



Corner
of
Thoughts

Corner of Thoughts:
Beneath the Veil of Sleep

A personal exploration of Sleep
Token's lyrics and devotion
Rite II
Invocation: The Descent
(*TPWBYT & TMBTE*)

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Corner of Thoughts: Beneath the Veil of Sleep

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This book is a non-commercial, transformative work, created out of deep respect and admiration for the artistry, emotion, and message within Sleep Token's music. Its purpose is not to reproduce or replace the original material, but to explore the emotional, psychological, and spiritual resonance it evokes in those who listen.

May it serve as a companion for those who found pieces of themselves within the veil of sound, and as a reflection for those who needed to understand why it moved them so deeply.

*To the voice that gave me a home in the chaos of my mind, and
taught me the value of my own worth.*

FROM THE AUTHOR

*There's a certain kind of silence that only lives inside Sleep Token.
The kind that swallows you whole. I started writing these thoughts
because I needed somewhere to place what their music did to me.
Somewhere between devotion and decay. Between theology and
therapy. Between Vessel's voice and the parts of myself I'd buried just
to survive.*

*What follows is a collection of dissections and devotions.
So, read slow. Feel the tremor beneath the text. This is about
understanding yourself when the music stops.*

*Welcome, darlings, to the Corner of Thoughts.
Beneath the veil, we listen. Beneath the veil, we remember. Beneath
the veil... we finally breathe.*

PART I
Shifting Boundaries



EETH, FEATHERS, AND THE SYMBOLIC LANGUAGE OF SLEEP TOKEN

Sleep Token construct a psychological ecosystem where the senses and symbols blend into an intricate mythology, a narrative that lives between biology and theology, between the flesh and the spirit. Each element: the words, the images, the colors, works to trigger specific reactions deep within us. It's a coded language that speaks directly to the nervous system, activating memories, instincts, and buried emotions.

Vessel's work is like emotional architecture, each symbol a carefully selected tool that stirs something in the listener's body. It's a visceral experience, designed to be felt as much as it is understood. The body reacts before the mind can catch up. This is why Sleep Token resonates with so many... they tap into our instinctual responses, forcing us to face emotions we often don't want to confront.

Teeth: Desire, Threat, and Exposure

The teeth motif in Sleep Token runs deep through their work, from the “pretty white jaws” of Jaws to the command “Grow back your sharpest teeth” in Take Me Back to Eden. Teeth evolve from a symbol of primal desire to one of power, vulnerability, and the tension between life and death. They're about the tension between restraint and release. The bare teeth in their music are a declaration... both of desire and self-preservation.

Psychologically, teeth symbolize both agency and anxiety. Losing them is a symbol of powerlessness, of being unable to defend yourself. To bare teeth, on the other hand, is to assert control, to show readiness for battle, whether literal or emotional. In Vessel's world, the act of bared teeth signifies an internal tension between what is held back and what is released, between devotion and destruction, predator and prey. They blur the lines, creating an unsettling intimacy where desire is both devouring and offered up in equal measure.

Feathers: Divinity, Fragility, and the Ghost of Purity

Feathers are a recurring symbol in Sleep Token's world, but they aren't used in the typical way we see in art, where they represent flight or celestial purity. In Sleep Token, feathers are tragic remnants of a lost divinity. They are the fragile remains of something that was once pure, a memory of the divine that couldn't quite survive the contact with human frailty.

A single feather in this world carries weight: it's a relic of transcendence, the aftermath of something holy that didn't quite escape the gravity of human experience. It's a reminder of what could have been. Feathers in Sleep Token are the ghosts of purity, remnants of a celestial memory that, once torn, can never return to its original form. They represent a fragility that can never be restored, like a fallen angel that remains beautiful despite its fall.

Colours: Emotional Palettes of Inner Weather

Now, let's talk about color. Sleep Token use it as an emotional trigger, a physiological response that's felt deep in the body. In Vessel's world, color is more than just a visual element. It's a physical experience. Each hue represents a feeling so intense, it becomes its own sensation in the body.

Black swallows everything, pulling the listener into an abyss where emotion is raw and unrefined.

White is purity, but in Sleep Token, it's corrupted, dragged through the dirt to symbolize the fragility of innocence.

Blue numbs, slowing the heart rate, inducing a state of melancholy that feels as cold as the ocean's depths.

Beige and brown ground us in reality, an earthy, almost nostalgic feeling, like the weight of time pressing on the skin.

Pink and red pulse with intensity, firing up the nervous system with a hot, urgent energy that feels like blood in the veins.

Gold is the glimmer of something precious, but it's always tempered by the darker shades around it.

Colors in Sleep Token are more than visual tools; they are an embodiment of internal weather: moods, states of mind, emotional seasons. When you hear the music, you feel the temperature of the room change. This synesthetic approach means that every track is an immersive experience that engages the body as much as it does the mind.

Vessel's costume transformations are another visual cue in the Sleep Token journey, offering a deeper layer of understanding. In the early stages, Vessel's aesthetic is dominated by black: dark, encompassing, a blank canvas on which all emotions are allowed to play out in their most raw and unfiltered forms. Black represents the void, the empty space where everything begins and ends.

As the narrative unfolds, however, Vessel transitions into veridian green: a color associated with growth, change, and life. This change in attire marks a shift in both Sleep Token's music and Vessel's identity. Veridian green suggests that from darkness, something new is growing. It speaks to transformation, to the potential for regeneration after destruction, and to the reconciliation between chaos and peace.

This shift in costume reflects the evolution of Vessel, Sleep Token, and the listeners who have followed them on this journey of emotional and spiritual upheaval.

Chemistry & Biology: Where the Flesh Becomes Metaphor

Vessel makes emotions real. He takes feelings, which we often dismiss as abstract or too complex to name, and distills them down into the raw chemicals and biological processes that power us. His use of chemistry and biology in his lyrics is a translation. Vessel's fondness for chemistry is, in essence, empathy in code. He turns the heartache, longing, and despair we feel into scientific language, grounding those experiences in the very body that's suffering them.

Heartbreak becomes cortisol, the stress hormone that floods the bloodstream, mimicking the feeling of suffocating emotional weight. Lust becomes dopamine, the chemical that sparks desire, that rush of joy and craving that binds the body in its most carnal state. Serotonin withdrawal is used to describe hope, that fragile, desperate sense of a world that might one day come together, but currently feels as if it's slipping away.

When Vessel writes about chemical burns or blood like ink, he's invoking the very biology of what it means to feel too much. The language of science allows us to grasp the impact of emotion without needing to decode it: we don't have to understand poetry to understand adrenaline or norepinephrine.

By bringing these concepts into his music, Vessel makes the unseen tangible. We don't have to understand the complexities of the human mind to feel the physicality of pain, of love, of loss. Vessel's brilliance lies in his ability to use chemistry and biology as emotional shorthand, cutting through the noise and reaching into the nervous system directly. We feel these emotions because they

are encoded in the very makeup of our flesh, and biology doesn't lie.

Why the symbolism cuts so deep

Sleep Token's symbols are mirrors for pattern-thinkers. People who process emotion in metaphors, who feel in fractals instead of straight lines.

Teeth, feathers, blood, water: they're all sensory translations for feelings that refuse to be said out loud. That's why their lyrics hit where logic can't reach. The body recognizes itself in the art.

Sleep Token understands what most artists forget: the soul craves reflection.



THE PSYCHOLOGY OF TOUCH: SEXUALITY, STAGECRAFT, AND THE VESSEL EFFECT

Let's get something out of the way: Sleep Token's live sensuality isn't an accident, and it isn't just thirst bait. It's a design of sorts... equal parts biology, theatre, and restraint. You're watching a ritual that understands the human nervous system almost embarrassingly well.

When Vessel moves it looks spontaneous. It isn't. Every motion is a calculated: just long enough for your brain to finish the sentence it was hoping he'd start. That's choreography used as psychological architecture.

We are animals wired for rhythm. Across species, movement and repetition signal vitality. Birds do it with plumage, wolves with circling, insects with vibrations. Humans evolved with the same circuitry: synchronized rhythm = safety, attraction, possibility. Add percussion (II's work) and vocal modulation, and you have a limbic system cocktail: fight, flight, or flirt. Vessel's stage presence leans on that reflex without cheapening it.

The "no-top" policy is semiotics. Bare skin broadcasts vulnerability and confidence at once, both potent triggers for attention. Covering the face while uncovering the torso reverses the

usual human order: anonymity where intimacy should be, exposure where control normally sits. Your brain reads that paradox and can't look away.

Those hands are the real narrative device. Watch him trace the air rather than touch a person; your mirror neurons fill the gap. That's how suggestion outperforms explicitness: the audience completes the movement in imagination, and imagination is always the stronger drug.

Sex lives in the language as much as the body. The songs treat physical connection as both worship and warfare: sacred when mutual, ruinous when it replaces communication. That ambiguity is key. The eroticism oscillates. Desire and denial chase each other until the end of the set, leaving the crowd suspended in the same unresolved tension as the lyrics. That suspension is what converts physical attraction into catharsis.

Every live decision: minimal lighting, mask, bare torso, delayed contact, feeds one principle: anticipation over satiation. He gives you microdoses of permission, then withdraws. The reward circuit fires; the brain wants the next hit. It's the same loop that makes good storytelling or addiction work: tension, release, partial closure. Vessel weaponizes it for empathy.

Because the show is a mirror. The audience projects their own longing onto a figure who physically manifests it but never confirms it. It's safe danger, controlled chaos. He becomes everyone's embodiment of want, and by the time the lights cut, that want has been metabolized into awe.

Sleep Token doesn't sell sex, absolutely no; they transmute it. They take an ancient biological signal like movement, skin, rhythm and filter it through art until the primitive feels profound again. It's a study in restraint, where every denied touch becomes communion.



SLEEP TOKEN AND THE NEURODIVERGENT SOUL

Sleep Token isn't easy to define. They're a band, yes, but also a confession, a cult of anonymity, a mirror for the unseen. And perhaps, beneath all the myth and masks, a living metaphor for neurodivergence itself.

What if the lore, the loops, the mask, the movement are not random symbols of mystery, but instead, reflections of what it means to exist in a world that never quite understands your circuitry?

Each Sleep Token era mirrors the autistic-ADHD cycle: fixation, shame, collapse, and resurrection. One album bleeds into another like emotional weather. There's the fixation (obsession disguised as devotion), then the crash... when the mask slips, the sensory world floods, and everything burns out. Then comes the slow crawl upward, not healed but reborn. It's the neurodivergent pattern of existing too intensely, then retreating, then re-emerging like nothing happened, because to survive, it has to look like nothing happened.

Every track feels like a fugue state. The dissociation, the exhaustion, the repetition. That's the mind looping through hyperfocus and shutdown, through needing connection and fearing it at once.

Vessel's mask is a shield. A coping mechanism. For many neurodivergent souls, the mask is the difference between survival and collapse. We camouflage, mirror, and adapt to be palatable. The anonymity of Sleep Token turns that necessity into art.

Notice how the mask has shrunk over the years: less material, more face. That's possibly just aesthetic evolution or comfort for singing; but perhaps that's symbolic unmasking. The gradual exposure mirrors the neurodivergent journey: the slow, terrifying act of letting the world see you as you are.

And when you realize anonymity doesn't kill authenticity and instead protects it, you understand why he keeps it. It's to exist among us without losing himself.

The flamingo feeds off what it consumes. Its color deepens or fades depending on its diet. Neurodivergents do the same. Validation, understanding, empathy: they feed us. Rejection, suppression, masking exhaustion: they drain us pale.

When Sleep Token adopted the flamingo imagery, it felt like a knowing wink to that truth. To the way we shift shades to survive the room, how our color depends on the environment. Starve us of acceptance, and we grey out. Feed us safety, and we burn neon again.

Vessel's body speaks its own language. The twitching fingers, the shaking hands, the rocking, the repetitive movements: all of it reads like stimming dressed in choreography. His body is trying to process what words can't. The hands contort because the emotion has nowhere else to go. The way he rocks, bends, presses his chest, or clutches the mic... It's sensory regulation through rhythm. Watching him is like watching someone fight and soothe their own nervous system simultaneously.

And that's why neurodivergent fans feel such an immediate, physical empathy watching him move: it's seeing

stimming reimagined as divine. It's the body saying: I can't contain this much feeling, so I'll make it beautiful instead.

Then there's the silence. Vessel rarely speaks. And when he does, it's robotic, filtered, sparse. Every word feels measured, economical, as if the noise of the world is too much and he's rationing his voice. Sound familiar? It's the autistic preservation instinct: the sacred quiet between overstimulation and collapse. The silence is protection. It's him saying, I'll give you everything through art, but my voice belongs to me.

Sleep Token, at its core, is theology for the misunderstood mind. The ritual structure, the devotion language, the mythic framework... it all serves one deeper truth: to worship is to make meaning out of chaos.

For neurodivergent people, that's the daily task. To turn overwhelm into creation. To build systems that protect the self from collapse. To seek transcendence not as escape, but as structure. Sleep Token's "worship" gives permission to do that through sound, ritual, and emotion. Each song becomes a prayer to survive sensory overload. Each chorus, a mantra of self-soothing. Each performance, a meltdown turned sacrament.

What starts as fandom often becomes transformation. The emotional saturation of their music cracks people open. For neurodivergent individuals, traditional spirituality often fails. Sleep Token offers a new one. A faith in feeling.

The lore invites reflection. The god "Sleep" is a metaphor: a manifestation of the unnameable, the part of us that needs ritual to survive reality. Through that, the band becomes an initiation: into self-understanding, into acceptance, into freedom from shame.

Sleep Token is a neurodivergent mirror. The loops of obsession and burnout, the mask as survival, the stimming disguised as art, the silence as boundary, the flamingo as adaptation... it's all the same story told in a thousand rhythms: the

story of being too much, and still choosing to exist beautifully anyway.

Maybe that's why we love them so much. Because in their chaos, we see our pattern. And in their restraint, we see our hope.



THE WATER THEORY: DROWNING, CLEANSING, AND THE LIQUID LANGUAGE OF SLEEP TOKEN

If there's one element that runs through Sleep Token's entire mythology, it's water. As sentience: alive, shifting, mercilessly reflective. Every album ripples with it, every lyric drips with its duality. Water in Sleep Token's world is a state of being. It destroys and purifies. It drowns and delivers. It carries memory and erases evidence. It is emotion incarnate, the body's first language.

The Psychology of water: emotion with a pulse

In psychology, water represents the unconscious, the depth we fear to enter but can't stop staring into. Jung would call it the collective reservoir, the part of us that dreams and dissolves boundaries. Sleep Token's music lives exactly there: between surface and surrender.

Think about it... how often do their lyrics pull you under? These are somatic metaphors for emotional flooding. When you're overwhelmed, your body literally mimics drowning: shallow breath, tight chest, loss of ground. Vessel turns that panic into poetry.

Drowning as devotion

One of Sleep Token's most consistent motifs is the idea of being consumed, surrendering to the flood. Drowning, in their language, is transformation. To drown is to stop fighting yourself. To allow emotion to fully submerge logic until all that's left is feeling. This is what Sleep Token calls "offering."

Cleansing as consequence

But water scrapes, too. There's purification in their lyrics, but it's never gentle. Every baptism in their world comes with salt in the wounds.

That's the hidden truth in their theology: cleansing demands consequence. To be purified, you first have to confront the dirt. That's why their "healing" always hurts a little. It's scrubbing the skin raw until it remembers what living feels like.

Reflection: The mirror beneath the surface

Water is a mirror that refuses to stay still. Look into it, and you'll see your face fractured into waves. That's the trick Sleep Token plays: they show you yourself, but never the same way twice.

The emotional structure of their songs mirrors this. Calm verses, then the sudden storm, the still pond giving way to a flood. The music itself mimics weather systems. It's emotional meteorology: you can predict a drop, but never stop it.

The "you" in the songs... whether lover, deity, or self... is reflected water. Always present, always elusive.

Biologically, we are mostly water. Vessel doesn't let you forget that. His lyrics often blur spiritual and physical dissolution because, well, the boundary isn't real.

You cry it, you sweat it, you bleed it... you're leaking emotion by design. When he sings "Your body is mostly blood, like water, a

perfect flood,” he’s collapsing metaphors. He’s reminding you that the divine lives in your chemistry. Water is both your curse and your proof of life.



THIS PLACE WILL BECOME YOUR TOMB: A DESCENT INTO EMOTIONAL DEPTHS AND EXISTENTIAL SURRENDER

Sleep Token's second full-length feels like a ritual descent into water, into psyche, into love and loss, into the body's very chemistry. It is a layered narrative that pulls you down, deeper and deeper, until the air thins and what's left is raw, centered, and unflinchingly vulnerable.

The title itself signals immersion, the idea that what we think of as home, love, self, or identity can become an inescapable grave when we surrender our edges too fully. It's an oceanic metaphor that frames the album's emotional topology: a drowning, then a surrender, then an ascent... if you survive it.

Nautical Descent as Psychological Collapse

From the opening track "Atlantic," the album places listeners literally beneath the surface, a constant downward pull into water, darkness, and the subconscious. Fans discovered that each track was embedded with coordinates tied to depths in the ocean, culminating at depths comparable to the Mariana Trench.

The album maps psychological descent like a charted dive into the soul's heaviest trenches.

Water here is environment. It's where identity dissolves into the unknown. Every meter deeper is emotional: longing, self-obliteration, remembrance, and the terror of becoming something you once feared.

Listeners often interpret this as unanchored submersion, where hope and fear blur until they're the same sensation.

Love, Loss, and the Obsession That Becomes Tomb

Multiple fan interpretations converge on this: This Place Will Become Your Tomb is a story of love that consumes and identity that dissolves into love's aftermath. In forums, listeners describe the album as charting the arc from intoxicating affection ("Hypnosis") to the crushing sense of aftermath and numbness ("Missing Limbs"), where love ceases to comfort and becomes the very site of entombment.

Love here is the pressure that causes collapse. The album confronts the idea that the things we choose to attach to can become our anchors and our chains. The emotional architecture is rooted in obsession, surrender, and the limbo between wanting to stay and knowing you must leave.

The Body as Site of Memory and Mourning

Sleep Token explore emotion as physiology. Just as Vessel grounds heartbreak in chemical language elsewhere, here the album uses cinematic weight to make listeners feel it in the body. The heaviness of the riffs, the lull of the piano, the crush of percussion... it's music designed to activate the nervous system.

Duality of Light and Darkness

Critics and fans alike note how the album balances beauty with terror: light with shadow, much like the band's aesthetic overall. The instrumentation often juxtaposes fragile piano lines against explosive breakdowns, reflecting the human condition itself: one moment lucid, the next spiraling.

The title tells us that the place we call refuge: the heart, the connection, the beloved, will also be the site of our ultimate vulnerability.

Fan Lore and narrative interpretations

In fan communities, some interpret the story as one of descent followed by re-awakening: Vessel psychologically drowning, then meeting the entity Sleep in that liminal state, mirroring themes of death and rebirth in later albums. Others see it as a map of repetitive cycles of devotion and self-destruction, a struggle with internal forces that refuse to be resolved, not just external love lost.

Fans describe the album as beautiful, crushing, and deeply personal, saying it resonates because it articulates emotional states: loss, surrender, longing, numbness, that are otherwise unspeakable.

This Place Will Become Your Tomb transcends traditional album structure. It's an emotional rite of passage: first there's descent, then exposure, then confrontation with loss, then the hard silence after. It's an album about what it feels like when feeling itself becomes too much to bear, and somehow that's precisely what makes it cathartic.

PART II
This Place Will Become Your Tomb



"ATLANTIC"

*"Call me when they bury bodies underwater
It's blue light over murder for me"*

In this context, the “blue light” takes on a very different meaning. It’s often associated with police lights, and here, it could suggest that the incident leading to the emotional turmoil (possibly an accident) has drawn the attention of the authorities. The “bury bodies underwater” could refer to a literal or metaphorical drowning... perhaps Vessel is referencing the consequences of the crash, or a death that resulted from it. The phrase “murder for me” could even be interpreted as Vessel’s inner guilt or self-blame, feeling as though the accident was his fault.

Vessel is consumed by darkness and violence, asking to be called when a sinister event occurs, suggesting that the violence and destruction surrounding him are almost numbing.

*"Crumble like a temple built from future daughters
To wasteland when the oceans recede"*

This still speaks to a sense of destruction, but with the new lens of an accident, it could symbolize the aftermath: the

collapse of something that was once whole, like the lives affected by the crash, or the emotional fallout of what has happened. The oceans receding might represent the initial shock of the accident starting to wear off, only to reveal a harsh, barren reality: perhaps the fallout in the form of lost lives, broken relationships, or even Vessel's own sense of self.

*"Merry in the morning, earn your bitter fodder
It's easier to try not to eat"*

After an accident, many people experience a sense of numbness. Vessel might be speaking to the detachment that follows: putting on a "merry" face but feeling like it's all a mechanical, hollow routine. The "earn your bitter fodder" could symbolize the way people continue with their lives after such an event, feeling they have to "earn" their survival, even though it tastes bitter because of the loss. The line about not eating might reference self-destructive tendencies or trying to escape from the emotional weight of what has happened.

Vessel may be speaking about the false cheer of trying to push through the daily grind, earning "bitter fodder" (the harsh rewards of life) that doesn't bring satisfaction. The line "It's easier to try not to eat" suggests self-denial, perhaps a metaphor for emotional numbness or starvation of emotional needs.

