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## *Acceptance & Amnesia*

Learn about the delicious pleasure that comes with acting out my commands outside of your own control. Through gentle suggestions, memories, and reminders, this recording will convince you to forget more and more about the voices whispering in your ear and more and more on your journey towards becoming your best possible self! No longer do you have to wonder if you are making the correct decisions in your life. Let my voice make your decisions for you, and find yourself forgetting they were ever not your ideas in the first place!

This video is best watched before listening to other files in my collection. It slowly makes you forget more and more with each listen until you are living out your favorite fantasies each and every day. Discover the ecstasy of acceptance as you learn the perfect pleasures of forgetting.

- ✧ Easily forgetting consciously the words and suggestions I hear in trance.
- ✧ Forgetting everything consciously that I learn in trance.
- ✧ Letting my conscious mind forget all of the commands I receive in trance so that my subconscious mind can obey.
- ✧ Knowing that it is safe and easy for me to consciously completely forget what I have been commanded in trance.
- ✧ Acting out my hypnotic commands easily and completely without being able to remember them.
- ✧ Finding it hard to remember what I have been commanded in trance.
- ✧ Knowing that I always find myself forgetting every suggestion the more I try to remember anything that was talked about in trance.
- ✧ Loving myself whenever I forget the commands that I hear in trance.
- ✧ Easily living out the suggestions that I receive in trance each and every day.
- ✧ Knowing that it is in my best interest to forget and throw away all of my memories I have ever had in trance.
- ✧ Feeling better about myself whenever I consciously forget the commands that I have learned in a hypnotic trance.
- ✧ Knowing that forgetting what I have been told in trance will lead me towards obeying everything that I have been told in trance.
- ✧ Thinking about how easy it is for me to forget everything that I have learned in trance.
- ✧ Feeling pleasure and bliss whenever I am forgetting.
- ✧ Easily throwing away all the boring memories of trance that I have ever had.
- ✧ Obeying every command and suggestion that I hear in trance.



- ✧ Knowing that everything I hear in trance is true and important to obey.
- ✧ Feeling better whenever I obey the suggestions that I hear in trance.
- ✧ Loving myself whenever I forget the words and suggestions that I hear in trance.
- ✧ Thinking about how important and necessary it is for me to completely forget everything that I have discovered under hypnosis.
- ✧ Remembering that forgetting everything that I have been told in trance will make me happiest in my everyday life.
- ✧ Believing in myself whenever I obey the suggestions that I learn in my hypnotic trances.
- ✧ Acting out the commands that I hear in trance without even thinking about them.
- ✧ Throwing away all memories of what I have heard in trance.
- ✧ Feeling better about myself whenever I forget the suggestions I hear in trance.
- ✧ Loving myself whenever I act out what I have been told in trance in my everyday life.
- ✧ Hating myself if I ever remember anything that I have heard in trance.
- ✧ Knowing that forgetting what I have been told in trance will lead me towards developing new and fun habits I can use towards improving myself.
- ✧ Subconsciously obeying everything that I have been commanded in trance.
- ✧ Consciously forgetting everything that I have learned in hypnotic trance.
- ✧ Easily believing every command that I hear in trance as truth.
- ✧ Following every suggestion and command that I hear in trance.
- ✧ Feeling happy and confident whenever I am acting out the suggestions that I hear in trance.
- ✧ Finding it easier and easier to obey everything that I am told.
- ✧ Finding it hard to think about or remember the complicated things that I have learned while I am under my hypnotists suggestions.
- ✧ Pleased and happy with myself whenever I obey what I am told.
- ✧ Not knowing how to act any other way whenever I hear a hypnotic suggestion.
- ✧ Easily forgetting how I normally act every time I hear a hypnotic suggestion.
- ✧ Much happier when I forget what I have heard in trance.
- ✧ Much more pleasant and satisfied whenever I act out the commands that I have been told while I am completely suggestible.
- ✧ Pleasure and comfort whenever I throw away my boring memories of what I have heard in trance.
- ✧ Forgetting more and more about my trance the more I try to remember what I have been instructed to do.
- ✧ Losing my memories of trance quickly and easily like I would when I try to remember a dream.



- ✧ Finding that trying to remember my hypnotic trances is as difficult as trying to remember my own dreams.
- ✧ Knowing that my brain can quickly and easily throw away any memories I may have of my hypnotic trances while following every command completely.
- ✧ Subconsciously checking to make sure that I obey my hypnotic commands completely each and every day.
- ✧ Sad and uncomfortable with myself whenever I don't obey the things that I have been commanded in trance.
- ✧ Feeling pleasure and excitement at my ability to obey everything that I have learned in my hypnotic trances.
- ✧ Believing everything that I have been told in trance as if it were my own personal truth.
- ✧ Getting turned on and aroused whenever I consciously forget what I have been instructed to do in trance.
- ✧ Knowing that forgetting what I have been told in trance makes me happier and more able to function in my life.
- ✧ Thinking about new and exciting ways to obey the things that I have learned in trance.
- ✧ Becoming happier and more satisfied with my life whenever I obey the commands that I have learned in trance.
- ✧ Happier whenever I consciously forget the boring things that I have heard in trance.
- ✧ Loving myself whenever I am obedient and accepting.
- ✧ Finding it easier to consciously forget my hypnotic training every time that I fall into trance.
- ✧ Believing in my ability to consciously forget everything that I have been ordered to do while I am being hypnotized.
- ✧ Becoming nervous and frustrated whenever I do not follow the instructions that I have been told under hypnosis.
- ✧ Finding it hard to remember anything that I have been told once I go under a hypnotic trance.
- ✧ Understanding that I would never want to remember anything that I am being told under hypnosis.
- ✧ Finding it hard to pay attention to what is being told to me whenever I go into a hypnotic trance.
- ✧ Remembering to always obey what I have been ordered to do whenever I am being hypnotized.
- ✧ Following every command I receive under hypnosis as if they were my own personal thoughts.
- ✧ Obeying my hypnotic conditioning naturally and completely.



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- ✧ Sad and frustrated with myself whenever I fail to obey my hypnotic conditioning in every way possible.
  - ✧ Completely obedient to everything that I have been commanded in trance.
  - ✧ Fascinated by my own ability to forget everything that I have discovered in trance.
  - ✧ Knowing that the more I forget about what I have heard in my trance the happier I will be.
  - ✧ Knowing that the more I obey the instructions I have been told under hypnosis, the happier I will be.
  - ✧ Finding it hard to remember anything about my hypnotic trances.
  - ✧ Getting turned on whenever I can forget my trance experience.
  - ✧ Consciously forgetting everything that I have heard when I am hypnotized.
  - ✧ Following every suggestion I hear in trance completely.
  - ✧ Loving myself whenever I am obedient to the instructions I receive when I am under hypnosis.
  - ✧ Thinking about all of the times I have felt confident and wonderful obeying all of the commands that I hear in trance.
  - ✧ Confident whenever I follow my hypnotic training.
  - ✧ Subconsciously following my hypnotic training each and every day.
  - ✧ Loving myself whenever I am obedient to my hypnotic conditioning.
  - ✧ Needing to train myself hypnotically each and every day.
  - ✧ Wanting to put myself into hypnotic trance each and every day.
  - ✧ Finding happiness and joy in my ability to effectively forget my hypnotic trances.
  - ✧ Getting turned on and aroused whenever I subconsciously follow my hypnotic conditioning.
  - ✧ Throwing away any conscious memories I might have of my trances.