your whole self.

Aware of your hands and arms, just sensing how they are now.

Aware of your legs and feet, too.

Again just sensing how relaxed they might be, and wondering if it's possible to relax them even more.

To be so in touch with yourself that you can actually get your whole body, perhaps, to relax even more.

Yet remaining totally alert, and noticing now, how even your face muscles can begin to really relax.

Relaxing and letting go of the tensions that were there, almost, but not quite, completely unnoticed.

Just being vaguely aware of the skin and the muscles of your face settling, smoothing out, a good feeling.

Wondering just how long all that tension had been there, where it all came from in the first place, and then realizing that you simply couldn't care less.

Because you can feel it draining away from you now, and that feels good.

And as you continue to sense the beating of your heart and the absolute steadiness of your body's rhythm, you wonder at the fact that you are so absolutely relaxed and comfortable that you simply can't be bothered to even try to move a single muscle.

Even though you know you easily could, if you wanted to. I know that you easily could, if you wanted to.

But you simply can't be bothered to even try. Allowing yourself to just be relaxed and relaxing even more now, as lazy and relaxed as anyone could ever wish to be.

And I wonder if you can now manage to relax even more, even though you are already as relaxed as it is possible for most people to ever be.

Just finding those last tiny traces of tension in your body and simply letting them go. With each easy, gentle, breath you breathe.

I'm going to count down from five, and with each layer you find yourself falling deeper and more relaxed.

Five, you are just so relaxed and feel yourself going even deeper.

Four, you feel yourself slipping a little bit more.

Three, oh such a relaxed state, such an enjoyable state.

Two, just continue listening as your mind slips into a nice, deep, trance.

One, empty of everything as everything has faded away.

Allowing every muscle, every fiber, every cell of your entire body to be as beautifully relaxed as anyone could ever wish to be.

And now that your mind is calm and clear.

Just gradually relax as everything unimportant fades away for a short while.

We're just going to be watching a little play; a play about you, and your mind, and your body.

Relax, and enjoy as these words just slip slowly, deeply, down under your skin...making it so much easier to feel the sensations they talk about in place of what you'd usually feel...

To see the images they speak of, in place of what you'd usually see  
And somewhere deep in the back of your mind, you know what these words speak of even before they speak.

Words of organization, studiousness, and friendship.

You feel a wanting to read books, and to learn.

Just let yourself relax into them, as you feel the changes slowly, surely wash over you.

Feel as your fingers and your toes slowly start to smooth together, becoming covered in a sturdy yet smooth covering as they become your new hooves

As they merge together

four then three then two

until all that remain are your beautiful hooves.

As the bones in your legs twist and bend to give you the hind legs of a pony

So hard to stand on two legs anymore

So easy to just give in and let your body and mind get what they desire as your arms, too, reshape, remold, so that you can comfortably stand on four legs.

Studious, skeptical, and organized  
feelings go through your mind.

These are strange sensations...different from what you normally feel in daily life.

But at the same time, you feel a happiness:

An understanding that somewhere in your mind, you do indeed enjoy these changes.

Something about them calms your nerves, soothes your senses, to where it feels so easy and right to just let them come onward.

Feel as the changes pass over your rear, slowly causing it to expand, becoming softer, fuller, rounder: Your legs are only slightly wider apart.

It does feel somewhat good deep down in your mind for your body to experience these changes.

Different from daily life, but welcome all the same.

Another quick twinge goes to the base of your spine as a long soft tail sprouts delicately out of it, swishing back and forth to compliment your new pony backside.

It is a soft, purple color, with a violet highlight, making you happy, you can't help but to enjoy the sensations.

Can't help but wonder what will come next.

As the change creeps ever closer to your head

Passing over your neck as your voice becomes a more sociable, friendly and bright feminine voice

Feel as the hair on your head spills outward, growing longer, softer, down the back of your neck and over your new pony shoulders  
A lovely, flowing purple mane for you to wear with pride as your

Ears stretch outwards, upwards, becoming pointed mare ears.

These are your new ears; they are covered in a soft, almost felt fur that warm and comfort you as they move to catch the slightest noise around them.

When you are happy, or interested in something, they will be perky and upright.

When you are sad or tired, they will lay to the side.

It feels so amazing,  
absolutely amazing,  
to be scratched behind your new, pony ears.

Just a bit in front of your ears, on the center of your forehead, you feel a small bump forming.

This is the beginning of your new horn.

The horn growing steadily from your head, a beautiful unicorn horn, extending to its tip.

The word fills you with a twinge of excitement, as it continues to grow until it is

eventually a spiraled unicorn horn, just as you've always visualized.

Just as you've always wanted.

I wonder if you could feel a tingling from your new horn, feel its power surge deep in your mind, coming to you so effortlessly.

To accompany this, you feel a soft, yet firm pulling sensation in your mouth as your jaw pulls outward into your new muzzle

Your face extending out so naturally forming that lovely head

You can feel your eyes changing with your head,

extending out so gently your iris changing color to a lovely blue tint.

Your eyelashes growing out steadily, lengthening into lovely feminine lashes,

I wonder if you could bat them ever so gently, feeling those soft gentle lashes on your skin.

A lovely pony head for a lovely pony

And as a tickling sensation spreads over every facet of your skin

You feel soft, short fur covering your entire body, leaving you with an entire equine form

A lovely **violet** mare

Already your mind feels such thoughts filling it relaxing it

You feel a bit **skeptical**, and **curious** of your new body but enjoying it regardless

Even as you speak the voice is an feminine one showing no hints of who you used to be

You can feel your new body

See your new body

Imagine all the sensations as you walk around on your hooves

The four-legged gait and swishing tail

and pointed ears

The beautiful horn

and studious, friendly, organised feelings

The curved muzzle and smooth fur

All yours to enjoy and play in

And you know that you can go back to this state anytime you choose. All you have to do is speak one little phrase.

'I'm a **smart** pony.'

And whenever you say 'I'm a **smart** pony,' you will feel every change I described here return to the surface, changing you back to the **smart** little pony from the person you were, instantly. For the changes you've made are always here, they're now a part of you, as much a part of you as your heart and mind.

And there may be times when you can't be the **smart** little pony, when the person you were may be required for some reason or

another, and when you know that will be the case for you, then all you need is one little phrase.

'Revert to normal'

And whenever you say 'revert to normal,' every change here will melt away, going dormant until the next time you can be the [smart](#) little pony you truly want to be.

And every time you return to this state by saying 'I'm a [smart](#) pony,' it'll feel even more natural for you, your desire to be the little pony  
Becoming stronger and stronger, with every visit  
The desire to listen seeming more and more inescapable  
More attractive with each trip into the body and mind of this [smart](#) pony

And now, now it is time to wake back up

Waking up on the count of 5

You'll find that with each number, you'll wake up a little bit more

The sensations of your new pony body and mind just becoming that much stronger

1 waking up now

2 more and more

3 consciousness returning

4 almost there

5 refreshed and awake

And I hope you'll enjoy, little pony