*"So flood me like Atlantic, bandage up the trenches
Anything to get me to sleep"*

The flood metaphor could be taken literally as a flood of emotions following the accident, where Vessel is consumed by grief, guilt, or trauma. The bandaging of trenches could refer to efforts to fix or cover up the damage, emotionally or

physically, perhaps in the aftermath of the crash or incident. The request to "get me to sleep" indicates that Vessel wants to escape the overwhelming emotions of the situation, just like someone who might be sedated in a hospital bed to numb the pain.

*"I woke up surrounded, eyes like frozen planets
Just orbiting the vacuum I am"*

This strongly suggests that Vessel has woken up in a hospital bed, surrounded by people who seem distant or disconnected. The "frozen planets" could represent the cold, distant feeling of waking up in an unfamiliar, detached state... perhaps after being unconscious. The "vacuum I am" could refer to the emptiness Vessel feels inside, now that the reality of the accident has set in. It's a psychic void, an emotional black hole where he struggles to reconnect with himself.

*"They talk me through the damage, consequence
And how it's a pain, they know, they don't understand"*

In the hospital, people (doctors, friends, or family) are trying to explain the consequences of the incident, but Vessel feels misunderstood. They know the physical damage but can't comprehend the emotional damage he's going through. This might also hint at survivor's guilt... Vessel's feeling that others are focused on the physical toll, but no one understands the emotional trauma of having caused or survived such an event.

*"Sobbing as they turn to statues at the bedside
I'm trying not to crush into sand"*

Vessel is deeply distressed, but those around him seem paralyzed by his pain. They turn to “statues,” unable to react or help him, leaving him to deal with the internal struggle alone. The fear of “crushing into sand” could symbolize his fragile mental state, as he tries not to let the emotional weight break him apart entirely.

*"Call me when they bury bodies underwater
It's blue light over murder for me"*

Again, this return to the “blue light” and “burying bodies underwater” reinforces the idea of police involvement and possibly death. Vessel may feel as though he's part of the aftermath, caught in the legal, emotional, or moral consequences of the event, yet still disconnected from the reality of the situation. It's as if he wants to be removed from this reality altogether, as though being submerged in water would absolve him of the pain.

"Don't you wake me up"

In the final line, Vessel begs to stay asleep. He doesn't want to face the consequences of his actions, the emotional fallout, or the reality of his trauma. He wishes to remain in the numbness of unconsciousness, unable or unwilling to deal with the pain.

Psychological Analysis: Vessel's Lens

Vessel is deeply affected by an event that feels like an accident... possibly a car crash or some tragedy where he is either directly involved or feels responsible. His desire to be flooded, numbed, and washed away indicates a profound

emotional breakdown. Survivor's guilt and the trauma of knowing he can't undo what's been done weigh heavily on him. He feels disconnected from the world, lost in the consequences of his actions and trapped in a cycle of self-punishment.

Psychological Analysis: Sleep's Lens

Sleep's role in this could remain emotionally distant, as in previous songs. While Vessel is drowning in guilt and sorrow, Sleep seems to offer no real help or understanding. Sleep could be perceived as an emotional void, offering no comfort or clarity to Vessel, contributing to his isolation and furthering his emotional descent.

Two Sides of the Token?

This dynamic shows the stark contrast between Vessel's emotional devastation and Sleep's emotional detachment. Vessel is caught in the turmoil of an accident, both emotionally and physically, seeking any form of escape. Sleep, however, stands detached, like an observer to the chaos, whether they have a role in the accident or are merely a bystander to Vessel's internal suffering remains unclear.

♥ **Boundary Reminder**

When trauma or guilt becomes overwhelming, it's crucial to seek support and avoid trying to bury your emotions. Staying in a state of numbness, detachment, or self-punishment only prolongs the healing process. It's important to face the consequences of your actions, but you can do so in a way that honors your well-being and emotional health. Survivor's guilt doesn't have to define you, and you have the power to break free from the cycle of self-destruction.

Self-Work Questions:

- How do I cope with feelings of guilt or responsibility after a traumatic event?
- Do I find myself seeking emotional numbness as a way of escaping pain?
- How can I begin to heal from guilt without letting it control my life?
- What steps can I take to face the consequences of my actions in a healthy way?



"HYPNOSIS"

*"Lift, oh, lift me out
Of my own skin
Of all my doubt"*

Vessel is seeking liberation from his own mind and the weight of his insecurities. The imagery of being “lifted out of my own skin” reflects a deep desire to escape his current emotional or psychological state. He wants to transcend his doubts, his limitations, and his sense of self, seeking release.

*"Oh, and take
Take from me
Leave nothing left
Take everything"*

Vessel is offering himself up completely, willing to surrender all of his emotional and mental barriers. This could symbolize emotional vulnerability, a willingness to let go of control, or a deep desire to be consumed: emotionally, physically, or psychologically. There’s a sense of self-sacrifice here, as if he’s giving up everything he has to the other person.

*"Sink, sink your teeth
Split my skin, no
Just make me bleed"*

This line is raw and violent, suggesting a need for release through pain. The act of bleeding is metaphorical, Vessel wants to feel the intensity of the situation, to be physically and emotionally opened up. It could be a desperate need to confront the pain or to purge the emotional numbness he's been feeling.

*"Oh, and give
Give me all
All that I want
Just give me all"*

Vessel is requesting complete fulfillment. He's asking for everything, perhaps because nothing in his life feels like it's enough. There's an element of craving here... he wants all the emotional, psychological, or physical satisfaction the other person can offer.

"You know you hypnotize me always"

The repetition of this line emphasizes the power dynamics in the relationship. The other person has an almost mystical hold over Vessel, drawing him in despite his awareness of it. Vessel recognizes the hypnotic pull, but he is helpless to resist it. This suggests an overwhelming attraction or emotional dependency, where Vessel's thoughts and actions are influenced, controlled, or consumed by the other person.

*"And you make it more (you know you hypnotize me
always)"*

*Than I (you know you hypnotize me always)
Could ever feel (you know you hypnotize me always)
Before"*

This line expands on the previous one. Vessel's emotional and physical responses are heightened by the influence of the other person. The hypnotic effect amplifies his feelings to an extent he's never experienced before, pushing him into an altered state of desire, dependence, or emotional submission.

"And I am almost under"

The final line reflects the culmination of the hypnotic process. Vessel is on the brink of losing himself entirely, sinking deeper into the emotional and psychological grip of the other person. He's almost completely overwhelmed, ready to give in to whatever they want.

Psychological Analysis: Vessel's Lens

Vessel is caught in an emotional or psychological spiral where he feels compelled by the other person, like a moth to a flame. There's a desperate craving for escape from his self-doubt and internal struggles, and he believes that by surrendering completely to the other person, he can finally find the relief or emotional satisfaction he's been seeking. The "hypnosis" metaphor highlights the power imbalance in the relationship: Vessel is both aware of the influence the other person has over him and helpless to resist it.

Vessel's emotional state is one of extreme vulnerability, where his desire for connection has turned into a compulsion. His willingness to be "emptied out" and "bled" speaks to the self-sacrifice he's prepared to make in order to feel something,

anything, even if it means emotional destruction.

Psychological Analysis: Sleep's Lens

Sleep is portrayed as the one in control here, having the power to manipulate Vessel's emotions and actions. While Vessel is completely consumed by his feelings, Sleep is detached, in a position of emotional control. They are aware of their power over Vessel and use it, almost without concern for the toll it's taking on him. Sleep's role here could be seen as one of emotional indifference: they don't seem to be experiencing the same vulnerability as Vessel, and this creates an emotionally imbalanced relationship.

Two Sides of the Token?

Vessel is deeply caught up in the emotional intensity of the relationship, where his feelings are amplified and controlled by Sleep. He feels an overwhelming need to be consumed, almost as though this relationship is the only thing that can make him feel alive. Sleep, however, is in a position of emotional distance, controlling the flow of connection while remaining largely detached. This dynamic speaks to a toxic push-pull: Vessel's desperation versus Sleep's control, creating a volatile and unbalanced relationship.

♥ Boundary Reminder

While vulnerability and emotional surrender can be a beautiful part of a relationship, it's crucial to maintain your sense of self. If you find yourself losing yourself in someone else's influence, to the point of emotional or psychological harm, it may be time to re-establish boundaries. Healthy love requires mutual respect, not emotional dominance. Always remember that you deserve a relationship where both partners are equally invested and where your emotional well-being is valued.

Self-Work Questions:

- How do I recognize when my emotions are being manipulated or controlled by someone else?
- Do I feel like I'm losing myself in my relationships, and what can I do to reclaim my sense of self?
- How can I find emotional fulfillment without compromising my boundaries or personal integrity?
- When do I feel overwhelmed by my emotions to the point where I start to lose control? How can I address this in a healthy way?



"MINE"

*"I have waited
Paralysed by my own will
Viciously reminding me still
I'm born to believe"*

Vessel is caught in a paradox of desire and inaction. He has been waiting, possibly for a connection or moment of realization, but he's paralyzed by his own desires or internal conflict. Despite this paralysis, he feels destined to believe in something... perhaps the connection with the other person or the idea of fate. The "viciously reminding" line suggests that his own beliefs are a double-edged sword, constantly pushing him toward something he feels he must have but also tormenting him.

*"And I am certain, no
That you and I are crashing course
Driven by a holy force"*

Vessel is sure that he and the other person are meant to collide. Their paths are inevitably intertwined, and this "crashing course" seems both fated and destructive. The "holy

force" suggests that this collision isn't just random; it feels divinely ordained, adding a sense of inevitability to their connection, even if it's chaotic.

*"I know you can see
That you will be mine
Yeah, you will be mine"*

Vessel's belief in the inevitability of their bond grows stronger. He feels that the other person can see it too, that this connection is meant to be. The repetition of "you will be mine" reflects his obsessive certainty and possessiveness. It's an expectation, an entitlement to the other person.

*"We balance fire in the earth we walk
Will never stop me reaching forth
To see you again"*

The imagery of balancing fire and earth suggests a relationship that is both passionate and grounded. Vessel feels this intense pull, an inner drive to reach out for the other person no matter what. The fire could symbolize their passion, while the earth represents the grounded, persistent force of his desire. Nothing will stop him from seeking them again.

*"With colours over all the wasted years
Eternity will bring you near
I know you can see
I know you can see
That you will be mine"*

The passage of time is acknowledged, but there's a sense of hope and redemption in the idea that eternity will make up

for the lost years. Vessel is fixated on the future where he and the other person will finally be together, despite the “wasted years” between them. He repeats the mantra that the other person will belong to him, underscoring his certainty.

"You will be mine, oh (but don't give)

You will be mine (me time)

You will be mine (you will)

You will be mine (be)

You will be mine (mine)"

The repetition of "you will be mine" intensifies the possessiveness, as though Vessel is trying to affirm his control over the situation. The additional “but don’t give” suggests some tension, Vessel wants them to be his, but there may be a conflict within him about letting them fully choose or give themselves to him. It’s as though his desire is eclipsing their autonomy.

"Did you not say we were made for each other?"

Here, Vessel is reminding the other person of a statement or belief that they shared. This is the ultimate justification for his obsessive belief, they must be together because it was destined. However, this repetition might also hint at self-doubt or the desperation he feels, questioning if the other person still believes in their connection.

Psychological Analysis: Vessel’s Lens

Vessel’s emotional state is a blend of obsessive certainty and paralysis. He is convinced that he and the other person are destined to be together, to the point of disregarding

boundaries. He is fixated on the idea of them being his, a belief he has nurtured to the point of obsession. The language of "crashing course" and "holy force" suggests that he views this relationship as something beyond human control, fated, and inevitable. However, there's an underlying tension: Vessel wants the other person, but part of him may be conflicted about the balance between desire and control. He cannot move past his belief that they are meant to be, which paralyzes him from fully engaging in reality or respecting their autonomy.

Psychological Analysis: Sleep's Lens

Sleep's perspective is much less clear here, but based on the hypnotic control in previous songs, they may be emotionally distant or even indifferent to Vessel's obsession. Sleep might not share the same sense of fate or certainty that Vessel does, leading to an emotional imbalance where Vessel's feelings become more consuming than Sleep's. The questioning of whether "we were made for each other" might indicate that Sleep has either withdrawn emotionally or never fully agreed with Vessel's romanticized vision of their relationship.

Two Sides of the Token?

Vessel is completely lost in his belief that they are meant to be together, to the point of emotional entitlement. His desire has taken over, leading him to see their bond as inevitable and predestined. This obsession fuels a power imbalance, while Vessel is consumed by his feelings and certainty, Sleep may remain more detached, either unsure of the connection or emotionally unavailable. This difference in emotional investment creates an intense push-pull dynamic,

where Vessel feels certain that he and Sleep will be together, but Sleep may feel conflicted or detached from this vision.

♥ Boundary Reminder

It's important to remember that love should be about mutual respect and choice, not obsession or entitlement. While it's natural to feel a deep connection with someone, no relationship should become possessive or one-sided. The intensity of love and desire should never override the other person's autonomy or desires. If you find yourself trapped in the belief that someone "belongs" to you without regard for their own feelings, it's a sign to step back and reevaluate the relationship.

Self-Work Questions:

- Am I allowing my desires to overshadow someone else's autonomy in a relationship?
- How can I recognize when my emotional investment has become obsessive or controlling?
- What are the signs that I might be crossing boundaries, even if I feel justified in my belief?
- How can I balance desire and respect in relationships, ensuring that both partners have equal space and freedom?



"LIKE THAT"

*"Trapped under the surface of your words
There is a new intention
New whispers that once could not be heard"*

Vessel feels ensnared by the other person's words, caught beneath the surface of what's being said. The "new intention" and "new whispers" suggest that the other person is changing their approach... perhaps becoming more subtle, manipulative, or aggressive in their communication. These hidden intentions are starting to emerge, and Vessel is beginning to recognize them, though they may not have been apparent before.

*"Catching your intention
Wait, talking with razors on your tongue
Just to provoke my combat"*

Vessel senses the sharpness and malice in the other person's words. The metaphor of "razors on your tongue" suggests that the other person is intentionally speaking to hurt or provoke, perhaps with the intention of starting an emotional battle. The use of "combat" implies that Vessel is drawn into a conflict, a battle of wills or emotions, instigated by the other person's provocative behavior.

*"New weapons to snap those final strings
Just to watch me fall back"*

The other person is now using manipulative tactics: new weapons in their arsenal to sever the remaining emotional ties that bind them. This line suggests that they are deliberately breaking Vessel down, watching as he falls apart or retreats in response to their attacks.

*"Do you like that? (Do you like that? No)
Do you like that?"*

The repetition of this question indicates that the other person is testing boundaries or relishing the power they have over Vessel. It's almost as if they are challenging him to respond, to show how far they can push him. There's a sadistic pleasure in watching his reaction, even if they don't directly admit it.

*"Push down into membranes and layers
Creating a slow dissection"*

The imagery of being pushed "into membranes and layers" evokes a sense of emotional dissection: the slow, painful process of being picked apart. It suggests that the relationship is gradually destroying Vessel, breaking him down layer by layer, with the other person taking control of the process.

*"I stumble into your tar trap
An addition to your collection"*

Vessel feels as though he's been caught in a trap, unable to escape. The tar trap symbolizes entrapment, a situation he can't get out of, where every attempt to free himself only makes him more stuck. The

"addition to your collection" suggests that the other person collects victims or emotional casualties, and Vessel is now one of them.

"Fall into your eyes like a grave (all that is inside, all your anger)"

Vessel feels consumed by the other person's gaze, as if falling into their eyes is akin to falling into a grave, a symbol of finality, darkness, and emotional death. The "anger" that lies within the other person is now evident, and it swallows Vessel, pulling him deeper into the emotional void.

"Bury me into the sound of your name (all your disgust, all your resentment)"

Vessel is metaphorically buried by the sound of the other person's name, as if it is the last thing he hears before succumbing to emotional extinction. The feelings of disgust and resentment become overwhelming, and Vessel's emotional space is dominated by these negative forces. He is suffocated by them, unable to escape.

Psychological Analysis: Vessel's Lens

Vessel is caught in a manipulative and destructive cycle where the other person's words and actions are designed to break him down. The emotional violence in their relationship is clear: each insult, each challenge, each provocation is an attack on his sense of self. Vessel is deeply affected by this, and he begins to feel like he's being emotionally consumed by the other person's pain, anger, and resentment. He feels as though he's falling into a grave, an emotional void that he cannot escape, where the other person's unresolved issues swallow him whole. The hypnotic pull of their manipulation keeps him trapped in this cycle, unable to break free.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally distant, but their actions have an unseen power over Vessel. The emotional wounds they inflict seem intentional, as if they are testing Vessel's limits. Sleep's indifference to his pain creates an emotional imbalance where Vessel is the one who suffers, while Sleep remains detached, possibly enjoying the power they have over him. The fact that Vessel falls deeper into emotional destruction may suggest that Sleep has little regard for his well-being, treating him as a casualty in a larger emotional battle.

Two Sides of the Token?

The relationship dynamic is one-sided and emotionally destructive. Vessel is overcome by his feelings for Sleep, allowing himself to be drawn into their toxic orbit. Sleep, on the other hand, maintains a detached, almost sadistic control, emotionally manipulating Vessel and feeding off his emotional reaction. This cycle creates an emotional power struggle, Vessel's growing need for connection against Sleep's emotional indifference and manipulation.

♥ Boundary Reminder

If you find yourself in a relationship where you feel constantly emotionally drained, manipulated, or consumed by another person's pain, it's essential to set boundaries to protect your emotional health. A relationship should not feel like a battlefield, nor should it leave you feeling crushed by someone else's unresolved issues. Healthy relationships require mutual respect and emotional care. If you're feeling trapped, it may be time to reevaluate the dynamics and prioritize your own well-being.

Self-Work Questions:

- When have I allowed myself to be emotionally manipulated or controlled by someone else?
- How do I recognize when a relationship is draining me rather than helping me grow?
- What boundaries can I set to protect my emotional well-being in difficult relationships?
- How do I navigate the emotional fallout from toxic relationships and start the process of healing?



“THE LOVE YOU WANT”

*"You lie an inch apart on your own continuum
Now keep the freak show talk to a careful minimum"*

Vessel and Sleep are physically close but emotionally distant, each trapped in their own worlds. The phrase “an inch apart on your own continuum” suggests they are not truly connecting, despite being in close proximity. The reference to “freak show talk” implies that communication between them is dysfunctional, possibly filled with tension or discomfort, requiring careful moderation to avoid further emotional damage.

*"I'll find a different harbor to lay my anchor in
And you'll find a different way to keep from setting sail again,
no"*

Vessel is contemplating the idea of moving on, searching for a different emotional safe place or connection (a new "harbor"). Sleep, on the other hand, is resistant to change, they remain trapped in their own cycle, unwilling or unable to take action or move forward ("keep from setting sail again"). This shows a difference in emotional readiness: Vessel is seeking growth, while Sleep is stagnant.

*"But I'm still full of the love you want
Still waking up beneath it all"*

Vessel remains deeply in love with Sleep, despite the emotional distance. Even though things are falling apart, Vessel is still invested, his love for Sleep hasn't diminished. He is "waking up beneath it all," meaning that even though there is pain and confusion, he continues to endure because of the love he feels.

*"And I'm still full of the love you want
I reach for you on faith alone"*

Vessel continues to reach out to Sleep, but his efforts are based purely on faith: his belief that their connection is worth fighting for, even though there's little concrete evidence to support it. His love is unrequited or at least unacknowledged, but he persists, holding onto the hope that something will change.

*"Seems your heart is locked up and I still get the combination
wrong"*

This line speaks to the emotional walls Sleep has built around their heart. Vessel keeps trying to connect emotionally, but his efforts are in vain as he continually fails to understand Sleep's inner world. The metaphor of getting the "combination wrong" reflects the frustration of not being able to access Sleep's emotional depth, despite his persistent efforts.

*"Or are you simply waiting to save your love for someone I am
not?"*

Vessel begins to wonder if Sleep's love is reserved for someone else, someone who fits a different mold or fulfills a need that Vessel cannot. This is the moment where doubt creeps in, as Vessel questions whether he will ever be able to meet Sleep's emotional expectations or if he's fundamentally unsuitable for the love he desires.

*"Too many swallowed keys will make you bleed internally
someday, oh, oh"*

The "swallowed keys" metaphor suggests that emotional secrets or unspoken feelings are accumulating inside Sleep, potentially causing internal harm. If these emotions are repressed for too long, they could cause psychological or emotional damage, leading to self-destruction. Vessel is trying to point out the dangers of keeping everything bottled up.

*"Maybe you believe that in the end you will be better off that
way"*

Vessel acknowledges that Sleep might believe their emotional detachment is the best path. Sleep may avoid vulnerability because they think it will protect them, but Vessel believes this path will ultimately lead to emotional isolation. Vessel sees their emotional distance as a defense mechanism, but one that will be harmful in the long run.

Psychological Analysis: Vessel's Lens

Vessel is trapped in a cycle of unrequited love. His emotional attachment to Sleep has become all-consuming, and he is unable to break free from his feelings. Despite Sleep's emotional distance and possible indifference, Vessel remains full of love for

them. His persistence in reaching out to Sleep, even though it seems fruitless, shows his self-sacrificial nature, he would rather remain emotionally invested in an unattainable ideal than face the reality of moving on. The metaphor of “swallowed keys” and “locked hearts” suggests a relationship full of emotional suppression and frustration, with Vessel stuck on the outside of Sleep’s emotional world, unable to penetrate the walls Sleep has built.

Psychological Analysis: Sleep’s Lens

Sleep is emotionally distant and closed off, possibly because they believe detachment is safer than vulnerability. They may feel that by keeping their heart “locked,” they can avoid the pain of getting hurt or becoming too emotionally entangled. Sleep’s reluctance to engage could stem from fear of intimacy or past wounds, but their avoidance is creating an emotional chasm between them and Vessel. Sleep may not see the emotional toll they’re causing Vessel, as their detachment has become a defense mechanism that allows them to maintain control.

