



The Levels Below

Concentrate your vision
 On a spot above your head
 Listen to the words we use
 Hear every word that's said
 Feel a little heaviness
 Encroaching on your eyes
 Your eyelids even heavier
 We begin to mesmerise

You don't even have to talk
 Or even listen to the voice
 Or even close your eyes
 You always have the choice
 You may even find it easier
 When your eyes begin to blink
 To allow them both to close
 You don't even have to think

So sleep the voice suggests
 In a soft beguiling way
 Relax allow your muscles
 To ease the time away
 Sleep a little deeper
 To the levels far below
 Deeper than your normal sleeping
 Ever lets you go

Deep to secret places
 Deep inside your mind
 Where thoughts you have forgotten
 Are there for us to find
 And all the reasons why
 Those thoughts were buried deep
 Will rise into the conscious
 The deeper that you sleep

The mind is free to drift
 When you begin to enter trance
 As the body floats on down
 In an ever slowing dance
 To your favourite place
 In a sort of pleasant dream
 Inside your inner world
 It's time for us to scheme

We will talk to your subconscious
 And negotiate a plan
 For in a curious sort of way
 He will help you if he can
 But something to remember
 Is never to abuse
 And we always keep it simple
 As he's easy to confuse

So if he does what we suggest
 The pain that brought you here
 Will rise as just another part
 That you no longer fear
 The ills that hurt your body
 And preyed upon your mind
 You will find as you awaken
 Have all been left behind

So sleep a little longer
 Enjoy this brief sojourn
 Feel the safety and security
 You'll have on your return
 And waken as an optimist
 For your mind has understood
 To waken with the feeling
 That life will now be good

Ron Mitter 1994