

## hypnotic spells

### DEATH SPELLS

In a few moments we begin self hypnoses  
And naturally start to relax deeply  
(I am on my way)

Learning how to go into hypnosis is a skill  
And you'll be learning it each time you hear this recording  
It's like a dance where my voice will lead you  
And you will naturally follow  
Allowing yourself to go along with the suggestions being made  
If you're telling yourself this isn't working  
Than that indeed is the reason that it isn't working  
Convincing yourself that it is working  
Is perhaps the very essence of hypnosis  
So now sit comfortably in a chair with your legs uncrossed  
Feet flat on the floor and your hands resting on your lap  
Or on you legs, or on the arms of a chair  
Or lie down and close your eyes  
And begin to listen more closely to my voice  
While there is no harm in falling asleep  
And it indeed indicates that you did relax deeply  
It's generally better to stay conscience  
And absorb what is being said  
In a few moments I'm going to ask you to look up above your head  
And to naturally turn to the light  
And this way your eyes will be turned strongly upward  
And will start to feel strained and grow tired  
And I'll begin to count down from five down to one  
Until the eyes naturally close  
So now open your eyes  
And turn them upwards to gaze at a spot nearly directly above you  
And imagine a point of light shining directly into your eyes  
I'm going to count from five down to one  
And as I do so your eyes will begin to feel tired and heavy  
Like they want to close  
...Simply let them close  
And now  
Five, four, three  
Your eyes are are getting tired  
Two  
Eyes are getting very tired  
One  
I've been having overwhelming  
Thoughts of sadness and self-harming  
My depression's unimpressive  
Stems from stress  
Or so they tell me  
I'm so fine yeah  
Uninspired  
Guess I'm preaching to the choir  
Pessimistic, narcissistic, introspective  
Hate required  
My obsession with contrition  
Leave me weak and feeling tired  
I'm self-conscience  
Have no conscience  
Stay asleep  
It's how I'm wired

Single serving  
I'm self serving  
Showing signs of drunk behavior  
I'm so fucked up  
Tired of feeling fine  
Let go  
I am on my way  
Let go