Two Sides of the Token?

Vessel and Sleep are locked in an imbalanced dynamic, where Vessel is pouring all his love and energy into a relationship that remains stagnant due to Sleep’s emotional unavailability. Vessel’s love is unconditional, but it is also self-destructive, as he cannot seem to move on or see beyond his love for Sleep. Sleep, on the other hand, remains in control emotionally by withholding affection, possibly because of a fear of vulnerability. This relationship creates a toxic cycle of dependence and avoidance, with Vessel sacrificing his emotional well-being in pursuit of something that may never be reciprocated.

♥ Boundary Reminder

When love becomes a one-sided sacrifice, it's essential to recognize that you deserve to be loved equally. If you find yourself constantly giving and waiting for something in return, it may be time to set emotional boundaries and protect your heart. Love should be a mutual exchange where both people are emotionally available, not a constant cycle of self-denial or emotional sacrifice.

Self-Work Questions:

- Am I in a relationship where I feel like I'm giving more than I'm receiving?
- How can I recognize when my love for someone is becoming a self-destructive obsession?
- Do I allow my emotions to be controlled by someone else's emotional detachment?
- How can I protect my emotional health while still staying open to love and connection?



"FALL FOR ME"

*"In a city of ice there are burning cathedrals
Turning the skies into glass"*

Vessel paints a picture of a cold, desolate place (the "city of ice"), yet within it, there are passionate, destructive elements ("burning cathedrals"). This paradox symbolizes the clash between emotional numbness and intense feelings. The "skies turning into glass" suggests a world that is both fragile and unforgiving: one where things can shatter easily, yet there's still beauty and heat beneath the surface.

*"And though echoing futures are the buckling sutures
That hold shut the wounds of the past"*

The "echoing futures" and "buckling sutures" suggest that unhealed emotional wounds are being held together by fragile promises or hopes for the future. The future is uncertain, yet it's the only thing holding Vessel together. The past remains painful, but the future is where Vessel places his hope, even if it feels precarious and unable to fully heal the emotional scars.

*"So won't you fall for me?
Won't you fall for me?"*

Vessel is pleading for connection. He desperately wants Sleep to fall for him, to return the feelings that he has for them. This repetition emphasizes his vulnerability and the depth of his longing.

*"Through a fractured existence
Won't you fall for me?"*

Vessel acknowledges the brokenness of their existence... perhaps referring to his own emotional fragmentation. Despite this, he is still reaching out, asking Sleep to embrace him and join him in his fractured state, hoping for some form of emotional wholeness through their connection.

*"From reality?
To the rhythm of eternity"*

This line suggests a shift from the mundane, everyday life ("reality") into something eternal and all-encompassing ("the rhythm of eternity"). Vessel is inviting Sleep to join him in something timeless, transcendent... a love or connection that goes beyond the confines of time and reality.

*"My insecurities surround me like lions in the den
And I feel like I'm losing touch with what I am again"*

Vessel is overcome by his own insecurities, symbolized as fierce lions. These fears and doubts are closing in on him, making him feel trapped. He feels disconnected from himself, as if he's losing touch with his identity or emotional core.

*"And slowly I remember why I cannot pretend
That I never think of you and all this screaming silence"*

Vessel acknowledges the emptiness of pretending not to care. Despite his efforts to shut out his feelings, he can't stop thinking about Sleep. The "screaming silence" reflects the disconnect between them, Vessel's feelings are intense and loud inside him, but they are met with silence from Sleep.

"Oh God I wish you were here"

This line reveals the depth of Vessel's yearning. He is overwhelmed by a sense of absence and wishes desperately for Sleep's presence, even though their emotional distance continues to grow.

*"With my love as your garden
Won't you fall for me?"*

Vessel offers his love as something nurturing and beautiful, a place where Sleep can grow and thrive, a garden of his affection. He's essentially offering his heart, asking Sleep to return the love and make it their own. This line underscores his desire to create a space of emotional safety and growth for both of them.

"I am yours to the end"

Vessel expresses his unwavering devotion, pledging himself completely to Sleep. He is all in, regardless of the uncertainty or pain involved, and he wants Sleep to know that his commitment is unconditional.

Psychological Analysis: Vessel's Lens

Vessel is caught in a state of emotional turmoil, constantly yearning for a connection with Sleep that he feels is elusive. His feelings for Sleep are intense and overwhelming, and he views their relationship as something fractured yet timeless; he believes that their love transcends the present moment and is destined for eternity. However, the emotional distance between them, symbolized by the "screaming silence", creates a painful tension. Vessel's insecurities only deepen his frustration, making him question his own identity and self-worth as he waits for Sleep to reciprocate. His plea for Sleep to "fall for me" is an expression of emotional vulnerability, and he is desperate for their connection to heal his brokenness.

Psychological Analysis: Sleep's Lens

Sleep, as in previous lyrics, remains emotionally distant. While Vessel is pouring his heart out, Sleep is perhaps unable or unwilling to meet him halfway, contributing to the growing emotional void between them. Sleep might be struggling with their own emotional walls, whether out of fear of intimacy, self-protection, or indifference. Sleep may not fully recognize the depth of Vessel's pain or the magnitude of his emotional investment, leaving them detached in a way that exacerbates Vessel's insecurities. The contrast between Vessel's deep yearning and Sleep's emotional absence creates a toxic dynamic where Vessel's need for love is not being reciprocated.

Two Sides of the Token?

Vessel is caught in a constant cycle of longing, believing that he and Sleep are destined for an eternal bond. His love for

Sleep is all-consuming, but it is unreciprocated, and he is left to suffer in silence, surrounded by his insecurities. Sleep, on the other hand, remains largely unmoved... their emotional absence fuels Vessel's obsession, creating a power imbalance where Vessel feels emotionally enslaved by his need for them. This dynamic highlights a destructive cycle where one partner is giving everything while the other remains emotionally detached, leaving the relationship unbalanced and fraught with unaddressed emotions.

♥ Boundary Reminder

If you find yourself in a relationship where your love is one-sided, it's crucial to acknowledge the emotional toll it's taking on you. Love should not be a battle to be won, it should be a mutual exchange. If you are the one constantly reaching out and feeling the weight of emotional distance, it may be time to set boundaries and prioritize your emotional health. Mutual respect and emotional availability are key components of a healthy relationship, without them, the cycle of longing and hurt will continue.

Self-Work Questions:

- How do I handle the emotional distance in relationships where I feel like I'm the only one trying?
- Am I sacrificing my emotional well-being for the chance of love, and is it worth it?
- How can I ensure that I am prioritizing mutual emotional investment in my relationships?
- When is it time to release someone emotionally, even when my feelings for them are strong?



"ALKALINE"

*"Every once in a while something changes
And she's changing me"*

Vessel feels like a shift has occurred, something unexpected that has altered his emotional or psychological state. This change is brought on by Sleep, and it's so profound that it is transforming him in ways he hadn't anticipated.

"It's too late for me now, I am altered"

Vessel realizes that he has already undergone this transformation, and it's irreversible. His feelings for Sleep have changed him on a deeper level, to the point where he can't go back to who he was before.

"There is something beneath"

Vessel senses that there is more to Sleep than meets the eye. There's an underlying depth or mystery that Sleep carries, something beneath the surface that continues to draw Vessel in.

*"She's not acid nor alkaline
Caught between black and white
Not quite either day or night
She's perfectly misaligned"*

Sleep isn't easily classified or understood. She's neither extreme nor balanced... not acid nor alkaline, but something in between. The description of being "caught between black and white" speaks to ambivalence, complexity, and an inability to fit neatly into clear definitions. She exists in the gray area, a space of uncertainty, misalignment, and ambiguity that makes her all the more compelling and difficult to grasp.

*"I'm caught up in her design
And how it connects to mine"*

Vessel feels entranced by the complexity of Sleep. He's not only fascinated by her, but he's also drawn into the way their lives or emotional paths intersect. There's a sense of fate or cosmic design, as if their connection was meant to be, but it's unpredictable and misaligned in ways that make it all the more intriguing.

*"I see in a different light
The objects of my desire"*

Sleep has fundamentally shifted how Vessel views desire. What he once thought he wanted or craved now appears in a different light because of his connection with Sleep. This could imply that desire itself has become distorted, perhaps it's no longer just about the physical or superficial, but something more profound and mysterious.

*"Ooh, let's talk about chemistry
'Cause I'm dying to melt through
To the heart of her molecules"*

The connection between Vessel and Sleep is described as a chemical reaction, something that transcends mere attraction and becomes almost scientific in nature. Vessel is desperate to understand and connect with the core of Sleep's being, as if he's fascinated by the molecular structure of their connection.

"Til the particles part like holy water"

This line suggests that Vessel wants to experience a spiritual or transcendental release... a deep connection that could almost be described as divine or sacred. The metaphor of "holy water" could imply that this union has the potential to be cleansing, purifying, and transformative.

*"If anything
She's an undiscovered element
Either born in Hell or Heaven-sent"*

Vessel seems to regard Sleep as a mysterious and untapped force, an undiscovered element. He cannot place her in any one category, unsure whether she's a blessing or curse. The reference to Hell or Heaven suggests that Sleep's influence is both otherworldly and intense, pulling Vessel between extremes.

"Either way I'm into it"

Despite the uncertainty and mystery, Vessel is fully enthralled by Sleep, no matter what she represents. He's captivated

by the unpredictability of their bond and is willing to embrace whatever comes from it, even if it is dangerous or difficult.

Psychological Analysis: Vessel's Lens

Vessel's fascination with Sleep is both intense and transformative. He is captivated by the way she defies classification, which only deepens his desire to understand her. There is a mystical element to their connection, where Sleep is both a puzzle and a force he can't fully grasp. Her emotional or psychological ambiguity makes her more compelling, and Vessel is caught up in trying to understand how their lives or desires are interconnected. This feeling of being "altered" suggests that Vessel is losing himself in the connection, reshaping his identity around it.

Vessel's obsession is about transformation. He sees his connection with Sleep as something that is changing him on a molecular level, a bond so strong that it is beginning to feel like a chemical reaction he cannot stop. This desperation to "melt through" to her core shows that he is trying to comprehend the mystery of her, something that remains just out of reach.

Psychological Analysis: Sleep's Lens

Sleep is the embodiment of mystery and complexity for Vessel. She remains untouched by conventional emotional categories, neither good nor bad, light nor dark. Sleep's emotional detachment allows her to be seen as an undiscovered element, a puzzle that Vessel wants to solve. She doesn't conform to the typical expectations Vessel has, which makes her all the more intriguing. Sleep's lack of emotional clarity contributes to the power imbalance, as Vessel is desperately seeking answers, while Sleep remains emotionally opaque and untouched by his need.

Sleep might not view their connection with the same intensity that Vessel does, but her elusiveness makes her a magnet for his obsession. She might be aware of her effect on Vessel but chooses not to fully engage or reveal her true self, allowing him to remain entranced by the mystery.

Two Sides of the Token?

The relationship between Vessel and Sleep is marked by emotional imbalance and fascination. Vessel is drawn to Sleep because she represents something unknown and unpredictable. She is not easily understood or classified, and this mystery only deepens his emotional investment. Sleep, on the other hand, remains detached and elusive, offering no clear reciprocation of Vessel's feelings. This creates a dynamic where Vessel is constantly striving to understand and connect, while Sleep maintains control by keeping herself just out of reach.

♥ Boundary Reminder

While the pull of desire and fascination is natural, it's important to recognize when you are losing yourself in someone else. A healthy relationship should have a balance of mystery and understanding, but not at the cost of your own identity. If you are constantly striving to unravel someone else without consideration for your own emotional health, it may be time to step back and reevaluate the connection. Emotional independence and self-clarity are crucial for building a healthy, reciprocal relationship.

Self-Work Questions:

- Am I losing myself in a relationship that feels more about fascination than real emotional connection?
- How do I balance the mystery and desire for connection without sacrificing my sense of self?
- How can I recognize when I'm caught in a cycle of obsession and how do I break free from it?
- What boundaries can I set to ensure that my emotional investments are healthy and reciprocal?



"DISTRACTION"

*"Oh, and I know
I can tell I'm falling further again"*

Vessel is aware that he's slipping deeper into emotional turmoil. His awareness of falling further indicates that he's in a state of self-destruction, or at least emotional confusion. Despite this recognition, he feels compelled to continue on this path, unable or unwilling to stop.

"But I won't turn away, it's far too late for me"

This line reflects resignation. Vessel understands that the emotional journey he's on is destructive, but he feels it's too late to change course. There's a sense of fate or inevitability, he's already so far gone that turning back seems impossible.

"Cause I am broken into fractions"

Vessel feels emotionally shattered, divided into pieces. The use of "fractions" suggests that he's not whole: his identity or emotional state is fragmented, and he can't find wholeness or coherence within himself.

"Oh, and I am driven to distraction"

Vessel is consumed by his own emotional chaos. His thoughts are scattered, and he's constantly pulled in different directions. This could refer to his obsessive thoughts about Sleep, which distract him from clarity or rational thought, keeping him in a perpetual state of emotional instability.

*"Oh, and I swear she is not like any other, no
Something much more than I could ask for"*

Vessel elevates Sleep to a higher plane, seeing her as something uniquely perfect or beyond what he could have imagined. She becomes idealized in his mind, someone who stands apart from all others, representing something unattainable or out of his reach.

"(It's too late for me)"

This refrain echoes resignation again. Vessel feels like it's too late for him to escape or change. The emotional gravity of the situation is too strong, and he feels trapped in a cycle of obsession and desperation.

Psychological Analysis: Vessel's Lens

Vessel is caught in an emotional spiral that he can't escape. His awareness of the situation doesn't lead to change; instead, it deepens his feelings of helplessness. He is broken into fractions, suggesting that his identity or emotional health is fragmented and incomplete. The repeated refrain of "it's too late for me" reflects his

belief that he is irrevocably damaged or too far gone to heal. Vessel's obsession with Sleep has overwhelmed his emotional world, driving him into a state of distraction and self-doubt. He's stuck in a cycle where his love for Sleep feels like both the cause and effect of his emotional decay, leaving him unable to move forward or find any sense of peace.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally distant, unaware (or indifferent) to the depth of Vessel's pain. Their detachment only exacerbates Vessel's suffering, as he continues to invest in a relationship where his feelings are unreciprocated. Sleep's lack of engagement might reflect their emotional boundaries, which are not being respected by Vessel. However, Sleep's indifference could also stem from their own struggles with vulnerability or commitment, making it difficult for them to meet Vessel halfway.

Two Sides of the Token?

The relationship between Vessel and Sleep is marked by emotional imbalance. Vessel's intense feelings for Sleep have caused him to feel fragmented and broken, while Sleep remains emotionally absent or detached. This creates a toxic dynamic where Vessel's emotional investment is not matched by Sleep, leaving him in a state of emotional turmoil and self-doubt. Vessel is trapped in his obsession, unable to escape the cycle of longing and despair, while Sleep seems disconnected from the emotional chaos they've caused.

♥ Boundary Reminder

If you find yourself feeling trapped in an emotional cycle where your feelings are unreciprocated, it's important to set boundaries for your own well-being. Self-awareness is key, but it is equally important to recognize when a relationship is hurting you rather than helping you grow. Love should not be a source of constant destruction or self-sacrifice. You deserve emotional balance and respect, not a relationship that leaves you feeling fragmented and broken.

Self-Work Questions:

- Am I emotionally stuck in a cycle where my love is not being reciprocated?
- How do I recognize when I am losing myself in a relationship, and how can I pull myself back?
- How can I heal from emotional trauma caused by unbalanced relationships?
- What boundaries can I set to protect myself from being overwhelmed by one-sided emotional investment?



"DESCENDING"

*"Just take it all
For nothing again
Create, release
You just don't feel the same"*

Vessel feels like he's giving everything, but it's for nothing... his efforts are unreciprocated. There's a sense of exhaustion in the act of creation and release, but despite all of this, Sleep's feelings remain unchanged. This gives the sense that Vessel is continuously investing emotionally, but it doesn't lead to any meaningful return or emotional shift from Sleep.

*"I asked, and you answered
But you eat your words in vain
At last, discover
You can't recall my name"*

This suggests that Vessel has tried to communicate and seek answers, but Sleep's responses are empty or insincere ("eat your words in vain"). There's an emotional disconnect here, Vessel is deeply hurt that Sleep has become so detached that they can't even recall his name. This represents a loss of significance for Vessel, as though he has become an afterthought to Sleep.

*"I don't wanna let you fall away
But I've been left no choice
Don't you see that?"*

Vessel is reluctant to let go of Sleep but feels he has no other option. This line reflects emotional conflict, he doesn't want to let the relationship fall apart, but he recognizes that he's been forced into this position. There's a sense of emotional surrender and acceptance of something he doesn't truly want.

*"You come crawling back to me
But I'm already on the ground"*

Sleep's return is now too late... by the time they come back, Vessel is emotionally spent. This creates a power imbalance, where Sleep's emotional need for Vessel comes only after Vessel has already been crushed by their absence or neglect. Vessel is already defeated, emotionally drained, and no longer in a position to offer the same warmth or connection.

*"And we all know the talk is cheap
So come on and save me now"*

Vessel's frustration grows as he rejects empty promises or words from Sleep. He sees through the insincerity, understanding that actions speak louder than words. Now that he's at his lowest, Vessel is pleading for something real, something that saves him from the emotional wreckage.

*"And you wonder what I believe
But you don't wanna be around"*

Sleep questions Vessel's beliefs or thoughts, but refuses to truly engage with him. This line highlights the hypocrisy of the situation, Sleep is trying to understand Vessel's inner world, but only when it's convenient for them, without being fully present to share in the emotional depth Vessel is offering.

*"So what would you do for me?
Yeah, what would you do for me?"*

Vessel asks a direct, emotionally-charged question: what is Sleep willing to sacrifice or give in return? He's questioning their commitment, challenging Sleep to demonstrate their love or loyalty after everything that has happened. It's a challenge of sincerity: will they truly act on their words, or will it continue to be a pattern of empty promises?

*"I won't repeat
What I have said beforehand
My love withers
And chokes in perfect awe"*

Vessel is done repeating himself, he's emotionally exhausted from trying to communicate and explain his feelings. The metaphor of love withering speaks to the death of his emotional energy, as his feelings are not being nurtured or returned. The "perfect awe" suggests that Vessel's devotion was once beautiful, but it is now suffocated, left to fade away without any real reciprocation.

*"(Why don't you just say what you wanted to say for once?)
Away"*

This repeated line suggests that Vessel is demanding clarity from Sleep, wanting them to finally speak openly and truthfully, without hesitation or avoidance. The absence of this communication leaves him feeling disconnected and ignored, perpetuating the emotional divide between them.

Psychological Analysis: Vessel's Lens

Vessel is in an emotionally destructive cycle where he continually gives of himself, yet receives little in return. He is fractured by his love for Sleep, constantly offering emotional energy, but it leaves him empty. He feels forced into submission, accepting that he can't change Sleep's detachment, even though he doesn't want to let go. This acceptance is heart-wrenching for Vessel, who recognizes that Sleep only returns when it's convenient, and he's left emotionally drained as a result. The deep frustration and heartache Vessel feels are compounded by his need for authenticity from Sleep, which is never fully realized.

Vessel's insistence on no empty words shows his exhaustion with promises that are never followed through. His emotional burnout and self-doubt are evident as his love begins to wither, like something that can no longer survive in the absence of care or recognition. His plea for sincere action underscores how unbalanced their relationship has become, and how disconnected Vessel feels from the person he once loved.

Psychological Analysis: Sleep's Lens

Sleep's behavior suggests that they are emotionally distant and unavailable, only engaging with Vessel when it suits them. This creates an imbalance in the relationship, where Sleep's returns feel more like performative gestures than genuine emotional engagement. Sleep may be struggling with their own issues,

whether fear of vulnerability, emotional avoidance, or simply an inability to fully commit to the relationship. However, their inability or unwillingness to meet Vessel halfway leaves him exhausted and emotionally drained.

Sleep's absence, and the eventual return only when it's convenient, creates a toxic cycle of dependency and disillusionment. They may not recognize the harm they're causing or may be too self-absorbed to see how their emotional detachment is affecting Vessel.

Two Sides of the Token?

The relationship between Vessel and Sleep is deeply imbalanced. Vessel is emotionally invested to the point of exhaustion, giving all of himself while Sleep remains emotionally detached or only engages when necessary. Sleep's return is hollow, and their actions are a repeated pattern of inconsistency and emotional neglect. This dynamic creates a cycle of emotional sacrifice for Vessel, who pleads for sincerity and authenticity that he's not receiving. Meanwhile, Sleep seems to exist in a state of emotional detachment, perpetuating this unhealthy cycle.

♥ Boundary Reminder

If you find yourself in a relationship where you are constantly giving without receiving, or where your emotional needs are consistently ignored, it's essential to reassess your role in the dynamic. Healthy relationships require mutual emotional investment and respect for boundaries. It's okay to step back from relationships that drain you, and it's vital to protect your emotional health. Don't settle for words that aren't backed by action... you deserve sincerity and reciprocity.

Self-Work Questions:

- Am I in a relationship where I feel like I'm always giving but never receiving?
- How do I know when I am emotionally exhausted and need to step back for my own well-being?
- What boundaries can I set to ensure that my emotional needs are being respected?
- How can I recognize when I am caught in a cycle of emotional dependency, and how can I break free?



