

114 - Stop Smoking Now!

By Gil Boyne

As you go deeper into relaxation, you are aware that you have a strong and powerful desire to become free of tobacco forever. Your desire is to be healthy, to live a full life, and to enjoy life in a free and happy way. Your desire is to be as attractive as you can be, as healthy as you can be, to live as long as possible, and to enjoy life completely.

Because these desires are so strong, you now begin to automatically smoke less each day. Each day you smoke less.

You can easily eliminate certain smoking patterns. Perhaps it seems most important to you to smoke after your meal. Eliminate those cigarettes last. Get rid of those cigarettes when you're talking on the phone or when you complete a task or, perhaps, when you get out of bed in the morning.

Each day you smoke less. Soon you are totally free of tobacco. You are already experiencing a wonderful feeling of personal pride and glowing satisfaction as you become free of tobacco.

You accept yourself as a lovable person. You give up any need to punish yourself. You easily express approval, acceptance, love, and affection to those closest to you; and you eagerly accept the love, affection, and approval that are all around you.

You are now becoming free. It is easy for you to become free because you have such a powerful desire to do so. You want to have a clean feeling in your mouth in the morning; a finer and more exquisite sense of smell and taste; clearer, easier breathing capacity and breathing control; and to have more natural energy and activity; to be more relaxed and serene. And you know that each day as you smoke less, you are fulfilling these goals.

You have good reasons to give up smoking. You enjoy being energetic and you take great pride in your physical accomplishments. Each day as you smoke less and less, your desire to smoke becomes less, and you feel greater satisfaction and well-being.

Your body has great reserves of energy to draw upon. All of your blood vessels down to the smallest capillaries are expanding to their normal size, bringing more abundant circulation and more vibrant energies to your body.

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You are also becoming more calm, poised, and at ease in every situation.

Each day as you smoke less, your mouth tastes clean, fresh, and sweet. Your taste buds on your tongue and in your palate are more alive and more sensitive to subtle tastes and flavors. Your nasal passages and sinuses are open and free. Your sense of smell is sharpened, and you can detect the subtle, sweet fragrances of flowers, blossoms, and all of the essences and aromas of nature. Your breathing passages are open and free, bringing you fresh air which brings you more health, vitality, and energy.

You now begin to use your subconscious mind to advantage, thinking creatively when the urge to smoke comes. You confront it with these positive thoughts: that you value your health, your good looks, your creative imagination, and your mental happiness far too much to be used and exploited by the cigarette companies ever again. You can do this over and over again.

And you can kick the cigarette habit with your positive health program. You have everything going for you because you are positive and powerful in your desire to be free of tobacco. You begin now to follow this program of daily living and you can stop smoking in one week. You can stop smoking with self-hypnosis. Many, many others have and you can, too.

You flush your body of nicotine. You drink four glasses of water between meals, at least eight glasses each day. When you want a cigarette, you get a drink of water instead. The more liquids you drink, the quicker nicotine is flushed out of your body. You avoid beer, wine or liquor. You use the nicotine flush.

You become a luxury lover as you are going through this experience. You pamper yourself and luxuriate in a warm bath 15 minutes each day. This will help to keep your nerves calm and quiet. A steam bath or a sauna bath each day will wash the nicotine from your skin through vigorous sweating.

You follow a simple diet. By eating all the fresh fruits and leafy, green vegetables you want, you keep your blood sugar up. You may find it necessary to eat more than three meals a day during the next few weeks. Because you have often depended on the

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nicotine of a cigarette to raise your blood sugar level, you may feel an urge to smoke when you are tired and hungry. So you eat regularly and at more frequent intervals in order to keep your blood sugar high.

You take a walk after meals, or even run or jog if you want to. You get outside and breathe deeply for 15 or 20 minutes. Avoid sitting in your favorite chair after eating, for this is when you'll want to smoke most of all. The chair, the rugs, the drapes, and everything in the house are saturated with tobacco smoke. Keep away from them. Let the fresh air flush through your lungs, ridding them of smoke. Vigorous exercise is the best way to improve circulation and to make you feel better.

You conserve your nervous energy during the early days after stopping smoking. Your nerves can be edgy, so you get adequate sleep and plenty of rest. You eat regularly and rest often. You go to bed an hour or two early to ensure at least eight to nine hours sleep each night. You conserve your nervous energy. You avoid stress situations at work or at school. You avoid arguments at this time or becoming overly tired or working on too tight schedules. You are learning to relax mentally, physically, and emotionally with hypnosis.

Now, each of these ideas has made a vivid, deep, and permanent impression on your subconscious mind. And each day in your daily life you become more and more aware of the full, powerful, creative expression of these ideas.

Trance Termination

Now I'm going to count from one to five, and then I'll say "fully aware." At the count of five, your eyes are open, you're fully aware then, feeling calm, rested, refreshed, and relaxed.

All right.

One. Slowly, calmly, easily, and gently you are returning to your full awareness once again.

Two. Each muscle and nerve in your body is loose and limp and relaxed, and you feel wonderfully good.

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Three. From head to toe you're feeling perfect in every way--physically perfect, mentally perfect, emotionally calm and serene.

On **number four**, your eyes begin to feel sparkling clear, just as though they were bathed in cold spring water.

On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, and full of energy.

Number five. You're fully aware now, eyelids open. Take a deep breath; fill up your lungs, and stretch.