

## Hippo Hypnosis

Ashley's stressful life had finally brought her to a breaking point. Work, responsibilities, everything she saw happening on the news; she just wanted a way out. Coming home late from an absolute hell of a shift, she desired nothing more than to just slump in front of her computer and relax. Those aspirations were dashed as she heard someone knock at her door. Letting out a groan, she left behind her hippo plush to keep her seat warm as she shuffled towards the door to see who could be bothering her this late in the evening.

Several days ago, her desperation for escapism had weakened her decision-making skills until her fingers had clicked on a pop up ad for a most peculiar product. When she put in her credit card information and address, she never expected it to actually arrive. And yet, she opened up her door to find herself staring at a bright pink box sitting on her porch without a trace of the person who delivered it.

Bringing the mystery box inside of her house, she brushed aside her pink and blue-died, shoulder length hair to examine the package. Heaving it onto her dining room table, she blew the dust off of her black tank top and jeans. As the grime fell to the floor, she swore she saw something glimmering before her. In the blink of an eye the image was gone, letting her bring her focus back to the box.

Splitting open the tape, she was met with a mess of pink packing peanuts and glitter. Digging her hand inside of the glitzy garbage, her fingers clutched a DVD case. Extracting the case from the box, she held it up to her face. The cover depicted a collage of different animal patterns, from scaly snake skin, thick wolf fur, and leopard patterns. Amidst the menagerie of designs, in bright pink letters was printed, "Opening Up to the Wild Side" a Hypco Production.

Turning over to the back of the box, Ashley found it devoid of any info save for a single blurb that boasted the video was the key to easing one's stress.

Tapping her fingers against the case, Ashley considered her options. The mere thought of having to return to work the next day was enough of a reason for her to get as much relaxation in as she could. Figuring that it wouldn't hurt to at least take a look before sending the disc back, she made her way over to her bed room.

Removing the hippo plush and carefully placing it on her bed, she took her spot in front of her computer. Scrounging through her programs to find some way to get the DVD to work, she managed to extract the disc's files. Bringing up the video on her media player, she put on her headphones and hit play.

"Welcome," a soft, female voice said, accompanied by a screen of swirling shades of pink. "You have come to me because you wish to be taken away from the stress and troubles of life. There will be no more worries or problems, only comfort as you are enveloped by nature's embrace."

Ashley wasn't sure what she was hearing or seeing, but there was something oddly comforting about the woman's words as they graced her ears.

"Now, listen carefully. In exchange for taking away your stress, I will give you an outlet in which you can explore a new side of yourself. All you need to do is hear my words and let them flow into your heart and mind."

Her muscles began to relax, a numbing sensation spreading across her skin and into her head.

"There is no need for thought. Thought is for humans. You are meant to be a simple animal that does not worry about the world."

Mouth hanging open, a line of drool poured out of the corner of Ashley's mouth. Her body was as motionless as a corpse, with only the soft rise and fall of her chest signaling she was still among the living. A swirling pattern of pink covered her eyes as she obediently watched the video.

"There, there, all is right. You've given yourself to me and in turn, I will make good on my promise. Let out the instincts that dwell inside of you. Allow them to take over what is left of your mind and take hold of your physical form. When I count to three, you will become the perfect vessel to experience a truly stress free life. One...two...three."

A shiver went down Ashley's spine as the words passed through her ears. Her headphones were pushed away as her body was overtaken by constant quivering. The video ended to show only a black screen, reflecting the image of her changing form.

"There is no need to fear," the voice whispered, the headphones nowhere near her ears. "Just let the changes come. Let yourself give into your inner animal, Ashley. Become the creature that you've always admired for their simple life. For a short time, experience what it means to be a carefree creature."

Staring with her mouth agape at the computer screen, Ashley blankly stared at the sight of her ears moving further up her head and rounding out. From the tips of her ears spread a grey tone that gradually spread across the rest of her face. As the grey color reached her neck, her head began to widen to make room for a curved snout. The drool dripping from the corner of her mouth became more frequent as her mouth stretched into a wide maw that bore a pair of deep nostrils and rows of large, flat teeth. Staring at her strange, animalistic face underneath her mop of pink and blue hair, Ashley eventually recognized the image of a hippo staring back at her.

“Doesn’t that feel better?” the voice asked, her saccharine words accompanied with the trickle of Ashley’s drool against her desk. “Now that you have the right head for a stress free life, let’s slip you into a more comfortable body shape.”

Ashley was pushed away from her desk by the presence of an orb of fat taking up the space of her once flat stomach. The loose clothes she had thrown on became taut against her swelling potbelly as they struggled to keep it contained. Her tank top stretched out to accommodate the various dips and folds of her forming flab, but it could do little to prevent the numerous tears that had begun to spring up across the fabric.

Further straining her top was a mass of fat layering itself against Ashley’s modest chest. The straps of her bra snapped apart easily enough, giving her breasts ample room to swell beyond D-cups in size. Taking up the majority of her upper top allowed the outline of her plumped up nipples to be seen through her top. A buzz of urges flooded Ashley’s simplified mind as she stared down at her teats, as if they were begging for something.

“Go ahead. Touch them. It’s your body. You should enjoy the new you.”

Tilting her head down to stare at her expanding assets, Ashley’s deadened brain cells sent a spark of interest through her body. Raising a hand up, she grasped at her expanding mammaries. The task became all the easier as her fingers fattened up with the same blubber making itself at home along her arms. Squeezing and groping her swelling breasts helped to guide their growth and finally pop them out of her top. Nothing left in the way, her meaty fingers were free to grope and squeeze the grey colored, basketball-sized tits to her heart’s content.