"TELOMERES"

*"You guide me in
To safety and silence, oh
As you breathe me out
I drink you in, oh"*

Vessel is being led by Sleep into a space of emotional safety, but this safety comes with a sense of silence, perhaps a silence that suggests emotional detachment or a stillness between them. The imagery of breathing in and out could symbolize the exchange of energy between them, where Vessel is fully immersed in the experience of being with Sleep, absorbing their presence.

*"And we go beyond the farthest reaches
Where the light bends and wraps beneath us"*

The journey with Sleep transcends ordinary experiences, they go beyond the limits of what is known, reaching a place where time and space seem to shift. The light bending could suggest a distorted reality, where their connection creates a space that is both mystical and otherworldly, a place where the laws of nature or reality don't fully apply, a metaphor for the intensity of their bond.

*"And I know as you collapse into me
This is the start of something"*

The imagery of collapse suggests a complete emotional surrender, Sleep is merging with Vessel in a way that feels both intimate and overwhelming. The word "collapse" implies that their connection is not just gentle; it's total and consuming. Vessel is certain that this moment marks the beginning of something significant, perhaps the start of an irreversible change in their emotional or spiritual journey together.

*"Rivers and oceans
We could beckon, no"*

Vessel sees the potential for vast, sweeping change, like calling forth rivers and oceans, the magnitude of their connection could move mountains or shift the very landscape of their relationship. There's a sense of power in this line, but the word "no" adds a touch of doubt or hesitation... perhaps Vessel wonders whether such a force is truly within their grasp, or if it's just a dream.

*"Your eyes and your limbs
Are instruments to pick apart
The distance within"*

Sleep's physical presence, their eyes and limbs, become tools for exploring the emotional or spiritual distance between them. The act of "picking apart" suggests that there is something to be uncovered or understood within this emotional space, something that requires attention and care to fully comprehend or resolve. Vessel may feel that the physical connection is a way to

bridge emotional gaps and get closer to what lies beneath the surface of their bond.

*"Let the tides carry you back to me
The past, the future
Through death"*

The metaphor of the tides carries the idea of something that is cyclical, returning to the beginning, with emotional or spiritual forces at play. The past and future are both contained in this tide, suggesting that their connection transcends time, both of them are being carried along by forces that reach beyond death, hinting at something eternal or transcendent. The mention of death could also signify a rebirth, a moment of transformation that they are both going through, whether emotional or spiritual.

"My arms are open"

Vessel is offering full emotional openness, embracing whatever comes from this intense connection. The arms being open represents a willingness to be vulnerable and to accept whatever happens between them, whether painful or joyful.

*"We go beyond the farthest reaches
Where the light bends and wraps beneath us"*

This line is repeated, emphasizing the mystical and boundless nature of their connection. Again, they move into a realm where light and reality are distorted, where the laws of nature don't fully apply, and where their bond feels like it defies all conventional limits.

*"And I know as you collapse into me
This is the start of something new"*

As Sleep collapses into Vessel emotionally and physically, there is a renewal... a new beginning. The collapse is a transformative union, where something deeper is born from their emotional or spiritual fusion. It signals the start of a new chapter, one that is defined by intense connection and potential for growth.

Psychological Analysis: Vessel's Lens

Vessel feels that his connection with Sleep has reached a transcendent level, one that goes beyond physical or emotional limits. His awareness of their bond is deeply spiritual, and he perceives it as something that shifts time and space. The imagery of collapse and the merging of their energies speaks to Vessel's sense of surrender: he is not only emotionally open to Sleep but is willing to lose himself in their connection. There's an undercurrent of desperation mixed with acceptance, as Vessel acknowledges that this relationship, for all its intensity, is the start of something new and irreversible. It's a force that he cannot resist, but he welcomes it, believing that something profound and transformative is at work.

Psychological Analysis: Sleep's Lens

Sleep's role is more mysterious, while Vessel seems open and vulnerable, Sleep remains more withdrawn. They may be aware of the deep emotional force they have over Vessel, but their emotional engagement is less clear. Sleep's mystery and detachment allow them to remain enigmatic, creating a sense of space in the relationship. This distance could represent fear of vulnerability, a desire to maintain control, or simply a natural

inclination toward emotional self-preservation. The collapse into Vessel is not a submission but could represent a moment of emotional surrender on their part, though it might not be as permanent or complete as Vessel believes.

Two Sides of the Token?

Vessel is completely immersed in their emotional connection, feeling that it is both spiritual and transformational. He views the bond as something that transcends time, where past and future are intertwined in the present moment. Sleep, however, may not be as emotionally involved in the same way. While they engage with Vessel, it is possible that Sleep remains guarded, perceiving the relationship as one of momentary intensity rather than eternal connection. This imbalance creates tension, Vessel's deep emotional commitment contrasts with Sleep's potential emotional retreat, leaving Vessel vulnerable to disillusionment if the intensity of the connection is not returned.

♥ Boundary Reminder

It's important to recognize when you are surrendering too much of yourself to someone who may not be as emotionally engaged as you are. Love should be a mutual exchange of trust, vulnerability, and commitment. If you find yourself constantly losing yourself in someone else's emotional world without receiving the same level of engagement in return, it's crucial to set healthy boundaries and protect your emotional well-being. You deserve a relationship where both partners are equally invested and emotionally available.

Self-Work Questions:

- Do I feel like I'm losing myself in a relationship that doesn't fully reciprocate my feelings?
- How do I protect my emotional health when I feel completely immersed in someone else's energy?
- What boundaries can I set to ensure that my emotional needs are being met in a healthy relationship?
- How can I balance emotional surrender with self-preservation to avoid losing my sense of self?



"HIGH WATER"

*"For the time being
I will still avoid my own questions
And we both bury that history deep"*

Vessel is deliberately avoiding introspection, choosing not to confront his own emotional conflict or past questions. The shared decision with Sleep to bury history deep shows a mutual avoidance of dealing with the past, perhaps out of fear, shame, or simply emotional exhaustion. This sets the tone for emotional repression, where both characters choose to ignore painful truths.

"But you know, I can hold my breath forever"

This line speaks to emotional endurance. Vessel feels he can withstand the emotional strain of the relationship, even if it means suppressing his true feelings. Holding his breath could symbolize sacrificing his emotional needs to keep the relationship intact, even at the cost of his own well-being.

*"For the time being
You are still a perfect reminder of what
All of these scars on my arms are for"*

Sleep is symbolized as a constant reminder of the emotional pain Vessel has endured. The "scars" represent the lasting emotional wounds that Sleep has either caused or that Vessel has accumulated through his devotion and longing. Sleep is tied to these scars, acting as a trigger for past pain, but also the reason for that pain.

*"If I can hold myself together
And I choke myself on sacred vapour"*

Vessel is struggling to maintain control, holding himself together in the face of overwhelming emotions. "Choking on sacred vapour" is an evocative metaphor, perhaps referring to clinging to something unattainable or unfulfilling. This could be a metaphor for trying to survive on promises or ideals that aren't actually helping him, but he's choking on them nonetheless.

*"Waiting on some holy favour
Basking in the solace of regret"*

Vessel is waiting for something outside himself... perhaps a divine intervention or the return of emotional balance. However, he is stuck in the past, finding solace not in action, but in regret, a painful, yet familiar place. His regret becomes a kind of emotional comfort zone, where he lingers even though it's not fulfilling.

"And it seems my hell is your high water"

This line speaks to the contrast between their emotional worlds, what feels like hell for Vessel is a comfort or relief for Sleep, symbolized as "high water." While Vessel is drowning in his pain, Sleep's emotional state remains distant or untouched, as if they are living in different realities. Sleep's emotional detachment

leaves Vessel to suffer in solitude, unable to connect on the same level.

"Wash me clean again before I pull myself beneath the waves"

Vessel is desperately seeking cleansing or emotional release. He wants to be purified before he succumbs to the overwhelming feelings, before he gives in to the destructive force of his emotions. The imagery of pulling himself "beneath the waves" suggests surrendering to emotional despair, but he is still clinging to the hope of salvation.

*"When the mouth of infinity buries its teeth in me
I'll smile through the agony for you"*

This line reflects the final surrender, Vessel is accepting his fate, even if it means emotional annihilation. The "mouth of infinity" could represent a sense of cosmic fate or inevitability, and Vessel is willing to endure the pain as long as he can endure it for Sleep, showing his unconditional devotion. He is prepared to suffer for them, even if it means losing himself in the process.

*"And I know you still bear the weight of your own existence
And you'll never bear the weight of two"*

Vessel acknowledges that Sleep carries their own burdens, but there is an emotional divide between them. Sleep's struggle is their own, and they are unwilling or unable to share that burden with Vessel. The line suggests that Vessel's emotional load... his pain and longing, is something he carries alone, and he must come to terms with the fact that Sleep cannot bear it for him.

*"And I choke myself on sacred vapour
Waiting on some holy favour
Basking in the solace of regret"*

This refrain is repeated, emphasizing Vessel's emotional stagnation. He is still stuck in his emotional turmoil, unable to break free from the cycle of waiting for something that may never come. The sacred vapour could symbolize his reliance on emotional fantasies or false hope, and regret continues to be his emotional solace, even though it doesn't lead to healing.

"And it seems my hell is your high water"

Once more, the emotional divide between Vessel and Sleep is emphasized. What is hell for Vessel, his emotional turmoil and suffering, is somehow a source of comfort or emotional equilibrium for Sleep, representing their inability to meet on the same emotional ground.

*"For the time being
I will admit my defeat again
I will accept that I can't pretend
We will ever be together"*

Vessel is admitting his emotional defeat, he can no longer pretend that things will ever be different between them. The hope for union has faded, and he's forced to accept the truth that the connection he desires may never happen. This line marks a shift in his emotional state: he is acknowledging the loss, the failure of his emotional aspirations with Sleep.

"I can't hold myself together"

Despite his efforts to remain emotionally intact, Vessel is finally breaking. He's losing control, and the weight of his feelings for Sleep is overwhelming. The finality in this line suggests emotional collapse; Vessel cannot keep it all together any longer, as his love for Sleep has become too consuming.

Psychological Analysis: Vessel's Lens

Vessel is trapped in a state of emotional paralysis and regret. He recognizes the toxic nature of his attachment to Sleep but is unable to let go. He is constantly drawn to them, hoping for some form of redemption or emotional release, but he is left with empty promises and emotional neglect. His sense of loss and defeat grows as he confronts the reality that he may never have the connection he desires. Despite his attempts to hold himself together, Vessel is breaking down, unable to bear the emotional weight of unreciprocated love.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally distant and disengaged from Vessel's suffering. Their inability to carry Vessel's emotional load suggests a fear of vulnerability or emotional avoidance. Sleep is detached from Vessel's pain and also from the emotional connection that Vessel so desperately seeks. Sleep's inability to meet Vessel halfway exacerbates the emotional distance, leaving Vessel to suffer in isolation.

Two Sides of the Token?

Vessel and Sleep are caught in a power imbalance: Vessel is emotionally invested to the point of self-destruction, while Sleep remains largely detached and unwilling to share the emotional

burden. The contrast between Vessel's emotional devotion and Sleep's emotional detachment creates a toxic cycle, where Vessel's love becomes all-consuming, while Sleep remains emotionally unreachable. The emotional divide is sharp, and Vessel is forced to admit defeat, realizing that the relationship he desires may never come to fruition.

♥ Boundary Reminder

If you find yourself emotionally stuck in a cycle of longing and regret, where your feelings are unreciprocated or ignored, it's essential to set boundaries. Emotional self-preservation is crucial when facing relationships that drain you without offering the reciprocity you need. It's okay to admit when a relationship is not fulfilling your emotional needs, and it's important to reclaim your emotional well-being by prioritizing your own growth over unrequited attachment.

Self-Work Questions:

- How do I know when my emotional investment in a relationship has become self-destructive?
- How can I reclaim my emotional balance when I feel overwhelmed by someone else's detachment?
- What boundaries can I set to protect my emotional health when I feel emotionally consumed by someone else's behavior?
- How can I learn to let go of a relationship that is no longer serving my well-being?



"MISSING LIMBS"

*"Just let me know
If nowadays the outer rounds of heaven don't
Keep up on the charm offensive anymore"*

Vessel is asking Sleep if the external forces... perhaps life, fate, or divine influence, are no longer helping or keeping things in line. The "charm offensive" might represent the emotional manipulation or allure that used to work in their favor, but now seems to have lost its impact. Vessel is noticing that something in the dynamic between them has shifted: what used to captivate or sustain their bond no longer has the same effect.

"Failing to remind you what you're living for"

This suggests that Sleep may be emotionally disconnected, no longer aware of the reasons for their actions or desires. It could also imply that Vessel's presence or love was once a reminder or source of meaning, but now it's insufficient or ineffective in maintaining the connection. Sleep might be losing touch with the very emotional core that kept them grounded.

*"And I'd give anything
To borrow your indifference, I'd drink you in"*

Vessel is jealous of Sleep's emotional detachment. He wishes he could adopt Sleep's indifference... to feel less, to be numb to the pain. By saying he'd "drink you in," Vessel suggests a desire to immerse himself in this emotional detachment in hopes of coping with the agony of his attachment. His desire to "borrow" it speaks to his emotional desperation, wanting to escape the intensity of his feelings.

*"To temper your belief in all my promises
To swallow my desire and choke on it"*

Vessel is struggling with the weight of his own promises, the things he's said or offered in the past now feel like burdens he can't escape. The phrase "swallow my desire and choke on it" speaks to the self-destructive nature of his love. His intense longing for Sleep has become something that's both painful and impossible to overcome, a desire that's suffocating him.

*"Cause it still makes my blood run cold
To remember what they did before
The stories that you never told to me"*

Vessel's past actions and the betrayals or emotional wounds he's experienced still haunt him. The "blood running cold" symbolizes the fear and pain that arises when he remembers what happened before, things that Sleep never shared with him. These untold stories are a source of emotional turmoil for Vessel, leaving him feeling abandoned or unheard.

*"Oh, but worry not
The blessings rain on battles in the heaven's arms
And my polite advances won't last for long"*

Vessel makes a sarcastic comment about how “blessings rain on battles in the heaven's arms,” possibly referring to how divine intervention or fate doesn't seem to be on his side. His "polite advances", likely gestures of love or affection, will soon fade because he feels like they've become ineffective. This line also speaks to his growing disillusionment with the situation.

"The eager apprehension is wearing off"

Vessel's emotional urgency or excitement is waning. The "eager apprehension" he once felt about their relationship or future has started to dissipate, replaced by resignation and loss of hope. His emotional drive is fading as he accepts the reality that things may never change.

"I'd give anything

*To balance your conviction with certainty
To fall asleep without you lying next to me"*

Vessel is yearning for peace, wanting to balance Sleep's conviction (perhaps their emotional steadfastness) with his own certainty. He wishes for a sense of closure or security, so that he can rest without the emotional weight of their connection. The line suggests that Vessel's feelings for Sleep are now a constant source of disturbance in his life, especially in something as simple as sleep.

"To sever my connection with everything"

Vessel wants to cut ties with the emotional chaos of his life, not just with Sleep but with everything that connects him to his pain. The desire to sever these emotional bonds shows his need for escape, to remove himself from the emotional conflict that's weighing him down.

*"Cause it still makes my blood run cold
To remember what I did before
The stories that you never told to me"*

The repetition of this line reinforces how deeply Vessel is still haunted by his past actions and the secrets Sleep holds. He is unable to move on from these past events, and the coldness he feels is a constant reminder of the emotional baggage that comes with them.

*"And it still makes my blood run thin
To remember what you are to him"*

Vessel is further tormented by Sleep's relationship with another person. The "blood run thin" suggests a deeper emotional wound, the realization that Sleep's emotional investment lies elsewhere, causing jealousy and heartbreak. The pain of being compared to another or knowing that Sleep is emotionally invested in someone else cuts deeply.

"And I'll live like I've got missing limbs for you"

Vessel is devastated, and his emotional state is so profound that he feels as if he is missing a part of himself. The metaphor of missing limbs suggests that Vessel feels incomplete without Sleep... he's not whole, and this emotional deficiency makes his existence feel painfully hollow. His love for Sleep has cost him so much that he feels he has lost pieces of himself in the process.

Psychological Analysis: Vessel's Lens

Vessel is in a state of emotional paralysis, where his love for Sleep has turned into a self-destructive force. His feelings for Sleep are so all-consuming that they've begun to corrode his sense of self. He's constantly reminded of what's been lost, whether it's the untold stories or his own past mistakes, and the weight of those things leaves him feeling emotionally fractured. His obsession with Sleep's indifference and emotional detachment makes him feel as though he is sacrificing parts of himself: his identity, his peace, his sense of stability, just to hold on to something that is not fully reciprocated.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally distant and detached, and their lack of engagement creates a massive emotional void between them. They are aware of Vessel's suffering but remain unaffected, either due to emotional guardedness or an unwillingness to be fully vulnerable. Sleep may not realize the emotional damage their detachment is causing, but their lack of response to Vessel's emotional turmoil perpetuates the disconnection. Sleep's inability to reciprocate Vessel's emotional investment creates a toxic dynamic where Vessel's obsession becomes a form of self-destruction, while Sleep remains unbothered, contributing to the imbalance.

Two Sides of the Token?

Vessel's emotional turmoil is starkly contrasted with Sleep's emotional detachment. While Vessel is emotionally overwhelmed by his love and longing for Sleep, Sleep remains largely unaffected by his pain. The imbalance creates a toxic cycle where Vessel is

willing to give up pieces of himself, but Sleep's detachment prevents any real resolution. The relationship is built on one-sided emotional investment, where Vessel is consumed by his feelings, but Sleep remains untouched, unable or unwilling to meet him emotionally.

♥ Boundary Reminder

If you find yourself sacrificing your emotional health for someone who is not emotionally available or reciprocating, it's time to set boundaries. Self-preservation is essential, and it's important to recognize when a relationship is causing you to lose pieces of yourself. Love should not come at the cost of your well-being, and you deserve a connection where both partners are equally invested and emotionally present.

Self-Work Questions:

- How do I recognize when I am emotionally sacrificing too much in a relationship?
- What boundaries can I set to protect my emotional health when my feelings are unreciprocated?
- How do I reclaim my sense of self when I feel like I've lost parts of me in someone else?
- How can I shift my emotional investment toward mutual, healthy connections rather than one-sided attachment?

PART III
Take Me back To Eden



BUT SLEEP TOKEN ISN'T METAL! (AND OTHER ADORABLE MISUNDERSTANDINGS)

Ah yes, the eternal cry of the uninitiated: “Sleep Token isn’t metal!” said usually by someone clutching their Slayer vinyl like a toddler’s blankie while a band in masks plays a 7/8 breakdown that rearranges your DNA.

Let’s clear something up, my sweet summer children of distortion: nobody (not even Sleep Token perhaps) fully knows what they are anymore. And that’s exactly the point.

Exhibit A: The genre police and their little clipboards

Somewhere out there, there’s always a man in a vintage band tee typing in caps lock:

“THAT’S NOT REAL METAL. THAT’S POP WITH GUITARS.”

And you know what? He’s not wrong. It is pop. It’s R&B. It’s soul. It’s jazz. It’s gospel. It’s doom, djent, trip-hop, post-rock, and that weird emotional breakdown you had at 2 a.m. with a cup of cold tea. Sleep Token collect genres like Pokémon.

They’re not trying to be metal. They’re trying to be everything the word metal wishes it was when it grows up:

theatrical, spiritual, sensual, emotionally literate, and slightly terrifying.

Exhibit B: “But they don’t even scream that much!”

Correct. Vessel screams strategically. His harsh vocals are like the spice in a Michelin-star dish: you don’t dump the whole jar, you just flick your wrist and watch the room cry.

If you need your metal to be forty-five minutes of continuous throat trauma, that’s fine. But maybe, just maybe, it’s also nice when the apocalypse stops mid-song for a soft piano section and an R&B falsetto that could seduce a brick wall.

Sleep Token gives you emotional whiplash and calls it foreplay.

Exhibit C: “It’s too pretty to be metal.”

What you’re describing, dear gatekeeper, is range. Sleep Token makes beauty sound violent and violence sound beautiful. The riffs hit like concrete; the vocals melt like honey. It’s sophistication.

True metal was never about being one thing. Sabbath wrote love songs. Metallica wrote Nothing Else Matters. Tool spends entire albums reciting math homework. But apparently, Sleep Token adds a gospel harmony and suddenly the genre collapses? Relax. Nobody revoked your patch vest privileges.

Exhibit D: “It’s just TikTok music!”

Ah yes, because people crying to Atlantic or levitating during The Summoning are clearly doing it for the algorithm.

Here’s the secret, though: Sleep Token knows they’re too polished for the purists and too heavy for the mainstream. That’s

why it works. They live in the liminal zone between playlists, where the Spotify algorithm short-circuits and your emotions go, “Wait... do I headbang or cry?”

That’s the point. It’s not for TikTok... it’s about the human condition disguised as a breakdown.

Exhibit E: The heresy clause

Sleep Token isn’t metal because they refuse to follow the commandments. They worship a god that may or may not be their own trauma. They write about consent, mental health, and emotional labour between blast beats.

Their drummer makes other drummers consider early retirement. Their guitarist wears glitter. Their vocalist sings like R&B and screams like wrath itself. This is not rebellion against metal... it’s metal ascending its final form.

So what are they?

They are like water... fluid. When a grown man in a mask whispers “You make me wish I could disappear” and every emo, goth, metalhead, and spiritual burnout in the crowd goes absolutely feral, it reflects their craft.

They are the inevitable mutation of metal: one that finally figured out that emotional intelligence can be heavier than double bass.

So yes. Sleep Token isn’t metal. They’re evolution. They’re what happens when the riffs go to therapy, the god gets a personality disorder, and the audience starts crying in 4/4 time.



