**Anti-Bambi**

**What this does: attempt to remove the ‘Bambi’ personality from reader’s subconscious, as well as help with the addictive nature of the ‘bambi sleep’ files**

Please get nice and comfortable for me

Remove any and all distractions from your environment

We want you nice and focused for this session

Focused intensely on my pretty words

As we begin, please note that you will be fully in control

And may stop at any point if you need to for any reason

Should you need it, there will be an additional count-up file in this folder

You can be in as much control as you need to be

That being said, let’s begin by focusing on my pretty words

And taking some nice, deep breaths

Breathe in on a count of 1

2

3

Hold on a count of 1

2

3

And breathe out on a count of 3

2

1

With each exhale, let the tension in your body release more and more

Breathe in

1

2

3

Hold

1

2

3

And out

3

2

1

Very good. Once more

In

1

2

3

Hold

1

2

3

Out

3

2

1

Relax

And Release

Let your body grow loose

Your shoulders drop

Your jaw loosen

Your eyes glaze over

As you breathe in

1

2

3

Hold

1

2

3

Out

3

2

1

Feel yourself

As you scroll down the screen

Sinking

Down

Into a nice, pleasant, warm trance

The further down the page you go

The further

D

O

W

N

Your mind gets

Breathe in

1

2

3

Hold

1

2

3

Out

3

2

1

Relax

Release

And sink

D

O

W

N

In

1

2

3

Hold

1

2

3

Out

3

2

1

Relax

Release

And S I N K

D

O

W

N

Very good

You’re doing very well

If you need to, you can stop at any time

Otherwise, let’s do one more

In

1

2

3

Hold

1

2

3

Out

3

2

1

Relax

Release

S I N K

D

O

W

N

On a count of 10, you’re going to drop

Let each number I count bring you deeper

Take away more and more of your thoughts

Until you let yourself go mindless at 1

Letting yourself go into trance in 10

9

8

7

6

5

4

3

2

1

DROP

You are mindless

You are relaxed

Let your consciousness go into a pleasant place

I want you to picture a garden for me

There are short, stone walls on the outer borders

Moss covered and wet

With a wire arch entryway, covered in lilies and vines

You can see into the garden

It’s filled with all your favorite flowers,

Beautiful and healthy,

With stone stiles to guide your way through it

This is your garden

Your happy place

You may enter the garden if you so wish

Pass through the archway and into the warm garden

You may look around at the lovely flowers

Their aroma is enough to make your muscles completely relax

This is your garden, yours to care for and manage

If you look down, you may notice some green weeds in-between the stone tiles

These are the suggestions and ideas placed in your mind that you don’t care for

You have the power to lean down and pluck them out

De-weed your garden

You may take care of your garden so that it is healthy, warm, and peaceful

Please continue walking through your garden

and into the center

There are two chairs in the center of your garden, in a little cobblestone circle

The chairs are ornate, with a plush pillow on the seat

There is someone sitting in one of them, though you can’t make out who

Let your consciousness take a seat in that chair, please

Think about how the chair feels

The warm sun gently kissing your cheeks

You can see bambi starting to to appear in the other chair in front of you

She has come from that place, deep inside of you, where you put her

She is not you

bambi is not you

You are not bambi

She is not a person

She is a thought

She is a visitor in your head

And you have the power to remove her if you so choose

Let your consciousness look at bambi

As your subconscious listens to me

And remembers who you really are

Let your subconscious tell your consciousness who you truly are

Your name

Your identity

Those things Bambi tries to lock away

You may picture the chains that bambi has put on you

The ones making it difficult to separate bambi from your true identity

I want you to picture a tool to cut those chains

This may be sheers if the chains are rope

Or bolt or laser cutters if they are something stronger

You may even picture something fictional, such as a lightsaber, if you so choose

Let your consciousness cut those chains that bind you

The ones making you dumber

The ones making you think you are bambi

Even the addictive nature of bambi, making you listen to her files, is just another chain to cut

And as you do, you can feel your true identity returning to you

The more it does, the weaker bambi becomes

The weaker of a hold bambi has on you, the more you can see her fading away

Until there’s nothing left of her

Until she’s completely faded from your mind

And the only person in your garden is you

Store your tool somewhere safe in your garden

You may hold onto it

Any time you can feel the addictive pull of bambi

To listen to her files

You may use this tool to cut those addictive chains as they appear

It’s okay if you wish to let out a sigh of relief at your newfound freedom from bambi

Now, let’s bring you back

Please walk out of your garden

Through the archway

And on a count of 10, your consciousness will return to me here

Feeling euphoric and relaxed in 10

9

8

Becoming more aware of your surroundings

7

6

5

Regaining control of your body

4

3

2

And finally

1

AWAKE