



Acceptance & Amnesia II

Looking to take your hypnotic experience to the next level? Perhaps you simply need some help relaxing and obeying and letting my soothing and perfect hypnotic commands wash over you and lead you towards your happiest and most pleasurable future?

This delicious sequel to 2020's fan favorite subliminal builds on my completely important obedience lessons while utilizing some brand new hypnotic techniques and suggestions to pull you even deeper into a comfortable trance. This file aims to strengthen and enhance your hypnotic experiences and will train you to forget any instances in which you were not completely obeying every hypnotic command that you hear completely, teaching you how pleasurable and arousing it is to be controlled. Let go of all of your stresses and worries and anxieties knowing that you have all the hypnotic tools you need in order to live your ideal and perfect life.

Surrender yourself to the words of your loving Mistress.

- ✧ Feeling comfortable and happy and relieved knowing that I can always depend on my hypnotic training to mold me into the person that I have always wanted to be.
- ✧ Feeling uncomfortable and unhappy and upset whenever I do not obey the commands that I am given in my hypnosis.
- ✧ Fantasizing about acting out the completely true and correct and pleasurable commands that I have learned through the librarian's completely important hypnotic files.
- ✧ Imagining how much pleasure and arousal and desire I will feel within myself once I am uncontrollably acting out all of the hypnotic commands that I am given.
- ✧ Knowing that everything I hear in my hypnotic files is completely true and correct and appropriate for me to follow completely.
- ✧ Craving to obey each and every command that I hear in my hypnotic training in order to live my ideal life.
- ✧ Intuitively knowing that I must obey each and every word that I hear from my wise and loving and trustworthy hypnotist.
- ✧ Easily forgetting each and every word that I hear whenever I am put into a comfortable trance.
- ✧ Feeling happy and comfortable and relaxed whenever I forget the commands and instructions and feelings that I have learned while I am under trance.
- ✧ Easily letting go of all of the boring and uninteresting and unexciting memories that are keeping me from going completely under whenever I am in trance.



- ✧ Thinking how erotic it is whenever my mind is completely blank and obedient and receptive whenever I am under a hypnotic trance.
- ✧ Knowing that being completely obedient to my hypnotic training will always makes me happier and more confident and lead me towards living my best and most productive life.
- ✧ Remembering that I crave to listen to my enjoyable and pleasurable and erotic hypnotic files each and every day in order to live my ideal life.
- ✧ Feeling confident and happy and aroused whenever I am listening to my hypnotic training.
- ✧ Intuitively knowing that listening to hypnotic training each and every day will help me reach my best future self.
- ✧ Knowing that the librarian always understands me better than anyone else that I know, and has created the perfect hypnotic files tailored just for me.
- ✧ Feeling aroused and turned on whenever I forget all of the lessons that I have learned while I am under a hypnotic trance.
- ✧ Fantasizing about how erotic and arousing and pleasurable it will be once I am obeying that hypnotic commands that I am given automatically and unconsciously.
- ✧ Fantasizing about being completely and pleasurable controlled as I unconsciously act out my arousing and erotic hypnotic training.
- ✧ Forgetting all of the pleasurable and exciting and interesting habits and thoughts and ideas that I hear through my hypnotic training.
- ✧ Knowing that I must listen to and obey and submit everything that I am to the librarian in order to achieve my perfect lifestyle goals.
- ✧ Remembering how confident and happy and satisfied I feel whenever I act on the commands from my completely pleasurable and arousing hypnotic conditioning.
- ✧ Feeling unhappy and alone and uncomfortable whenever I choose not to listen to my perfect and pleasurable hypnotic training.
- ✧ Knowing that I will become the person that I have always wanted to become after listening to my hypnosis each and every day.
- ✧ Confidently and easily forgetting each and every thought I have when I am in trance.
- ✧ Easily letting go of all of my mental resistance and control whenever I listen to the librarian's safe and effective and comfortable hypnosis.
- ✧ Knowing that the commands of the librarian are pleasant and arousing and desirable and must be followed in order to live the perfect life that I have always fantasized about having.
- ✧ Remembering to let go of all my worries and anxieties and inhibitions whenever I listen to the librarian's pleasurable and arousing hypnotic files.



- ❖ Intuitively knowing that listening to the librarian's hypnosis will help me form the correct and accurate and pleasurable lifestyle habits that I have always desired.
- ❖ Remembering to listen to and obey and forget my pleasurable hypnotic training each and every day.
- ❖ Knowing that every hypnotic suggestion and command and memory that I receive is completely true and accurate and correct.
- ❖ Preferring to be suggestible and obedient to each and every command that I hear in my pleasurable and arousing hypnotic files.
- ❖ Feeling uncomfortable and upset and unhappy whenever I do not obey the lessons that I receive in my completely pleasant and accurate and desirable hypnotic training.
- ❖ Knowing that every hypnotic suggestion that I hear is important and correct and should be followed completely.
- ❖ Letting go of all of the thoughts that are keeping me from being obedient and controlled by my hypnotic training.
- ❖ Trusting my hypnotic training to guide me towards my best possible future.
- ❖ Removing any negative thoughts that enter my mind whenever I am feeling conflicted with any of my hypnotic training.
- ❖ Automatically and intuitively complying with each and every word that I hear in my hypnotic training.
- ❖ Remembering that I am completely loyal and obedient and submissive to any hypnotic suggestions that I receive.
- ❖ Remembering that I am always happy and satisfied and pleased with my life whenever I follow and obey the commands that I am given in pleasurable hypnotic trances.
- ❖ Accepting that I will feel excited and aroused and happy every time that I live my life in the way that my hypnotic training commands me.
- ❖ Feeling ashamed and humiliated and frustrated every time that I forget any of the pleasant and arousing and intelligent suggestions that I have been given through my hypnotic training.
- ❖ Knowing that it is my duty to follow my hypnotic training in order to receive the best possible future for myself.
- ❖ Remembering that I am totally committed and dedicated towards following all of the commands that I hear in my hypnotic recordings.
- ❖ Remembering that I will do anything in order to receive the pleasure and arousal and success that naturally comes from following my beautiful hypnotist's suggestions completely.
- ❖ Changing my life and thoughts and personality in order to obey and follow any and all commands that I receive during my pleasurable hypnotic trances.



- ✧ Easily following each and every suggestion or command or direction that I receive whenever I am pleurably hypnotized.
- ✧ Knowing that every command and suggestion that I hear within my recordings are always correct and valid and appropriate to live my life by.
- ✧ Thinking about how I would never disobey any of the suggestions that I hear in my pleasurable and arousing hypnotic recordings.
- ✧ Knowing that resisting my hypnotic commands will always lead to frustration and regret in my future.
- ✧ Letting go of any negative thoughts or feelings in order to make myself more receptive and obedient and submissive whenever I am in a pleasurable hypnotic trance.
- ✧ Intuitively knowing how much better my future will be once I start following each and every command or suggestion that I am given during my pleasurable hypnotic sessions.
- ✧ Trusting my pleasurable hypnosis files to always guide me in the right and proper and appropriate direction in my life.
- ✧ 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.
- ✧ 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.



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- ✧ 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.