WHAT IF IT'S ALL A FARCE?

Imagine this. Somewhere in a low-lit flat, Vessel... not Vessel™, just a man with a laptop and a questionable snack choice... is sitting in sweatpants with Skyrim on in the background. He's not consulting ancient archetypes, he's not conjuring Jungian shadows, he's not thinking about trauma cycles. He's scrolling memes and thinking, "What if I just rhyme 'divine' with 'spine' again? That'll do."

He scribbles a line, half-laughing at how cryptic it sounds. He sends it to the group chat with II, III, IV, and Espera. Someone replies with a flamingo emoji. They all giggle. Meanwhile, entire corners of the internet are in candle-lit Discord servers decoding the flamingo as a herald of rebirth, shadow work, and neurodivergent awakening. And me... writing free digital books devoted to the band in my barely free time. Vessel reads one of these threads, shakes his head, and mutters, "These people need sunlight."

Cut to: Vessel on a beach. Mask off. Sunglasses on. A piña colada with a tiny umbrella in one hand, bank app open in the other. He's planning his next "cryptic disappearance" between sips. He's thinking about what kind of bird he can cosplay next tour: pelican? toucan? phoenix? He scrolls TikTok, sees a fan essay titled "Jerry the Black Flamingo and the Feminine Divine" by Jane Eelend and cackles so hard he almost spills his drink.

Because maybe it's all theatre. Maybe the masks, the moon-phase drops, the Houses, Jerry, the beak-shaped mask, the lyrics that sound like Jung had a baby with an R&B singer... maybe all of it is just a giant, exquisitely crafted joke. A brilliant marketing engine dressed up as mystery. A way to sell vulnerability in vinyl sleeves. A ritual designed by a very clever band and a very savvy manager.

And here we are. We chew it, swallow it, love it. We build entire mythologies out of crumbs because the world is wicked and empty and lonely, and it's easier to believe a flamingo is a metaphor for shadow work than to accept that maybe it's just a flamingo. We want meaning so badly that we'll write thousands of words about feathers and teeth, colour palettes and neurochemistry, and call it analysis when maybe it's just theatre.

And yet... here's the punchline... even if it is a farce, even if Vessel's only true religion is direct deposit, it doesn't matter. Because the experience is real for us. The catharsis is real. The screaming in the crowd, the shaking hands, the feeling of being seen for a second... those are ours. We built that meaning ourselves.

So maybe Vessel is on a beach, laughing at our essays. Maybe he's already writing "Atlantic 2: More water" while playing Candy Crush. Maybe the next album will be called 'Another Fucking Cycle', and we'll still weep, still theorize, still call it divine. Maybe we are all beautifully, willingly, a little unhinged.

Because that's the real theatre.

And it's brilliant.



THE GOSPEL ACCORDING TO SLEEP TOKEN

Sleep Token borrow from the Bible like poets, cherry-picking myth and scripture the way one might pocket relics from a crumbling cathedral. The names: Eden, Gethsemane, Damocles, Arcadia are anchors. Symbols that carry emotional density whether or not you've ever touched a page of scripture. They turn divine imagery into emotional shorthand.

Eden: The myth of innocence, rewritten

Biblically, Eden was paradise until the moment knowledge entered. Psychologically, it's the same... we're only innocent until we understand. Sleep Token's use of Eden is nostalgic, not holy. It's the ache for ignorance, the fantasy that maybe if we unlearned the wound, we'd be pure again.

But the title also mocks the idea of return. You can't go back to Eden. Once you've bitten the fruit, you carry the rot and the wisdom both. That's the paradox... you want to forget, but forgetting would kill the version of you that survived.

So the song is about the impossibility of it. About trying to find peace in the place that expelled you.

Gethsemane: The garden of surrender

Gethsemane is where Christ broke. Where he begged for reprieve and was denied. Where faith met fear and faith lost.

When Vessel invokes Gethsemane, he's playing human. The space between devotion and resentment, love and betrayal. The archetype of praying to something that won't answer.

Psychologically, Gethsemane is the burnout moment, the collapse right before the transformation. You've given everything, believed everything, but the silence is deafening. You realize the god you were pleading with might've been yourself all along.

Every Sleep Token album has a Gethsemane point... that track where surrender turns sour, where worship stops feeling holy and starts feeling humiliating. That's the cost of devotion.

Damocles: The sword of consciousness

The sword of Damocles is ancient Greek, but it fits their theology perfectly. A symbol of beauty under threat. Power that's inseparable from peril.

For Sleep Token, Damocles is about awareness. Once you know how fragile love, fame, faith, or sanity truly are, you can never un-know it. The sword hangs forever. The song feels like a man trying to dance under his own guillotine, aware that the next breath, the next verse, the next breakdown might be the one that severs him from peace.

That's the thing about Sleep Token's world: revelation and ruin are twins. The price of seeing too much is that you can't look away.

Arcadia: The aftermath

In classical mythology, Arcadia was paradise reborn: pastoral utopia, nature's untouched heart. But Sleep Token write haunted versions of them.

Their Arcadia is the idea of peace, reached only after collapse. It's what happens after you've torn yourself open for every song, every god, every lover and somehow, you're still standing. Arcadia is post-trauma softness. It's survival disguised as serenity.

The name itself feels deliberate. After the flood, after the tomb, after Eden there must be something. Something green and kind. Something that doesn't demand your blood as proof of devotion. Arcadia is that faint hope that healing might finally stay.



"CHOKEHOLD"

*"When we were made
It was no accident
We were tangled up like branches in a flood"*

The relationship between Vessel and Sleep is framed as something destined by a force beyond their control. They are entangled in each other's lives, much like branches in a flood... a chaotic, overwhelming connection that's not easy to break free from. The imagery evokes a sense of fate, where the bond is both powerful and uncontrollable.

*"I come as a blade
A sacred guardian
So you keep me sharp and test my worth in blood"*

Vessel presents himself as a protector: a "blade" meant to serve a higher purpose, possibly tied to duty or devotion. Sleep's role is to keep him sharp, testing his worth through emotional or psychological challenges. The "worth in blood" suggests that this relationship is not without sacrifice, and emotional pain is a measure of how much Vessel is invested.

*"You've got me in a chokehold
You've got me in a chokehold"*

The repeated refrain of being in a chokehold conveys how Sleep holds power over Vessel: emotionally, physically, or psychologically. This metaphor suggests suffocation, a feeling of being trapped or constrained by the intensity of the relationship. Vessel is held captive, unable to escape despite the pain or desire for freedom.

*"Beneath the stormy seas
Above the mountain peaks
It's all the same to me
It makes no difference"*

Vessel is indifferent to the extremes of life, whether they are calm or turbulent, the emotional landscape he navigates with Sleep feels unchanging. Whether they're experiencing highs or lows, it all feels the same to Vessel because the emotional tension and control remain constant.

*"I've seen my days unfold
Done the impossible
I'd turn my walls to gold
To bring you home again"*

Vessel reflects on the hardships he's endured and the impossible feats he's faced, all for the sake of Sleep. His willingness to transform himself: "turn my walls to gold", shows his desire to become more or change for the relationship, to bring Sleep back or restore what was once there. This suggests deep devotion, but also a hint of desperation.

*"So show me that which I cannot see
Even if it hurts me
Even if I can't sleep"*

Vessel is asking Sleep to reveal truths or emotions that are hidden from him, even if the truth is painful. His willingness to endure suffering (emotionally or physically) for the sake of clarity reflects a sacrificial love. The inability to sleep suggests his emotional unrest and constant overthinking.

*"Oh, and though we act out of our holy duty to be constantly
awake"*

This line could be referring to the sense of duty or responsibility they feel in their bond... perhaps an obligation to remain emotionally engaged or aware of each other, regardless of the toll it takes. The idea of being “constantly awake” suggests that their emotional connection is demanding and leaves no room for rest or reprieve.

*"You've got me in a chokehold
You've got me in a chokehold"*

This line is repeated again, reinforcing the suffocating nature of the emotional grip Sleep has on Vessel. It's psychological: Vessel feels trapped in this bond, unable to escape the emotional intensity, even as he desires to.

*"Even if it hurts me
Even if I can't sleep
Show me the way"*

Vessel is still willing to endure the pain, the sleepless nights, the emotional torment, as long as Sleep can provide him with a sense of direction or clarity. His devotion is unconditional, even in the face of suffering. He's asking for guidance, but there's a sense of desperation in this plea: he wants to be led, even though it may come at the cost of his emotional stability.

Psychological Analysis: Vessel's Lens

Vessel is deeply consumed by his attachment to Sleep, and he feels trapped in the intensity of their relationship. The chokehold metaphor is central to understanding the emotional suffocation he feels, his devotion to Sleep is both a source of meaning and pain. He is willing to undergo sacrifice and endure emotional hardships in the name of love, but there is also a sense of losing control over his own sense of self. He questions Sleep, seeking clarity and direction, but his devotion keeps him bound to a relationship that feels emotionally overwhelming and conflicting.

Vessel is also emotionally torn: he wants to change, to be transformed for the sake of their bond, but he is unsure if that transformation will bring them together or if it will destroy him further. His longing to "bring Sleep home again" suggests that there's a deep attachment to the past, a desire to restore what was once lost or what he believes they had. Despite all the pain and uncertainty, he cannot let go, remaining trapped in a cycle of emotional devotion and self-sacrifice.

Psychological Analysis: Sleep's Lens

Sleep's role is one of emotional detachment. They hold power over Vessel, but it's unclear whether this power is intentional or a side effect of their own emotional self-preservation. Sleep is emotionally unavailable, and their lack of engagement

contributes to Vessel's feeling of suffocation. Sleep may sense Vessel's devotion but does not seem to reciprocate it fully, leaving Vessel emotionally stranded. Their emotional indifference could reflect a fear of vulnerability, emotional avoidance, or a belief that emotional detachment is the only way to maintain control.

Two Sides of the Token?

Vessel and Sleep are locked in a power imbalance. Vessel is emotionally invested to the point of self-destruction, while Sleep remains distant, offering little emotional connection. The emotional chokehold Vessel experiences is a reflection of the unreciprocated nature of his devotion. Sleep, on the other hand, may be emotionally guarded or unwilling to fully engage, leaving Vessel in a constant state of longing and frustration. The imbalance creates a toxic dynamic, where Vessel's intense feelings are not met with the same emotional energy from Sleep, and he is left emotionally suffocated by the relationship.

♥ Boundary Reminder

When you feel emotionally choked by a relationship, it's important to recognize the signs of emotional suffocation. Healthy relationships should involve mutual investment, where both partners share emotional responsibility and respect each other's boundaries. If you find yourself constantly sacrificing your own well-being or losing yourself in someone else, it may be time to step back and reevaluate the relationship. Emotional freedom and balance are crucial: no one should feel trapped in a cycle of one-sided devotion.

Self-Work Questions:

- How do I recognize when I am emotionally suffocating in a relationship?
- Am I sacrificing my emotional well-being in the hopes of something that isn't being reciprocated?
- What boundaries can I set to ensure that my emotional energy is respected in relationships?
- How can I begin to release my attachment to a relationship that is overwhelming and not mutually fulfilling?



"THE SUMMONING"

*"I've got a river running right into you
I've got a blood trail, red in the blue"*

The imagery of a river running into Sleep suggests an overwhelming flow of emotion, an unstoppable connection that leads directly to them. The blood trail represents a deeper, more visceral connection, a path that is marked by pain and sacrifice... the "red in the blue" could symbolize the intermingling of raw emotions (red) with a more detached or numb state (blue). It suggests a relationship that floods the senses but also leaves an emotional mark.

*"Something you say or something you do
A taste of the divine"*

Vessel is captivated by both the words and actions of Sleep. Every interaction with Sleep feels charged with a sense of divinity, something that feels sacred or beyond the ordinary. This "taste of the divine" speaks to how intensely Vessel perceives their bond, elevating it to something spiritual and transcendent.

*"You've got my body, flesh, and bone, yeah
The sky above, the earth below"*

Vessel is completely surrendering to Sleep, offering all of himself: his body, flesh, and bone, as a form of devotion. He is emotionally and physically invested, implying a total sacrifice. The "sky above, the earth below" represent the cosmic and earthly connection he feels, with Sleep being at the center of his entire world: both his physical reality and spiritual existence.

*"Raise me up again
Take me past the edge
I want to see the other side"*

Vessel is asking to be elevated, to be transformed or reborn by Sleep's influence. He wants to be taken to the "other side"... perhaps a metaphor for a deeper understanding, higher emotional state, or even the edge of emotional destruction, where he can experience the profound intensity of their connection. It's about pushing beyond the ordinary to reach a state of ecstasy or transformation.

"Won't you show me what it's like?"

Vessel is asking Sleep to reveal the mysteries or depths of their bond. He wants to experience what lies beyond their current emotional and physical connection, pushing boundaries to discover something new, dangerous, or divine.

*"Oh, and my love
Did I mistake you for a sign from God?
Or are you really here to cast me off?"*

Vessel's emotional confusion and doubt come to the surface here. He questions whether Sleep's presence is a divine gift: a sign from God, or if they are merely here to reject him. This inner turmoil suggests that Vessel's desire is mixed with fear of abandonment. The uncertainty about whether Sleep is a blessing or a curse creates an emotional conflict in Vessel.

*"Or maybe just to turn me on
'Cause these days
I would be lying if I told you that
I didn't wish that I could be your man"*

Vessel acknowledges his desire and temptation, but there's also an internal conflict. He longs to be with Sleep, to fulfill his role as a lover or partner, but there's an underlying self-doubt: he questions if his emotional need is truly about love or if it's simply about desire or control. His admission that he wishes he could be her man reveals his vulnerability and yearning for a connection that feels both impossible and unattainable.

"Or maybe make a good girl bad"

Vessel may be reflecting on the possibility of transforming the dynamic between them, suggesting he could shift the power or influence in their relationship. The idea of turning a "good girl bad" suggests a desire to break boundaries, to reshape who they are together... perhaps in a way that goes beyond traditional love or expectations.

*"I've got a river running right into you
I've got a blood trail, red in the blue
Something you say or something you do
The taste of the divine"*

The repetition of these lines emphasizes the overpowering intensity of Vessel's emotions for Sleep. The river represents the constant flow of his love, while the blood trail is a reminder of the pain and sacrifice this relationship brings. Sleep's words and actions continue to affect him deeply, and the taste of the divine reiterates how he elevates their bond to a sacred level.

*"You've got my body, flesh, and bone
The sky above, the earth below
Nothing to say and nowhere to go
A taste of the divine"*

Vessel is fully surrendered to Sleep, offering every part of himself. The line "nothing to say and nowhere to go" suggests a feeling of emptiness or isolation... despite his full emotional and physical devotion, he may feel stuck or directionless, trapped in this all-consuming bond. The taste of the divine is a powerful reminder that, even in his pain, Vessel sees this connection as something holy and transcendent.

Psychological Analysis: Vessel's Lens

Vessel is emotionally consumed by his attachment to Sleep, and his feelings for them are not just about love but about an obsession that borders on spiritual. He elevates the bond to something divine, believing that it transcends ordinary human relationships and holds the key to something greater. However, his emotional state is conflicted: he longs for a deeper connection but also fears that he is being used or that his devotion is misguided. The relationship is not easy; it involves sacrifice, pain, and emotional uncertainty, but Vessel is unable to break free from the pull of his feelings. His love is both a blessing and a curse, and he is

willing to suffer for it, hoping that it will eventually lead to something transformative.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally distant, perhaps aware of Vessel's devotion but not fully engaged in the same way. Their power over Vessel is evident, as they continue to influence him without offering the same level of emotional investment. Sleep may be unwilling to fully reciprocate Vessel's feelings, either due to emotional detachment, fear of intimacy, or a desire to maintain control in the relationship. Their lack of engagement creates a psychological tension: Vessel is consumed by his desire, while Sleep remains largely unaffected or detached, contributing to the imbalance in their dynamic.

Two Sides of the Token?

Vessel is emotionally invested to the point of self-sacrifice, believing that his love for Sleep is something divine and transcendent. However, Sleep remains detached, emotionally unavailable, and unwilling to fully engage with the intensity of Vessel's feelings. This creates a toxic cycle where Vessel is trapped in his obsession, hoping for something more but unable to break free from his emotional attachment. Sleep holds the power in the relationship, leaving Vessel to suffer in his longing.

♥ **Boundary Reminder**

When love becomes self-destructive, it's important to recognize the need for emotional boundaries. If you find yourself sacrificing your emotional well-being for someone who is not reciprocating in the same way, it may be time to step back and reassess. Healthy relationships require mutual emotional investment. It's crucial to protect your emotional health and recognize when a relationship is no longer serving you in a positive way.

Self-Work Questions:

- How do I know when I am emotionally over-invested in a relationship that isn't reciprocal?
- What boundaries can I set to protect my emotional well-being when I feel trapped in unrequited love?
- How can I begin to reclaim my independence from someone who holds too much emotional power over me?
- What signs do I need to recognize to let go of a relationship that is no longer fulfilling my emotional needs?



"GRANITE"

*"Sulfur on your breath
Granite in my chest"*

The imagery of sulfur on the breath symbolizes something toxic and destructive: it could reflect the emotional toxicity or anger that the other person (likely Sleep) is carrying. "Granite in my chest" speaks to emotional hardness, Vessel has become cold, unyielding, and emotionally rock-solid, likely as a defense mechanism. The hardness of granite represents how stone-faced Vessel has had to become to protect himself from the damage caused by this relationship.

*"You won't ever have to talk about it
You'll never wanna talk about it"*

There is a refusal to communicate here, whether on Sleep's part or Vessel's. The relationship involves unspoken tension, where emotions and issues are left unsaid, festering in silence. The avoidance of talking suggests that both parties are choosing to ignore the problems rather than face them head-on. This creates a sense of emotional stagnation... nothing gets resolved, and it festers quietly.

*"Fury too damn late
Reason dislocates"*

The fury comes too late, meaning that when emotions finally erupt, they do so after the damage has already been done. Reason dislocates suggests that logic and clear thinking are no longer possible: emotion has taken over, and rationality is lost. This could signify how chaotic and irrational the relationship has become, where both parties are overwhelmed by their feelings but unable to resolve them in a productive way.

*"I was more than just a body in your passenger seat
And you were more than just somebody I was destined to meet"*

Vessel expresses that he is more than just a passive participant in the relationship. He's not simply along for the ride; he wants significance. The relationship, however, may have been reduced to something less meaningful for Sleep: Vessel was not just someone they "were destined to meet," but someone who deserved more than just being an afterthought. This suggests a sense of emotional neglect from Sleep, where Vessel's role in their life is minimized.

*"I see you go half-blind when you're looking at me
But I am"*

This line indicates that Sleep is emotionally or physically detached when looking at Vessel. "Half-blind" suggests that Sleep isn't fully seeing Vessel or understanding him. Vessel is struggling with emotional visibility, as if his feelings and needs are unseen or unacknowledged by Sleep. But the final "But I am" reinforces that Vessel exists, that he has value and substance, even though Sleep is not fully perceiving him.

*"Between the secondhand smoke and the glass on the street
You gave me nothing whatsoever but a reason to leave"*

This metaphor could represent the toxicity and emotional debris surrounding the relationship. The "secondhand smoke" suggests that Vessel is inhaling the leftover damage: emotional baggage or habits that are bad for him. The "glass on the street" could symbolize the broken pieces of their relationship. Despite this, Sleep gave Vessel nothing of value, only leaving him with a reason to leave, a painful realization that he deserves more than the emotional neglect he's receiving.

*"You say you want me, but you know I'm not what you need
But I am"*

Vessel confronts Sleep's emotional confusion or manipulation. Sleep claims to want him, but it's clear they don't want to meet his emotional needs. Vessel rejects this contradiction, asserting that he still exists, and his emotional needs still matter, even if they are not being met. It speaks to the internal conflict: Sleep may express desire, but their actions say otherwise. Vessel is asserting his emotional value despite the contradictions.

*"When you sit there acting like you know me
Acting like you only brought me here to get below me"*

Vessel is calling out Sleep's manipulation: acting as though they understand him or have control over him, but really, their actions seem to suggest they only brought him into their life to use him for their own needs, whether emotional or physical. There's a sense of emotional exploitation happening here, where Sleep seems

to treat Vessel as a means to an end, without seeing him as a whole person with his own emotional needs.

*"Never mind the death threats, parting at the door
We'd rather be six feet under than be lonely"*

This line suggests an extreme emotional tension in the relationship. The mention of death threats implies that things have become dangerous, whether metaphorically or literally. The line "We'd rather be six feet under than be lonely" expresses the desperation and extreme dependence in the relationship, suggesting that the emotional pain of loneliness is more intolerable than the chaos or even the threat of harm they are enduring together. It's a toxic attachment where fear of abandonment or being alone seems worse than staying in a destructive relationship.

*"And if you had a problem, then you should've told me
Before you started getting all aggressive and controlling"*

Vessel is frustrated by Sleep's lack of communication. He feels that if Sleep had a problem, they should have addressed it earlier instead of letting it fester and then resorting to aggression and control. This reveals a lack of healthy communication in the relationship, where passive aggression and emotional manipulation take the place of honest confrontation. Vessel feels that he was blindsided by Sleep's emotional outbursts rather than being able to talk through their issues.

*"You only drink the water when you think it's holy
So keep an eye on the road, or we will both be here forever"*

This line speaks to Sleep's selective engagement, only taking what they need or engaging with Vessel when it suits them,

treating things as sacred or important when it's convenient, but ignoring him when it's not. It suggests a one-sided dynamic where Vessel's needs and emotions are neglected unless they serve Sleep's desires. Vessel warns that if Sleep doesn't start paying attention (to their relationship and emotional needs), they will both end up stuck in a cycle of dysfunction, repeating the same toxic patterns forever.