“Don’t forget about your tummy,” the voice reminded, coercing Ashley’s hands lower. “Enjoy the feeling of having such a big belly to love and adore.”

The voice's last words coincided with Ashley's top bursting open under the duress of her thickening torso. Groping her surplus of grey flesh, she reveled in the feeling of her fingers sliding down the thick, grey hide. While she couldn't grasp the entirety of her sizable bulge, she was able to get a good feel of it and wipe away some of the stray drops of drool that had trailed down into her deep belly button. Her self-groping came to a gradual stop as she felt a slight discomfort in her lower body.

"No need to worry," the voice reassured. "That's just the rest of your body catching up to you. Give it some attention. Make sure your cushiony butt and new addition are to your liking."

Following the voice's orders without question, Ashley reached below her belly to grasp at her thick calves and thighs. Too busy feeling up the heft of her lower legs and leaning back to take in the sight of her hoof-like toes, she ignored the creaking and groaning of her chair as her backside spread out. Just as she felt her nubby, fleshy tail against her bubble butt, she was sent crashing to the ground as her seat snapped beneath her massive form.

Ashley was left with her 500-pound body wobbling from the aftershocks and her ears picking up the distinct noise of several objects falling around the house. Heaving herself into a sitting position, she reached back to pinch the padded rear that had been crucial in cushioning her fall. Sinking her fingers into her pillowy rear and feeling her nubby tail sway about was enough to bring her back to ignorant bliss.

"What a perfectly plush hippo you've become," the voice coddled, the sound like someone was massaging her brain. "However, a body like this is going to need lots of food. Let's put that wide mouth of yours to good use."

It took several tries, but through the voice's coercion Ashley managed to get herself into a standing position. Waddling towards the door, she made room for her wide hips and rear with a

brute force push. Tiptoeing around the bits of sheet rock beneath her hooves, she continued to follow the voice's directions until she made her way to the kitchen. Without needing to be told, she shuffled her obese form over to the fridge and flung open the door.

“Let yourself go,” the voice said over the sound of Ashley smacking her lips. “I know how hard you've struggled to keep up your diet. Use this opportunity to indulge and give that gluttonous gut of yours everything it desires.”

Diving headfirst into the fridge, Ashley moved about her obese form at astounding speed to gobble up everything in her path. The ham she had been meaning to cook the next night disappeared mere moments after sinking her fingers into its honey coated hide. Containers and boxes were torn asunder by her mighty jaws to extract the delectable contents inside, with little attention paid to the splatter of sauces adorning her grey skin. It didn't matter what she shoved down her throat, the only thing she could focus on was stuffing herself with as much food as possible.

Finishing off the fridge by licking out the last few drops of ice cream from a gallon tub, Ashley set her sights on her cupboard. Drawn by the scent wafting into her nostrils, the cupboard stood little chance as she slammed her barrel-like belly into it. Scarfing down a bag of chips in a matter of seconds, she was further motivated to not leave a single crumb behind by her unleashed appetite. From brownies, to pretzels, to a box of snack cakes, nothing escaped her hungry maw. Each bit of food added further fuel to her ravenous hunger as the flavors tantalized her tongue.

“Doesn't this feel nice?” the voice asked, barely audible as Ashley crunched through a packet of graham crackers. “Unhindered by human worries, only focusing on what makes you feel good. Revel in the simple pleasure of a good meal.”

Ashley's relentless feasting came to a momentary halt as she gave chase to a cookie rolling along the ground. Belly flopping onto the floor, she grasped the cookie between her pudgy fingers and shoved it into her waiting mouth. Covering her hands in drool as she licked up the leftover crumbs, she took her time getting back to her feet.

Waddling about the devastated kitchen, the aftermath of her gluttonous meal was certainly felt. Rather than bother squeezing herself back through the house to her bedroom, she plopped down on the floor and spread out. Running her fingers along her stuffed gut, she couldn't recall ever feeling so satisfied.

"I do hope you enjoyed your session," the voice said as Ashley's eyelids grew heavy. "Return whenever you need some stress relief. I'll be waiting."

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It was with a heavy groan and a furious fist that Ashley replied to the loud ring of her alarm clock. Flail as she might, her dainty fingers couldn't seem to find the snooze button. After being roused from such a peaceful slumber, she wanted nothing more than to keep her eye lids shut and sleep the day away. Unable to fully dismiss the long list of things she had to do, she summoned the strength to pry open her eyes.

Ashley's morning grogginess got whisked away as she realized that she was lying on her kitchen floor without any clothes on. The only thing left to cover her skin were a multitude sauce stains and crumbs that were scattered across her body. Various wrappers and food containers surrounded her, each one licked clean of their contents. As she clung to the empty fridge's door to stand up, her mind raced to remember what had happened the previous night. Amidst flashes of her animal form tearing through her kitchen, she recalled the voice's parting words: "Return whenever you need some stress relief. I'll be waiting."

Going back to her room, Ashley slammed her fist on the still ringing alarm and took a moment to examine the damage done to her door and favorite chair. Sweeping aside the broken plastic, she turned her computer back on to see the same video file from the night before. Extracting the disk from the drive, she placed it back in the safety of its case. Looking over the hypnotic DVD's cover with a new perspective, she couldn't help wondering where such a strange thing came from.

Realizing how late it was, Ashley went into a rush to get herself dressed and ready for work. Getting everything together just in time, she sprinted away without looking back at the chaos her one-woman stampede had created. Just before she left the house, she made a mental list of the various foods and furniture she would have to look into replacing after work. As much as she regretted the massive clean-up job she would have when she returned, something in the back of her mind asked a question: "When can I do it again?"