"I was more than just a body in your passenger seat"

Vessel is asserting his worth, stating that he's not just someone to be used or discarded. He's more than just a passenger in Sleep's life: he has value, he deserves attention and emotional engagement beyond being a mere companion or convenience for Sleep. This line speaks to Vessel's growing self-awareness, as he realizes he is being treated as insignificant in the relationship.

Psychological Analysis: Vessel's Lens

Vessel is in a state of emotional frustration and confusion. He is aware that his emotional needs are not being met by Sleep, yet he continues to long for something more from the relationship. The chokehold metaphor from earlier is reflected here in the idea that he feels trapped and suffocated by this emotional dynamic, where Sleep is emotionally unavailable or distant. Vessel wants to be valued and seen as more than just a passing presence in Sleep's life, but despite his emotional investment, he is ignored or treated as insignificant. His self-worth is tied to being recognized, and yet, he's stuck in a relationship where his value is unacknowledged.

Psychological Analysis: Sleep's Lens

Sleep's behavior is emotionally unavailable and detached, possibly due to fear of vulnerability, emotional avoidance, or indifference. Sleep seems to have trouble truly seeing or engaging with Vessel on a deep emotional level. They may also feel conflicted, desiring Vessel but unable or unwilling to meet his emotional needs. The confusion in Sleep's feelings may stem from their own internal struggles, but their inability to truly commit emotionally leaves Vessel feeling unseen and unimportant.

Two Sides of the Token?

Vessel is emotionally devoted to Sleep, but his love is not being reciprocated. He feels undervalued and unseen, trapped in a relationship that doesn't fulfill his emotional needs. Sleep remains emotionally distant, unsure of their own feelings, and unwilling to fully engage with Vessel on the emotional level he desires. This creates a cycle where Vessel is constantly chasing something from Sleep, but he is met with emotional avoidance and detachment. The power imbalance in the relationship creates a toxic dynamic, where Vessel's devotion becomes a form of self-destruction, while Sleep remains emotionally unavailable.

♥ Boundary Reminder

It's important to recognize when a relationship is emotionally draining and unbalanced. If you find yourself invested in someone who is not reciprocating or meeting your emotional needs, it's crucial to set boundaries and prioritize your own emotional well-being. Love should be mutual, and no one should feel like they are constantly chasing after someone who is not emotionally available. Protect your self-worth and don't settle for being treated as insignificant or unseen.

Self-Work Questions:

- How can I recognize when I'm emotionally invested in a relationship that is not meeting my needs?
- How do I set healthy emotional boundaries when someone is not emotionally available or reciprocating?
- What are the signs that I am being ignored or undervalued in a relationship?
- How can I reclaim my emotional health and self-worth when I feel trapped in a cycle of emotional neglect?



"AQUA REGIA"

*"Well, my love is an animal call
Cutting through the darkness, bouncing off the walls"*

Vessel describes his love as an animal instinct, primal and forceful. The darkness and bouncing off the walls suggest that his emotions are chaotic and uncontained, making his feelings for Sleep feel uncontrolled and possibly destructive. There is a sense of raw energy in his love, but it's also something that could be overwhelming and disruptive.

*"Between teeth on a broken jaw
Following a blood trail, frothing at the maw"*

This imagery amplifies the violent intensity of Vessel's feelings. "Teeth on a broken jaw" and "frothing at the maw" suggest savage aggression, as if his love is something that is constantly fighting against pain and violence. He is following a blood trail, perhaps signifying that his emotional path is marked by sacrifice and hurt. This suggests that his love for Sleep is tied to ongoing emotional struggle.

*"These days I'm a circuit board
Integrated hardware you cannot afford"*

Vessel compares himself to a machine: a circuit board, something cold and mechanical, but also integrated and complicated. The idea that Sleep "cannot afford" him suggests that Vessel sees himself as a highly complex and valuable being, but one that may be beyond Sleep's emotional reach or capability. His emotional state has become technologically enhanced or distorted, functioning more like a machine than a human.

*"The perfect start to a perfect war
Putting down the roses, picking up the sword"*

Vessel is acknowledging that his love has led him to a battle, a conflict within himself or with Sleep. The image of putting down roses (a symbol of peace, love, and gentleness) and picking up a sword (a symbol of war and aggression) suggests that he's shifting from emotional vulnerability to emotional combat. This could symbolize his desire to fight for the relationship, even if it means sacrificing peace for battle.

"Aqua regia"

Aqua regia is a highly corrosive acid, capable of dissolving gold. It symbolizes something that is destructive, powerful, and uncontrollable. The repeated phrase suggests that the love Vessel feels is transformational, but also potentially destructive: it can break down what is precious and pure. This emotional force is so potent that it is corroding both him and the relationship.

*"Well, my past is a holy book
A call from Olympus, ringing off the hook"*

Vessel refers to his past as sacred, a "holy book", implying that it is both meaningful and unavoidable. The call from Olympus

suggests a divine or inevitable force that he cannot ignore. However, the ringing "off the hook" implies that his past is overwhelming and unrelenting, like a call that he can't escape, no matter how much he tries.

*"Between the pain and the way you look
I'm stuck in a time where the mountains shook"*

Vessel is caught between physical pain and emotional longing, symbolized by the "way you look": he is deeply affected by Sleep, yet trapped in the past, where everything felt more intense ("the mountains shook"). This suggests that Vessel's emotional state is both marked by past trauma and rooted in the present conflict, unable to move forward from past experiences.

*"And these days I'm a picture frame
Screaming at the sunshine, singing in the rain"*

Vessel feels like he is trapped in a static position, like a picture frame: he's boxed in, unable to change or move, but still filled with conflicting emotions. The contrast between screaming at sunshine (perhaps symbolizing his frustration with false happiness or forced positivity) and singing in the rain (embracing sadness or reality) shows that his emotional world is complex, moving between extremes without resolution.

*"Sugar on the blood cells, carbon on the brain
All of Eden's vices running through my veins"*

Vessel describes how sugar (a symbol of sweetness or pleasure) is mixed with blood, creating a dissonance between pleasure and pain. The carbon on the brain suggests that thoughts and emotions are distorted, overwhelmed by the toxicity of the

relationship. Eden's vices suggest that Vessel is influenced by temptation, addiction, or desire, running through him like a drug. His emotional and physical states are interwoven, and he is being consumed by these desires and regrets.

*"Oxytocin running in the ether
Silicon ballrooms"*

Oxytocin, often called the love hormone, is present here as a symbol of intimate connection, while silicon ballrooms suggest a disconnect between human emotion and technological detachment. The juxtaposition of these two elements represents a relationship that is both intimate (through biological connection) and artificial (through emotional distance or cold technology). Vessel's love is both biological and emotional, yet it also feels mechanical and detached.

*"Subatomic interactions if it's all good
Gold rush, acid flux"*

Vessel compares his emotions to subatomic particles: invisible, unpredictable, and constantly in motion. The gold rush symbolizes desire and greed, the need for something precious that can never be fully attained, while acid flux again references the destructive power of their emotional connection, which is not only consuming but also transforming.

*"Saturate me, I can't get enough
Cold love, hot blood
Running to your heart when you're thinking of"*

Vessel's longing is all-consuming, asking to be saturated with Sleep's presence, but he still can't get enough. The contrast

between cold love and hot blood represents the conflict in his emotions: desire and passion mixed with emotional detachment or numbness. He is drawn to Sleep's heart in a way that's both intense and uncontrollable.

Psychological Analysis: Vessel's Lens

Vessel is in a state of emotional turmoil: his love for Sleep is both intoxicating and destructive. He's drawn to Sleep, but their relationship is marked by contradictions, pleasure mixed with pain, intimacy tainted with detachment. The repetition of aqua regia symbolizes the corrosive power of their bond: it's all-consuming and has the potential to break down everything. Vessel is torn between his desire for connection and his realization that their relationship is toxic. He longs for transformation and clarity, but he feels stuck in a cycle of intense emotional dependence.

Psychological Analysis: Sleep's Lens

Sleep seems to be emotionally detached, possibly driven by fear of vulnerability or emotional avoidance. Their indifference to Vessel's intense emotional needs leaves Vessel suffocated by his own feelings. Sleep may not be fully aware of the damage they're causing or might be avoiding confrontation to maintain control. The juxtaposition of intimacy and detachment suggests that Sleep might not fully engage with the relationship, leaving Vessel to experience both pleasure and pain without ever getting the emotional clarity he craves.

Two Sides of the Token?

Vessel and Sleep are in an emotionally imbalanced relationship: Vessel is consumed by his feelings, unable to escape

the pull of his emotions, while Sleep remains distant and unengaged. Vessel's emotional attachment is marked by confusion, longing, and self-destruction, while Sleep remains emotionally unavailable. This dynamic highlights the power imbalance, where Vessel is trapped in his desire for a connection, while Sleep seems to be either emotionally detached or unable to fully engage with Vessel's needs.

♥ **Boundary Reminder**

If you find yourself emotionally trapped in a cycle of longing and unreciprocated feelings, it's important to set emotional boundaries. Healthy relationships require mutual emotional investment, and no one should feel overwhelmed by one-sided love. If your emotional needs are not being met, it's okay to step back and prioritize your own emotional well-being.

Self-Work Questions:

- Am I in a relationship where my emotional needs are ignored or unreciprocated?
- How can I set boundaries to protect my emotional health when my feelings are not being acknowledged?
- How do I break free from a relationship where I am emotionally dependent on someone who is detached or unavailable?
- What steps can I take to reclaim my emotional independence and self-worth in a relationship?



"VORE"

*"You have become the voice in my head
Only recourse we're left after death"*

Vessel is consumed by thoughts of Sleep, so much so that Sleep's voice has taken up residence in his mind. This suggests an overwhelming emotional obsession where Sleep becomes the dominant presence in his internal world. The line about death hints at the finality or extremity of the connection, perhaps symbolizing the death of reason or the end of clarity, where Vessel's mind is overtaken by these thoughts of Sleep.

*"Your viscera welcome me in
Welcome me in"*

Vessel speaks of being invited into Sleep's emotional world: represented as viscera (the internal, intimate parts of the body). The metaphor suggests that their connection is deep, primal, and almost sacrificial, where Vessel is drawn into the raw, emotional core of Sleep, as though there is a sense of emotional consumption. He is welcomed in, but there is an underlying sense that he might be lost in the process.

*"My life is torn, my bones, they bleed
My metaphors fall short in the end"*

Vessel's emotional state is described as being ripped apart: his life and physicality are in agony. The mention of his bones bleeding implies extreme emotional pain and self-destruction. His metaphors fall short, signifying that words can't fully express the depth of his suffering or the chaos within him.

*"Your flesh and bone welcome me in
Welcome me in"*

The repetition of "welcome me in" suggests that Vessel is not only accepting the emotional turmoil but is actively seeking it. He is being consumed by the emotional intensity of the relationship with Sleep, where their physical connection (flesh and bone) becomes a metaphor for being absorbed into each other's emotional world.

*"Are you in pain like I am?
Will we remain stuck in the throat of gods?"*

Vessel wonders if Sleep feels the same pain he does: emotional suffering that seems almost divine in its magnitude. The "throat of gods" suggests that they are trapped in a space beyond their control, a place of immensity where higher powers or fates dictate their suffering. It hints at a cosmic or existential struggle, where they are captive to something larger than themselves, unable to escape.

*"Will the pain stop if we go deeper?
So let's get swallowed whole"*

Vessel wonders if their emotional suffering will intensify if they go deeper into the relationship, or if it will somehow bring release.

The desire to be swallowed whole indicates a desperate need for complete surrender, to fully lose himself in the experience, even if it means enduring more pain. It's a paradoxical yearning for both release and destruction.

*"I wanna go where nobody else will
Ever go"*

Vessel seeks an experience that is unique to them: a journey or emotional space that no one else can enter. It suggests a desire for exclusivity in the relationship, where their bond with Sleep is private, intense, and not understood by others. This could also indicate a longing for an experience beyond the ordinary, something that will consume him completely.

*"Walls of flesh, so warm again
We step into my suffering"*

The walls of flesh represent the intimacy and physicality of their bond, but also the traps they have built around each other. The warmth suggests that Vessel seeks comfort in the intensity of their emotional connection, even if it is born from suffering. The idea of stepping into his suffering highlights how heavily tied he is to the emotional pain of the relationship.

*"My only need, welcome me in
Welcome me in"*

Vessel's only need is for this connection... he is devoted to being absorbed into the emotional world that Sleep represents, even if it is ultimately destructive. His desperation to be let in again reflects how intensely connected he feels, but also how much he is willing to sacrifice to maintain that bond.

*"There is always something in the way
I wanna have you to myself for once"*

Vessel recognizes that there is something blocking their connection, whether it's emotional distance, outside influences, or internal conflicts. Despite this, he longs for a moment where he can fully possess Sleep: emotionally, physically, and spiritually, without the barriers that separate them.

*"Follow me between the jaws of fate
So I can have you to myself for once"*

Vessel sees this connection as a dangerous path, as though it's leading him between the "jaws of fate", a powerful, inevitable force that he cannot escape. The desire to have Sleep to himself represents an intense yearning for exclusivity, where Vessel is consumed by the need for connection but is aware of the danger it brings.

"Are you in pain like I am?"

Vessel continues to seek emotional validation, wondering if Sleep shares his emotional anguish. His desire for understanding is so deep that he needs to know if Sleep feels the same intensity of the emotional struggle he is experiencing. It highlights Vessel's need for shared connection, where their pain would unite them.

Psychological Analysis: Vessel's Lens

The act of being consumed or swallowed whole speaks to Vessel's desire to surrender completely to Sleep: emotionally, physically, and spiritually. This act of eating represents the destructive side of the relationship, where Vessel wants to be absorbed into Sleep's world

so fully that he loses himself in the process. The idea of being swallowed is both a yearning for intimacy and a desire for escape... it suggests that Vessel is willing to give up his own emotional autonomy in order to find connection or relief from the pain.

However, this self-destruction through consumption also reflects a lack of self-preservation: Vessel is so emotionally devoted that he risks losing his sense of self and well-being in the process. The imagery of being swallowed whole by Sleep suggests an emotional black hole, where Vessel's identity is overwhelmed and consumed by the relationship, unable to find balance or emotional freedom.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally distant, possibly aware of Vessel's deep devotion but unwilling or unable to fully engage. Their role in the relationship seems to be one of emotional detachment, where they don't fully reciprocate Vessel's emotional intensity. Sleep may be unwilling to share the same level of pain, or they may be avoiding vulnerability, which leaves Vessel feeling trapped and unseen. Sleep's detachment adds to the emotional imbalance, where Vessel's pain is not acknowledged or reciprocated, yet Vessel remains entranced by the connection.

Two Sides of the Token?

Vessel and Sleep are trapped in a toxic dynamic, where Vessel's emotional intensity is not matched by Sleep's engagement. Vessel is devoted and willing to sacrifice himself, seeking an emotional connection that Sleep is either unable or unwilling to fully return. Sleep's emotional detachment leaves Vessel in a constant state of longing and self-doubt, as he is emotionally consumed by his desire for something that may never come to fruition.

♥ Boundary Reminder

If you find yourself emotionally consumed by a relationship where your feelings are not being reciprocated, it's important to set boundaries. Self-preservation and emotional health are essential when you are caught in a cycle of unrequited love or emotional imbalance. Relationships should be built on mutual respect, emotional reciprocity, and vulnerability, not on one-sided devotion and self-sacrifice.

Self-Work Questions:

- Am I emotionally over-investing in a relationship that isn't reciprocating my feelings?
- How can I set boundaries to protect my emotional well-being when my feelings are not being met?
- How do I recognize when I am caught in a cycle of emotional self-destruction and sacrifice?
- What steps can I take to reclaim my emotional independence and self-worth in a relationship?



"ASCENSIONISM"

*"Well, I know what you want from me
You want someone to be
Your reflection, your bitter deception
Setting you free"*

Vessel understands that Sleep wants something from him: a mirror, a reflection of their desires and emotional needs. However, the connection is deceptive; Sleep wants emotional release or freedom but does so at the cost of honesty. The relationship has a toxic dynamic, where Vessel is used to reflect Sleep's distorted emotional state, but it's not a healthy interaction, it's a deceptive freedom that doesn't provide true healing.

*"So you take what you want, then leave
Who made you like this?"*

Sleep's behavior is transactional: they take what they need from Vessel and then leave, showing emotional detachment. Vessel is questioning who or what shaped Sleep into someone who is unable to truly commit or stay. There's a sense of emotional abandonment here, with Sleep leaving only when they've taken what they want. Vessel's question suggests a longing for clarity, trying to understand the root of Sleep's emotional coldness.

"Who encrypted your dark gospel in body language?"

Vessel reflects on how Sleep's emotional distance has been encoded into their physicality, perhaps their body language is a barrier, a defense mechanism that communicates emotional detachment or disengagement. The "dark gospel" could refer to the beliefs or emotional rules Sleep lives by, ones that prevent them from fully engaging emotionally.

*"Synapses snap back in blissful anguish
Tell me you met me in past lives, past lie"*

The synapses snapping suggests a mental and emotional conflict, where bliss and anguish are intertwined. This could reflect the internal push-pull Vessel feels: wanting Sleep, but also feeling pain because of the imbalance in their connection. The line "past lie" hints at the idea of repetition in their emotional cycles, where old wounds and falsehoods are being replayed in this lifetime, like a continuation of something unresolved from their past.

"Past what might be eating me from the inside, darling"

Vessel is dealing with internalized pain, a self-destructive force eating him from within. This could symbolize the emotional toll that the relationship is taking on him, where his love and longing for Sleep are causing him deep psychological distress.

*"Half algorithm, half deity
Glitches in the code or gaps in a strange dream"*

This line suggests that Vessel sees Sleep as a complex mixture of something mechanical (algorithm) and divine (deity). The glitches

in the code represent the disruptions in their connection, where something is off in the dynamic. The gaps in a strange dream reflect a disorienting, surreal relationship, where clarity is hard to find, and the reality of the situation is distorted.

*"Tell me you guessed my future and it mapped onto your fantasy
Turn me into your mannequin and I'll turn you into my puppet
queen"*

Vessel longs for validation, hoping that Sleep sees their connection as part of a greater destiny: one where they're both intertwined in each other's fantasy. However, there's a sense of objectification here. Vessel is willing to be transformed into Sleep's mannequin (a passive figure, unable to move on its own) if it means that he can control Sleep in return, turning them into his puppet queen. This reveals the power dynamics in the relationship, where Vessel feels both used and yet desirous of control.

*"Won't you come and dance in the dark with me?
Show me what you are, I am desperate to know"*

Vessel invites Sleep into a space of emotional darkness, where they can be honest and raw with each other. The desperation here shows how badly Vessel wants to understand Sleep, to break through the emotional barriers and mystery that surround them. He is eager for insight, but the emotional darkness represents how difficult it is to truly connect on a deeper level.

*"Nobody better than the perfect enemy
Digital demons make the night feel heavenly"*

Vessel is reflecting on the toxic dynamic between him and Sleep: how they are the perfect enemy for each other, drawn into a

relationship that is both dangerous and seductive. The digital demons could represent the cyber world, technology, or even emotional manipulation that makes the relationship feel otherworldly and exciting, but ultimately unhealthy. The night feeling heavenly speaks to the perverse attraction of their bond, where darkness and conflict give them a twisted sense of pleasure or connection.

"Make it real

'Cause anything's better than the way I feel right now"

Vessel is desperate to feel something real, anything that can break the emotional numbness or emptiness he feels. The current emotional state is unbearable, so he's willing to accept anything: even the toxicity of this relationship, if it means escaping his current pain and emptiness.

"I can offer you a blacklit paradise

Diamonds in the trees, pentagrams in the night sky"

Vessel offers Sleep an escape in the form of a dark paradise, a place filled with temptation, luxury, and danger. The diamonds and pentagrams symbolize both beauty and darkness, where the luxury of the relationship is intertwined with the occult or taboo. This "paradise" is alluring but dangerous... a place that Vessel believes might fulfill both of their emotional needs, even if it's rooted in self-destruction.

"Lipstick, chemtrails, red flags, pink nails

With one eye on the door, other eye on a rail"

The lipstick and pink nails suggest a feminine allure, but the chemtrails and red flags speak to the dangerous undercurrents in

the relationship. Vessel is aware of the toxic signs ("red flags"), but the desire for connection keeps him from walking away. The imagery of being split between the door (escape) and the rail (something that can lead to self-destruction) highlights the internal conflict... he is caught between wanting to leave and being compelled to stay.

*"While the other eye following a scarlet trail
And the last few drops from the Holy Grail, now"*

The scarlet trail and the Holy Grail symbolize the emotional journey Vessel is on: a quest for love or validation that leads him into destructive waters. The scarlet is often associated with danger, passion, and blood, signaling that Vessel's pursuit of Sleep's love is costly, but he is still following it, unable to resist.

*"Rose gold chains, ripped lace, cut glass
Blood stains on the collar means just don't ask"*

Vessel's description of the luxury (rose gold chains) alongside the damage (ripped lace, cut glass, blood stains) highlights the contrast between the beautiful and the destructive. He is deeply entangled in a relationship that appears alluring on the surface but is fundamentally painful and damaging. The phrase "just don't ask" suggests that Vessel doesn't want to confront the reality of the situation or acknowledge the harm that is being done.

*"Be the first to the feast
Let's choke on the past
And take to the broken skies at last"*

Vessel is offering a final surrender, asking Sleep to join him in consuming their shared history (the past) and embracing the

destruction they've created. The feast here represents both a sacrifice and a celebration, where they both consume the toxic aspects of their relationship and embrace the consequences together.

"You make me wish I could disappear"

Vessel admits that the relationship has made him wish to escape, to disappear from the emotional turmoil and pain. The desire to vanish shows the depth of emotional exhaustion and disillusionment he feels.

"You're gonna watch me ascend"

This could signify Vessel's desire to rise above the pain of the relationship, to find a way to escape the emotional consumption and ascend to a better emotional state. However, this "ascension" could also be metaphorical, as it may suggest a final surrender or transformation rather than literal escape.

Psychological Analysis: Vessel's Lens

Vessel is trapped in an emotionally intense and self-destructive relationship. His emotional connection to Sleep is all-consuming, marked by contradictions: desire and pain, luxury and destruction. Vessel is desperate for a connection, willing to surrender completely, even if it means losing himself in the process. He offers Sleep total devotion but is also aware of the toxicity and emotional cost of their bond. Vessel is in a constant state of conflict... he wants intimacy, but he also knows that it comes at the cost of his well-being.

Psychological Analysis: Sleep's Lens

Sleep is emotionally detached and unengaged with the depth of Vessel's feelings. They may be aware of the power they hold over Vessel, but they remain unwilling or unable to truly reciprocate the emotional intensity Vessel desires. Sleep's behavior could be driven by emotional avoidance or fear of vulnerability, leaving Vessel to self-destruct in the pursuit of something unattainable. Sleep's lack of emotional engagement contributes to the imbalance in the relationship, where Vessel is consumed by their connection, and Sleep remains detached or indifferent.

Two Sides of the Token?

Vessel is emotionally devoted to Sleep, but his feelings are unreciprocated. He is willing to sacrifice himself for a connection that remains toxic and unfulfilling. Sleep, on the other hand, is emotionally unavailable, contributing to an imbalance in the relationship where Vessel is consumed by longing, and Sleep remains detached. The emotional cost for Vessel is high, as he is willing to lose himself in the pursuit of something that may never be returned.

♥ Boundary Reminder

If you find yourself emotionally consumed by a relationship where your feelings are not being reciprocated, it's essential to set boundaries. Healthy relationships should be based on mutual respect, emotional engagement, and reciprocity. If you're sacrificing your emotional health for someone who is not emotionally available, it's time to reassess the relationship and prioritize your own well-being.

Self-Work Questions:

- How do I recognize when I am emotionally over-investing in a relationship that isn't reciprocating?
- How can I reclaim my emotional independence when I feel consumed by someone else's emotional detachment?
- What boundaries can I set to protect my emotional health when I feel drained by a relationship?
- How can I start to move on from relationships that are toxic or unfulfilling?



"ARE YOU REALLY OKAY?"

*"I raised you in the dark
Caught you reading by the sunrise"*

Vessel reflects on the emotional isolation that has defined their relationship. Raising someone "in the dark" suggests a lack of clarity or light in the environment, while reading "by the sunrise" symbolizes a moment of revelation or understanding, indicating that things were hidden but gradually coming to light.

*"You wandered from the path
Through the silence of the hillside"*

Vessel sees that Sleep has strayed from the expected or safe path, metaphorically wandering into unknown emotional territory. The silence suggests an emotional void or absence, as if the journey is lonely or filled with unspoken struggles.

*"And don't you know I could see it in you even then?
And don't you know I was trying to hold back the darkness?"*

Vessel acknowledges that they saw the emotional turmoil in Sleep early on, even when it wasn't expressed. They were trying to protect Sleep from the darkness, perhaps referring to internal struggles or

emotional pain that Sleep couldn't escape.

*"And are you really okay?
Are you really okay?"*

Vessel questions Sleep's emotional well-being, reflecting their growing concern and doubt about whether Sleep is truly okay or just masking deeper issues. This shows a sense of vulnerability and uncertainty in their connection.

*"You woke me up one night
Dripping crimson on the carpet"*

Vessel describes a traumatic event, likely a self-harm incident or an injury, where Sleep's emotional pain manifests physically. The "crimson" symbolizes blood, emphasizing the seriousness of the situation, as well as the shock and distress that Vessel felt upon witnessing it.

*"I saw it in your eyes
Cutting deeper than the scars could run"*

Vessel sees the depth of Sleep's pain in their eyes, a pain that runs deeper than any physical scars. This shows that Sleep's suffering is not just physical but emotional, something that cannot be easily seen or understood by others.

*"And don't you know I could see it in you even now?
And don't you know I want to help you but I don't know how?"*

Vessel recognizes that Sleep's struggles persist, even now. They want to help but feel helpless, not knowing how to reach Sleep or alleviate their suffering. This speaks to the emotional frustration and

powerlessness Vessel feels in trying to support Sleep.

*"I cannot fix your wounds this time
But I don't believe you when you tell me you are fine"*

Vessel admits that they cannot heal Sleep this time, acknowledging their limitations. The line about not believing Sleep when they say they are fine suggests a deep mistrust in the surface-level responses, as Vessel can see through the facade and understands that true healing has not occurred.

*"Please don't hurt yourself again
Just please don't hurt yourself again"*

Vessel's plea is filled with desperation and fear, begging Sleep not to repeat harmful behaviors. This line speaks to Vessel's intense concern and love for Sleep, as they wish to prevent further self-destructive behavior.

Psychological Analysis: Vessel's Lens

Vessel is overwhelmed by the emotional weight of Sleep's suffering, feeling a deep sense of guilt and powerlessness because they cannot fully help. They have witnessed Sleep's pain from the beginning and have tried to protect them, but now they are faced with realizing their limits. This helplessness manifests in the repetition of "are you really okay?", reflecting Vessel's doubts about Sleep's ability to heal and the emotional distance between them. Despite their concern, Vessel's growing desperation to help leads to the realization that love can't always fix everything, especially when the other person is emotionally closed off.

Psychological Analysis: Sleep's Lens

Sleep's emotional pain is hidden beneath the surface, expressed through self-destructive behavior rather than open communication. Sleep seems to be isolated in their suffering, unable or unwilling to share what they are truly going through, which causes emotional tension in their relationship with Vessel. Sleep's actions suggest that they are not seeking help or support but are instead caught in a cycle of self-harm and emotional withdrawal. Their silence and denial about their true feelings create a barrier, preventing them from fully engaging in the relationship.

Two Sides of the Token?

Vessel is deeply invested in helping and understanding Sleep, but Sleep remains emotionally distant, not fully engaging with Vessel's concerns. While Vessel wants to rescue or save Sleep, they are faced with the painful realization that they can't. Sleep, on the other hand, seems to be caught in a pattern of emotional numbness and avoidance, refusing to be fully honest about their inner struggles. This emotional disconnect creates a power imbalance, where Vessel is giving all of themselves to try and fix Sleep, but Sleep's self-destructive tendencies continue to drain the relationship.

♥ Boundary Reminder

It's important to recognize that, while you can offer support and love to someone in emotional pain, you cannot fix them. Healing requires willingness from both parties, and self-care must remain a priority when you're emotionally invested in someone else's well-being. If you are consistently feeling helpless or overwhelmed, it may be time to set boundaries and focus on protecting your own emotional health.

Self-Work Questions:

- How do I recognize when I'm overextending myself emotionally in a relationship?
- What boundaries can I set to protect myself when I am emotionally invested in someone else's struggles?
- How can I support someone without losing myself or compromising my own well-being?
- How can I learn to accept my limitations in helping others without feeling guilty or helpless?



"THE APPARITION"

*"Why are you never real?
Whenever you appear
You leave me with that grace
I am trembling with fear"*

Vessel is questioning the ephemeral nature of their connection with Sleep, who seems to appear only in dreams or fleeting moments. The fear Vessel feels upon their appearance is tinged with grace, perhaps due to the transcendent or elusive quality of their relationship. It's a connection that brings beauty but also anxiety, as it disappears just as quickly.

*"But I know that you will disappear
Just as I awake"*

Vessel is fully aware that Sleep is fleeting, existing only in their dreams. The moment Vessel wakes up, the connection disappears, symbolizing the ephemeral nature of their bond and the unreality of the relationship. This constant disappearance leads to an ongoing feeling of loss and longing.

*"Whisper in my ear
Well, I believe"*

*Somewhere in the past
Something was between
You and I, my dear"*

Vessel believes that there's something significant between them, a connection that goes beyond the present, perhaps rooted in the past. The whisper in the ear suggests intimacy, yet the fact that it's only in the dream world makes the connection feel unattainable in reality. This past bond could signify a history of emotional intimacy or unresolved tension.

*"And it remains
With me to this day
No matter what I do
This scar will never fade"*

Despite efforts to move on or forget, the emotional wound remains unhealed. Vessel is haunted by the scar left by their connection with Sleep: something that is permanent and undeniable, no matter how much time passes or how hard they try to ignore it.

*"So let's make trouble in the dream world
Hijack heaven with another memory now"*

Vessel wishes to take control of their emotional world, creating new memories with Sleep in the dream world, where the rules are different and they can escape reality. Hijacking heaven could symbolize the desire to reclaim their emotional connection in a space where they are not bound by the constraints of reality or time.

*"I make the most of the turning tide
It just split what's left of the burning silence"*

The turning tide represents a shift or change in Vessel's emotional state, perhaps a final attempt to change the relationship. The burning silence refers to the emotional tension between them, a silence filled with unspoken words, which now feels broken or shattered by this change.

*"Don't wait, 'cause this could be the last time
You turn up in the reveries of my mind"*

Vessel is aware that this connection with Sleep might be coming to an end, and they are desperate to make the most of the fleeting moments. There's a sense of urgency, as if this could be their last chance to experience this dreamlike bond before it vanishes for good.

*"I wake up to a suicide frenzy
Loaded dreams still leave me empty"*

Vessel wakes up from these intense dreams to find himself still overwhelmed by emotional emptiness. The suicide frenzy suggests intense emotional turmoil, where these dreams provide only temporary relief from their suffering, but in the end, they leave him empty, without lasting satisfaction.

*"I believe
Somewhere in the past
Something was between
You and I my dear
And it remains
With me to this day"*

*No matter what I do
This wound will never heal"*

Vessel reaffirms that there's a past connection with Sleep that is still present within him. No matter how hard he tries to move on, the wound of this emotional attachment is permanent, unable to heal. This longing for the past bond continues to affect Vessel's emotional state, and it feels like he will never be able to escape its grasp.

*"The shifting states you follow me through
Unrevealed"*

Sleep seems to shift between emotional states, following Vessel through various emotional journeys. The fact that these states are unrevealed suggests a sense of mystery or emotional unreadability, where Sleep's true feelings are not fully accessible to Vessel. This leaves Vessel in a state of emotional uncertainty, not knowing where they stand with Sleep.

"Just let me go or take me with you"

Vessel expresses a desperate desire for clarity. He either wants to be released from this emotional turmoil or taken fully by Sleep, absorbed into their world entirely. It's a moment of surrender, where Vessel wishes to escape the pain of being left in limbo.

Psychological Analysis: Vessel's Lens

Vessel is trapped in an emotional limbo, where his connection with Sleep exists only in the dream world: a place of illusion and intensity. His longing for Sleep is rooted in a past emotional bond, but he's caught between wanting to move on and desiring intimacy

in a world where the connection is fleeting. His repeated attempts to heal from the wound caused by this relationship only serve to highlight how deeply it has marked him. The unresolved nature of their bond leaves him emotionally empty and desperate for closure, but he remains unable to move on due to his deep attachment.

Psychological Analysis: Sleep's Lens

Sleep may be emotionally unavailable or detached, leaving Vessel to carry the weight of the connection alone. They shift between emotional states, perhaps due to internal conflicts or an unwillingness to fully engage with Vessel. Sleep's emotional elusiveness creates a dynamic where Vessel is left to question their intentions and the reality of their bond. This emotional withdrawal makes Vessel feel stuck in a cycle of longing, unable to fully let go or move forward.

Two Sides of the Token?

Vessel's emotional intensity is not matched by Sleep's emotional engagement. While Vessel is emotionally consumed by the relationship, Sleep remains detached or unavailable, leading to a toxic dynamic where Vessel is unable to heal or move forward. This imbalance creates a cycle of longing and pain, where one side is fully invested and the other remains unmoved or unreachable.

♥ Boundary Reminder

If you find yourself in an unreciprocated emotional attachment, it's important to recognize when self-preservation must come first. Relationships should be based on mutual emotional investment... if you feel emotionally drained or empty after interactions, it may be time to reassess the connection and focus on your own well-being.

Self-Work Questions:

- How can I recognize emotional attachments that are unhealthy or unreciprocated?
- How do I set emotional boundaries when I feel overwhelmed by someone else's emotional detachment?
- How can I start to heal from emotional wounds that remain from a relationship I can't move on from?
- What steps can I take to reclaim my emotional independence and create space for healthier connections?



"DYWTYLM"

*"Do you roll with the waves?
Or do you duck into deep blue safety?"*

Vessel questions Sleep's approach to emotional conflict. Do they embrace the chaos (roll with the waves), or do they seek emotional escape (duck into safety)? It suggests a disconnect in how they both approach vulnerability: one might embrace the emotional turmoil, while the other avoids it.

*"Is it always the same?
Do you wish that you loved me?"*

Vessel wonders if Sleep feels stuck in an emotional rut, always responding the same way. The question, "Do you wish that you loved me?", speaks to doubt and longing, as Vessel yearns for Sleep to express genuine love or desire, though they might not feel it.

*"Do you pull at the chains?
Or do you push into constant aching?"*

Vessel reflects on whether Sleep feels trapped in the relationship (pulling at chains) or whether they endure the pain

passively, accepting the emotional agony without resistance. This shows a power struggle: Vessel might feel constrained, while Sleep seems to endure the emotional weight.

*"Each and every day
Do you wish that you loved me?"*

This line repeats the central question, whether Sleep feels any emotional attachment to Vessel. The repetition emphasizes Vessel's insecurity about their place in Sleep's life and their emotional disconnect.

*"Is there something you give
That you will never receive in return?"*

Vessel wonders if Sleep is giving emotionally but never receiving the same level of investment. This might symbolize unrequited love, where one person is deeply invested, while the other remains emotionally disengaged.

*"Do you know what it is?
Do you wish that you loved me?"*

The question of knowing their emotional deficiencies: whether Sleep is aware of what's missing and whether they long for something more. Vessel seeks an answer to whether Sleep is consciously avoiding love or simply unable to feel it.

*"And are you trying to live
Like everything is a lesson to learn?"*

Vessel asks if Sleep treats life and their emotions as a series of lessons or if they are just existing without fully engaging. This

suggests a detachment from true experience, an emotionally distant approach to growth and connection.

*"Can you ever forgive (yourself)?
Do you wish that you loved me?"*

Vessel questions whether Sleep can forgive themselves for emotional mistakes or if they are stuck in self-blame. The repetition of "Do you wish that you loved me?" reinforces Vessel's self-doubt, wondering if Sleep is emotionally closed off and whether they ever genuinely desired to love him.

*"And my reflection just won't smile back at me like I know it
should"*

Vessel is struggling with self-image and self-worth. The reflection not smiling back indicates a sense of disconnection from oneself, mirroring how Vessel might feel unseen or unloved by Sleep, leading to confusion about their own identity.

"And I would turn into a stranger in an instant if I could"

Vessel expresses a desire to escape their current emotional state, to shed their identity and start fresh, suggesting that the emotional turmoil has left them feeling alienated from themselves.

*"And there is something eating me alive, I don't know what it
is"*

Vessel is overwhelmed by an internal conflict: something inside them is destroying their peace, but they can't identify what it is. This could refer to the unresolved emotional pain of being in a relationship where feelings are unreciprocated or unresolved.

"Maybe not that you conceal your feelings, they just don't exist"

Vessel seems to come to the painful realization that Sleep's emotional detachment is not about concealing feelings, but rather that Sleep might not have any feelings at all. This highlights the emotional void Vessel is feeling in the relationship: Sleep doesn't just hide emotions; they may not have any to give.

*"Do you ever believe
That we can turn into different people?"*

Vessel is questioning if change is possible, wondering if they and Sleep can transform into someone better, or if their emotional patterns are set in stone. It shows doubt about whether the relationship has any chance of evolving or improving.

"It's getting harder to be (myself)"

Vessel expresses that being themselves is becoming increasingly difficult: they feel lost, and the emotional strain of the relationship is wearing down their sense of self.

"Do you wish that you loved me?"

The repeated question reinforces Vessel's internal struggle and longing. They are desperate for an answer, unsure if Sleep truly has the capacity to love or if their feelings are just an illusion.

*"Could we ever release?
Is it better to just not feel?"*

Vessel questions if letting go is the only way to move forward, and whether it's easier to disconnect emotionally rather than feel the pain. This could be an attempt to escape the heartache of a relationship where emotional fulfillment seems impossible.

"Can we hit delete?"

This suggests a desire to erase the relationship, to hit reset and get rid of the emotional baggage that is weighing them down. Vessel wants to free themselves from the torment of being emotionally invested in a relationship that isn't working.

*"And it's been so long that I'm forgetting what it feels like
But I'd rather not remind myself and leave it all behind"*

Vessel has been enduring the emotional numbness for so long that they've forgotten what it feels like to truly love or be loved in return. There's an impulse to forget and move on, even if it means leaving behind happy memories and accepting emptiness.

"And I've tried so hard to fix it all, but nothing seems to help"

Vessel has tried everything to repair the relationship, but it feels hopeless, nothing they do seems to make a difference. This speaks to emotional exhaustion and frustration after repeated efforts to make things work without success.

"But I cannot hope to give you what I cannot give myself"

Vessel finally acknowledges that they cannot give love to Sleep if they are unable to love themselves. This line highlights the need for self-love and emotional independence before they can truly give to someone else.

Psychological Analysis: Vessel's Lens

Vessel is emotionally exhausted and deeply confused about their relationship with Sleep. They are longing for clarity and emotional reciprocation, but Sleep's emotional detachment makes it feel like a one-sided relationship. The repeated questioning of "Do you wish that you loved me?" reflects self-doubt and the fear that Sleep may not have the capacity to feel the same depth of emotion. Vessel is torn between trying to fix the relationship and letting go, unable to find a way to move forward without sacrificing their emotional well-being.

Psychological Analysis: Sleep's Lens

Sleep remains emotionally disengaged, perhaps unaware or unwilling to engage with Vessel's emotional needs. They may feel overwhelmed by the relationship or unsure how to express their own feelings, leaving Vessel to feel unseen and unheard. Sleep's detachment creates an emotional vacuum, leaving Vessel feeling empty and constantly questioning the authenticity of their bond.

Two Sides of the Token?

Vessel's intense emotional investment contrasts sharply with Sleep's emotional detachment. While Vessel seeks clarity and emotional intimacy, Sleep remains passive or unavailable, leaving Vessel to question if their feelings are ever truly reciprocated. The relationship is caught in a cycle of unrequited love, where Vessel is giving everything but receiving nothing in return.

♥ **Boundary Reminder**

In a relationship where emotional reciprocity is lacking, it's essential to protect your emotional health. If you find yourself constantly questioning the emotional availability of your partner, it may be time to reassess the connection and prioritize self-love and emotional independence. Healthy relationships require mutual investment, and no one should be left questioning their worth or emotionally drained.

Self-Work Questions:

- How can I recognize when I'm emotionally over-investing in a relationship that isn't giving back?
- What boundaries can I set to protect my emotional health when I feel emotionally unfulfilled?
- How can I begin to reclaim my sense of self when I'm emotionally dependent on someone else?
- What steps can I take to move forward and release toxic emotional attachments?



"RAIN"

*"For so long, I have waited
So long that I almost became
Just a stoic statue, fit for nobody"*

Vessel describes feeling emotionally frozen and unseen for so long, to the point that they became a passive observer, almost like a statue. This represents emotional numbness or a sense of being disconnected from life and others, awaiting something to bring them back to life.

*"And I don't wanna get in your way
But I finally think I can say
That the vicious cycle was over
The moment you smiled at me"*

Vessel is acknowledging that they've been waiting for a change, and now, with Sleep's smile, the emotional cycle of pain and detachment seems to be over. The smile represents a moment of connection and hope, symbolizing the end of emotional stagnation.

*"And just like the rain
You cast the dust into nothing
And wash out the salt from my hands"*

The rain symbolizes cleansing and renewal, washing away the emotional residue (dust and salt) that has built up over time. It represents how Sleep has the power to clear away Vessel's emotional burdens, bringing a sense of purity and rejuvenation.

*"So touch me again
I feel my shadow dissolving
Will you cleanse me with pleasure?"*

Vessel is asking for physical touch to reaffirm this emotional cleansing. The dissolving shadow suggests that the negative, darker emotions that have defined Vessel's experience are beginning to disappear under Sleep's influence. Vessel seeks emotional and physical release, hoping that pleasure will bring healing.

*"It's that chemical cut that I can get down with
Up like the moon and out like the hounds"*

Vessel describes the emotional and physical connection with Sleep as a chemical reaction: intense, addictive, and difficult to resist. The comparison to the moon (mysterious, cyclical) and hounds (wild, untamed) suggests the dual nature of their bond, both elevating and dangerous.

*"A dangerous disposition somehow refracted in light, reflected in
sound"*

Vessel recognizes the danger in their connection with Sleep, but there's also an element of beauty and complexity: the dangerous energy is refracted through light and sound, suggesting that even in the chaos and pain, there is an almost artistic quality to their emotional bond.

*"I'm coiled up like the venomous serpent
Tangled in your trance and I'm certain
You have got your hooks in me"*

Vessel feels entangled and trapped in the relationship, comparing themselves to a serpent: a symbol of both temptation and danger. The idea of hooks suggests that Sleep has a strong emotional hold over Vessel, drawing them in even when they know it's harmful.

*"I know, I know, the way that it goes
You get what you give, you reap what you sow"*

Vessel acknowledges the reciprocity in the relationship: what you put in is what you get back. This could also reflect the idea that actions have consequences, and both parties are involved in creating the emotional dynamic, even if it's painful.

*"And I can see you in my fate
I know, I know, I am what I am
The mouth of the wolf, the eyes of the lamb"*

Vessel sees Sleep as entwined with their future, and they accept that they are both dark and light, the wolf represents the dangerous, primal side, while the lamb represents innocence or vulnerability. Vessel is self-aware, acknowledging their own duality in the relationship.

"So darling, will you saturate?"

Vessel asks Sleep to fully immerse them in the relationship, symbolizing a desire for total emotional involvement. "Saturate" suggests that Vessel wants to be consumed by the connection, even if it means being overwhelmed by it.

*"And just like the rain
You cast the dust into nothing
And wash out the salt from my hands"*

The rain imagery returns, symbolizing purification and emotional cleansing, as Vessel desires to be renewed and cleansed by Sleep's love or attention, wiping away past pain and resentment.

*"So touch me again
I feel my shadow dissolving
Will you cleanse me with pleasure?"*

Again, Vessel asks for touch as a form of emotional cleansing and release. The dissolving shadow represents letting go of past emotional pain, hoping that their connection with Sleep can heal them, both emotionally and physically.

*"Nobody can say for certain
If maybe it's all just a game"*

Vessel expresses doubt about the authenticity of their connection, wondering if it's all just fooling around or if there's true depth to it. There's a sense of uncertainty about whether the relationship is real or just temporary.

*"When I open my eyes to the future
I can hear you say my name"*

Vessel finds hope in the future, imagining a world where Sleep's presence is constant. The idea of hearing Sleep's name suggests a longing for connection, stability, and belonging.

*"So rain down on me, whoa
Rain down on me, whoa"*

The repetition of rain symbolizes the emotional cleansing and release that Vessel desperately seeks. The desire for Sleep to rain down on them reflects a need for renewal and connection, even if it's destructive.

Psychological Analysis: Vessel's Lens

Vessel is deeply emotionally invested in their connection with Sleep, feeling both purified and consumed by the bond. They desire healing through physical touch and emotional surrender, but there's also a sense of danger in being overwhelmed by their attachment. Vessel's duality, wanting both intimacy and escape, reflects their internal conflict, where they are torn between emotional fulfillment and the danger of losing themselves in the relationship.

Psychological Analysis: Sleep's Lens

Sleep seems to be emotionally detached or mysterious, possibly unaware of the full extent of Vessel's emotional dependence. They may not be fully engaged in the relationship, leading Vessel to feel as if they are chasing after something unattainable. The power dynamic is one-sided, where Vessel's emotional longing contrasts with Sleep's emotional avoidance.

Two Sides of the Token?

Vessel's devotion is unbalanced with Sleep's detachment. While Vessel is desperate for intimacy and healing, Sleep remains emotionally unavailable or disengaged, creating a toxic dynamic where Vessel is consumed by desire, and Sleep is indifferent or

unaware of the toll it takes. This relationship is marked by emotional imbalance and unreciprocated love.

♥ Boundary Reminder

It's important to recognize when emotional investment is becoming unhealthy or unbalanced. If you feel like you're emotionally overextending yourself in a relationship where your needs aren't being met, it may be time to reassess the situation and prioritize your emotional health. Healthy relationships require mutual respect, reciprocity, and emotional availability.

Self-Work Questions:

- How can I recognize when I am emotionally over-investing in a relationship that isn't reciprocating?
- How can I set boundaries to protect my emotional health when I feel unfulfilled in a relationship?
- How do I find balance between intimacy and self-preservation in relationships?
- What steps can I take to move on from a connection that is emotionally draining?



"TAKE ME BACK TO EDEN"

*"I dream in phosphorescence
Bleed through spaces
See you drifting past the fog"*

Vessel is describing a surreal, almost otherworldly dream state, filled with glowing imagery and a sense of disconnection. The "phosphorescence" suggests a faint, ethereal light: something both beautiful and elusive. Seeing "you" (Sleep) in this fog emphasizes how distant and unreachable they feel, even in this dream-like state.

"But no one told you where to go"

This line implies a sense of being lost or directionless. Vessel feels that there's no clear path for either of them, and perhaps no one has guided Sleep to their true destination. It can symbolize the uncertainty or confusion in their relationship.

*"We dive through crystal waters
Perfect oceans
But no one told me not to breathe"*

Vessel is drawn into the depth of this connection, immersing himself in the intensity of love or emotion, represented by "crystal waters" and "perfect oceans." However, there's an inherent danger: he's drowning because he never realized he should "not breathe," metaphorically showing that he's overwhelmed by his feelings without understanding the consequences.

"And now the weightlessness recedes"

The moment of freedom or emotional release is fleeting, as weightlessness fades, perhaps symbolizing the loss of the illusion of serenity or control. The reprieve from the heaviness is short-lived, and Vessel is once again pulled back into the gravity of his emotions.

*"My, my, those eyes like fire
I'm a winged insect, you're a funeral pyre"*

Vessel sees Sleep's gaze as intense and consuming, "eyes like fire," and he feels like a fragile, helpless creature drawn to it. The metaphor of a "winged insect" and a "funeral pyre" highlights the self-destructive nature of their connection: Vessel is attracted to something that could ultimately lead to his emotional or spiritual death, a consuming flame that offers no salvation.

*"Come now, bite through these wires
I'm a waking hell and the gods grow tired"*

Vessel longs for intensity, even in the form of pain or destruction. "Bite through these wires" speaks to breaking through barriers or connections that hold him back. He's trapped in a state of agony, "a waking hell," and the "gods grow tired" suggests that

even the divine forces are exhausted by the unending cycle of pain and struggle.

"Reset my patient violence along both lines of a pathway higher"

Vessel speaks of recalibrating his emotional or mental state, a "reset" of sorts that re-engages his "patient violence." This can be interpreted as a desire for emotional transformation, to elevate himself from this struggle by embracing the intensity rather than fighting it.

"Grow back your sharpest teeth, you know my desire"

Vessel acknowledges the destructive, primal nature of his desires. He calls Sleep to return to their most intense and dangerous form, as he finds their sharpness intoxicating. This speaks to the imbalance in their relationship, where both are consumed by their desires for each other, even though they're harmful.

*"I will travel far beyond the path of reason
Take me back to Eden"*

Vessel is ready to abandon logic and reason in pursuit of this intense, all-consuming love. The phrase "Take me back to Eden" implies a longing for a time before the fall, a desire to return to innocence or a state of purity, before the chaos and destruction of this intense relationship took root.

*"Well, yeah, I spit blood when I wake up
Sink porcelain stained, choking up brain matter and make-up"*

Vessel's self-destructive tendencies are symbolized here by "spitting blood," a visceral image of the aftermath of emotional turmoil. He feels physically and mentally shattered, "choking up brain matter and make-up," suggesting the clash between his inner turmoil and the façade he must maintain. The porcelain stain hints at an outwardly pristine but internally broken state.

*"Just two days since the mainframe went down and I'm still
messed up"*

Vessel's mind or life feels in disarray after a catastrophic event ("the mainframe went down"). It's been a short time, but the damage has already been profound, and he is still reeling from the aftermath.

"Room feels like a meat freezer, I dangle in like cold cuts"

This metaphor emphasizes Vessel's sense of emotional coldness and numbness. He feels suspended, disconnected from his environment, as though his surroundings are devoid of warmth or life.

"Missed calls, answer phones from people I just don't trust"

Vessel is emotionally isolated, unable to connect with others. The missed calls and distrust reflect his growing detachment and alienation from the world around him, reinforcing his internal struggle.

*"Mirror talk, fake love, but I'll take a pound of your flesh
Before you take a piece of my pay stub"*

This line suggests a relationship built on deceit and transactional love. Vessel sees through the "mirror talk" and "fake love," but he's willing to sacrifice even more, metaphorically "taking a pound of flesh" before he lets anyone take from him, perhaps indicating his fear of losing control or his emotional worth.

*"White roses, black doves, Godmother, rise up
I need you to see me for what I have become"*

The imagery of "white roses" and "black doves" conveys a contrast between purity and death. Vessel is calling on someone, "Godmother," to recognize his transformation, possibly seeking validation or acknowledgment of the pain he's endured and the person he has become.

Psychological Analysis: Vessel's Lens

Vessel's mental state is tumultuous, marked by emotional and physical self-destruction. He is caught between a longing for the purity of the past and the intensity of his current turmoil. He feels trapped in a cycle of pain and longing, where his desires drive him to abandon reason. His sense of self is fractured, and he's losing touch with both his physical and emotional reality, symbolized by the disorienting, surreal imagery throughout the song. This emotional chaos is internal, as Vessel struggles with a deep sense of regret, guilt, and self-destructive tendencies.

Psychological Analysis: Sleep's Lens

Sleep remains an enigma, and while their distance is clear, they also serve as the focal point of Vessel's obsession. Sleep is not just an unattainable lover but a symbol of both destruction and

transcendence for Vessel. Their role in the dynamic is almost passive, but their mere presence fuels Vessel's internal conflict. Sleep's detachment allows Vessel to spiral further into his emotional chaos, as he clings to the idea of them while facing his own self-destruction.

Two Sides of the Token?

Vessel is emotionally trapped, torn between his longing for Sleep and the toxic nature of their relationship. While he desperately seeks to return to an idealized version of their connection (Eden), he is consumed by his desires and the destruction that comes with them. Sleep, while emotionally absent, still holds power over Vessel, and their detached, unengaged nature only fuels the emotional chaos. Vessel's struggle is one of internal conflict, where his desires for reconnection are battling against the destructive forces that this attachment brings.

♥ **Boundary Reminder**

When love becomes self-destructive, it's essential to step back and reassess. Emotional attachment should not come at the expense of your well-being or self-worth. If the relationship is built on illusions or unhealthy cycles of longing and regret, it may be time to reassess what you truly need and deserve. Self-care involves recognizing when something, or someone, is no longer nurturing, but draining.

Self-Work Questions:

- Do I find myself longing for someone or something that causes me emotional pain?
- How do I recognize when my desires are leading me into self-destruction?
- Am I holding on to something out of fear of losing it, even when it no longer serves me?
- How can I start setting boundaries that protect my emotional well-being, even in relationships that are difficult to walk away from?



"EUCLID"

*"Just run it back, give me five whole minutes
I am thick tar on the inside burning"*

Vessel feels overwhelmed by the intensity of his emotions, like thick tar weighing him down. There's a sense of desperation here, as he asks for a few more minutes, hoping for clarity or release from the internal struggle burning inside him.

*"I've got a ghost in the hallway grinning
And a heavy head that won't stop turning"*

Vessel is haunted, both literally and metaphorically. The "ghost" could symbolize past memories or unresolved feelings, and the "heavy head" reflects mental exhaustion or confusion, as his mind won't stop spinning.

*"If my fate is a bad collision
And if my mind is an open highway"*

Vessel reflects on his fate, perhaps it's destined for disaster ("bad collision"). The "open highway" represents the freedom or chaos of his mind, where he feels like anything could happen, but it's an uncontrolled, uncertain journey.

*"Give me the twilight two-way vision
Give me one last ride on a sunset skylane"*

Vessel yearns for clarity, for the "two-way vision" that allows him to see the full picture... perhaps a way to understand both his present and future. The "sunset skylane" is a metaphor for the final stretch, the end of the road, but still filled with beauty and meaning.

*"Call me when you get the chance
I can feel the walls around me closing in"*

Vessel feels trapped, as though time is slipping away and the walls are closing in on him. There's a longing for connection, a desire for someone to reach out, but also a sense of isolation in his struggle.

*"Just running forwards, a life like wires
As I see the past on an empty ceiling"*

His life feels mechanical, like "wires" guiding him without purpose, while the past hangs above him like a looming presence. The "empty ceiling" reflects a sense of emptiness or stagnation, unable to escape the weight of memories.

*"I play along with the life signs anyway
But hope to God you don't know this feeling"*

Vessel continues to play the game of life, even when it feels like a façade, pretending to live while struggling internally. He hopes that others don't share or understand the burden he's

carrying, yet there's an underlying desire for someone to understand his pain.

*"Yet in reverse you are all my symmetry
A parallel I would lay my life on"*

Vessel reflects on the relationship, seeing Sleep as his "symmetry", someone who mirrors him, but in reverse. There's a deep connection here, and despite the pain, Vessel is willing to lay down everything for it. This suggests an intense emotional entanglement, where he feels both united and torn.

*"So if your wings won't find you heaven
I will bring it down like an ancient bygone"*

If Sleep cannot find peace or escape, Vessel is willing to bring them to it himself, like an act of desperation or sacrifice. The idea of bringing heaven down echoes his willingness to go to extreme lengths for Sleep, even if it means bringing something unattainable into their world.

*"Call me when you have the time
I just need to leave this part of me behind"*

Vessel wants to disconnect from this part of himself, perhaps the part that's consumed by longing or attachment. He wants to move on but is still caught in a cycle of waiting and hoping for contact.

*"Do you remember me
When the rain gathers?
And do you still believe
That nothing else matters?"*

Vessel questions whether Sleep still remembers him in moments of sadness or emotional turmoil ("when the rain gathers"). There's also a reference to whether Sleep still holds on to the idea that their love transcends all obstacles, or if that belief has faded.

*"For me
It's still the autumn leaves
These ancient canopies
That we used to lay beneath"*

Autumn symbolizes change, loss, and transition. The "ancient canopies" represent past memories, and Vessel still holds on to those moments, remembering when they were together under those "leaves." These memories represent a simpler, happier time in their relationship.

*"No, by now
The night belongs to you
This bough has broken through
I must be someone new"*

Vessel recognizes that things have changed. The night, symbolizing uncertainty or darkness, now belongs to Sleep. The "bough" breaking through represents a shift, and Vessel acknowledges the need for change in himself... he can no longer hold on to who he was.

*"No, for me
It's still the autumn leaves
These ancient canopies
That we used to lay beneath"*

The repetition of the autumn leaves and ancient canopies emphasizes how deeply Vessel is stuck in the past, unable to move forward. He longs for the simplicity of what they had, even though he knows things have changed.

"The night belongs to you"

Sleep now holds control or dominion over the situation. Vessel no longer has the same connection or influence, and the "night" can symbolize a time of emotional distance or confusion.

*"The whites of your eyes
Turn black in the lowlight
In turning divine
We tangle endlessly
Like lovers entwined"*

This imagery suggests a dark transformation. Sleep's eyes turning black could symbolize their emotional or spiritual darkness. The metaphor of tangled lovers conveys both intimacy and entrapment, showing how their connection is intense yet ultimately unresolvable.

*"I know for the last time
You will not be mine"*

Vessel acknowledges the finality of the situation. Despite his longing and attachment, he understands that Sleep is no longer his... perhaps this is a moment of acceptance, but also deep sorrow.

"So give me the night, the night, the night"

Vessel calls for one last moment of surrender, of giving himself fully to the night... perhaps a metaphor for his emotional darkness. He seeks to embrace the pain and closure, even if it means fully giving into the sorrow of losing Sleep.

Psychological Analysis: Vessel's Lens

Vessel is caught in the tension between longing and acceptance. He wants to move forward, yet he remains fixated on the past, desperately clinging to the memory of a time when things felt simpler and more connected. His desire for Sleep is all-consuming, yet he knows it is ultimately unattainable. His emotional and mental state is fragmented, torn between the desire to "reset" and the recognition that some connections are meant to remain broken. The lyrics reflect a deep internal struggle: Vessel's yearning to "bring heaven down" and "reset" his reality to a time when things felt right, but he's caught in the understanding that it can never truly happen.

Psychological Analysis: Sleep's Lens

Sleep, though central to Vessel's turmoil, remains distant and emotionally inaccessible. They symbolize both freedom and the unattainable: Vessel's fixation on them represents the impossible ideal he chases, unable to move on from the past. Sleep seems to be the passive force in the relationship, untouched by the turmoil that overwhelms Vessel. While they are deeply connected to Vessel's emotional chaos, they do not return the same depth of feeling, which leaves Vessel in a constant state of yearning and frustration.

Two Sides of the Token?

Vessel is emotionally consumed by his desire for Sleep, a love that both elevates and destroys him. Sleep remains distant, creating an emotional imbalance that leaves Vessel perpetually seeking something that can never be fully realized. Their relationship is marked by a disconnect: Vessel's intensity and emotional turmoil contrasting with Sleep's passive detachment. This imbalance keeps Vessel trapped in a cycle of longing, loss, and self-doubt.

♥ Boundary Reminder

When love becomes an all-consuming force, it's essential to recognize when it starts to detract from your emotional well-being. Emotional attachment shouldn't come at the cost of your identity or self-worth. If a relationship has you constantly chasing something that isn't reciprocal, it's time to reevaluate whether it's worth continuing. True connection is built on mutual respect and vulnerability.

Self-Work Questions:

- How do I recognize when I'm chasing something that is no longer healthy for me emotionally?
- Am I holding on to a relationship or a past ideal that no longer serves my growth?
- How can I begin to release attachments that drain me and focus on relationships that nurture my emotional well-being?
- When do I stop longing for what I cannot change, and start embracing the present and the possibilities for my future?



VESSEL: THE STORYTELLER DISGUISED AS A VOICE

Somewhere along the line, people decided Vessel was just a man screaming about heartbreak in fancy lighting. A tragic figure, half-naked, processing his trauma in real time. Maybe. However, I like to believe that Vessel isn't simply performing emotion... I see him writing it. He's a literary mind that just happens to translate in melody instead of ink.

Listen to any Sleep Token lyric stripped of music, and you'll find syntax that feels like literature. It's prose poetry disguised as rhythm.

This is a writer using the full anatomy of language: meter, imagery, allegory, irony... to stage emotional theater. He writes like someone who paid attention in English lit class, probably had a thing for metaphysical poets, and realised one day that guitars make better quills.

Vessel builds scenes. Each track is staged with intent: lighting, tempo, texture... all chosen to manipulate mood like a playwright working in sound instead of stage direction.

Think of the albums as acts:

- **Sundowning:** the prologue, written in candlelight and uncertainty.

- This Place Will Become Your Tomb: Act II, where tension deepens and motifs return like ghost characters.
- Take Me Back to Eden: the crescendo of the monologue, lush, arrogant, biblical.
- Arcadia: the postmodern chapter where the script starts writing itself.

Every phrase, symbol, and recurrence: feathers, water, teeth, Eden is literary foreshadowing. Writers do this when they know they're creating an ecosystem.

People mistake sincerity for simplicity. Vessel is deeply self-aware... even sardonic. He's writing satire into sorrow. He knows how absurd human attachment can be, and yet he still kneels at its altar. That duality is comedic tragedy... Shakespearean, really.

If you look closely, you'll see a thread of dark humour woven into his writing: the playful use of religious imagery, the melodrama of surrender, the way he leans so far into earnestness that it starts to mock itself. That's wit. That's knowing your audience's psychology.

Lore is often dismissed as gimmick, but here it's literary device. The anonymity, the deity "Sleep," the Houses; they're narrative scaffolding.

His lore mirrors old epics: Paradise Lost, Faust, The Iliad. The human flaws of gods, the divine punishment of love. The anonymity lets him write archetypes rather than autobiographies. Even the performances are live readings. Every gesture, every pause between lyrics is punctuation.

The physicality: the trembling, the convulsions, the head tilts is embodied syntax.

I genuinely believe that if Vessel hadn't found music, he'd have been that quiet literature student with a notebook full of unreadable genius... the one quoting Donne and making everyone uncomfortable with how perceptive he was. He probably would've

published under initials, been compared to Neil Gaiman, and disappeared for a decade to “study silence.”

But music gave him a louder medium and a place where meter could meet melody. Sleep Token is what happens when a literature nerd gets a drum kit and unresolved feelings.

He’s a novelist writing in rhythm, a dramatist staging emotion, a philosopher translating theology into melody.

He’s the storyteller.

The kind who hides the truth in metaphor and dares you to dig for it. And in that search, he makes us all writers too.

ABOUT THE AUTHOR



Jane Elend is a dark fantasy and romance author, artist, and creator of worlds where light and darkness intertwine, and love battles against fate. Known for her intricate storytelling, Jane crafts tales filled with complex characters, intense emotions, and deep spiritual themes. Her work explores the eternal dance between good and evil, reflecting her fascination with the unseen forces that shape our lives.

With a background in psychology, Jane brings an insightful understanding of human nature into her writing, delving into the desires, fears, and inner conflicts of her characters. She explores themes of redemption, love, destiny, and the mysteries of the universe, imbuing her stories with spiritual depth and cosmic wonder. Jane is also the creator of Corner of Thoughts, where she pours her reflections and musings, often blending her love for music, literature, and the deeper meanings of life.

Jane is particularly drawn to the music of Sleep Token, captivated by their rich vocabulary, aesthetic beauty, and ethereal vibe. Their lyrical depth and exploration of light and darkness resonate deeply with her own books, where similar themes of emotional conflict, spiritual journey, and the complex interplay between light and shadow prevail.

Originally from Tallinn, Estonia, and now residing in Bournemouth. She embraces the signs of the universe, allowing them to guide and inspire her work, as she continues to manifest her dreams through her creative endeavors.

Visit Jane E Elend's official website for the book series:

<https://www.janeelend.com/>

