

A Confident, Non-Smoking You

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Induction - Focused Release

I'd like you to close your eyes and take a deep breath, hold it for about 3 seconds and exhale... Take a second deep breath, hold it... and exhale ... And one more time a third deep breath, holding up to 3 seconds... and exhale and relax...

While you're sitting and relaxing comfortably I'd like you to take a moment to think about your body... relaxing wherever you are... I'd like you to begin by placing your focus on the top of your head... Think about the top of your head and imagine what it would feel like if it were completely relaxed... As if you can relax it just by wishing it so...

Imagine what it would be like if you could control or focus this relaxation by will... In fact imagine the relaxation from the top of your head descending downward over your forehead... eyes... eyelids and even your nose... Imagine those parts of your face relaxing... Just letting go and feeling wonderful...

And you can allow the rest of your face and head to relax as you focus on the relaxation descending to your cheeks... your mouth... and your lips... making sure that your teeth are not clenched together... and even your jaw just relaxes completely...

And allow the relaxation to go all the way down to your neck... allowing both the front and the back of your neck to relax completely... Isn't it great how easy it is to focus yourself into relaxation... just allowing yourself to let go completely...

Now use that mental focus to allow your shoulders to relax... getting rid of any tension that might be in those areas... and you can feel that relaxation going all the way down your arms ... through your elbows... your forearms... your hands...

and even your fingers relax completely... Allow your arms and fingers to go very loose and limp...

As you're relaxing you notice how deep your breathing has become... So very deep and relaxed... and you realize that you've created this relaxation through your focus... and through allowing it to happen...

As your breathing continues to be deep and relaxed you can allow your chest muscles to relax as well... Just allow your chest muscles to relax completely...

All the way down to your stomach... allow your stomach muscles to relax and get rid of any tension that might be in that area... You can focus on releasing and letting go completely...

And your hips relax... .. and especially your legs... Starting with your thighs... focusing on the relaxation descending down to your knees... focus on your calves letting go... your ankles... your feet... and even your toes can relax completely...

From the top of your head all the way down to your toes you have focused on relaxation and allowed yourself to let go... You've allowed yourself to let go because you want to be successful today... You want to be healthy... So continue to allow yourself to just relax... and let your imagination roam free...

Deepener - Floating Oak Leaf

I'd like you to imagine while you're sitting totally relaxed and keeping your eyes closed... that right in front of you on the wall is a beautiful painting... It's a large painting of an outdoor scene...

In the center of the painting is a large oak tree... You realize that it must be autumn as there are almost no leaves left on the tree. In fact there's only one and it's all the way at the top...

It's such a comfortable and cozy scene... It seems like a place you'd like to stay at forever... Just perfect in every way... You begin to focus on that one leaf hanging on the top of this tall oak tree... The picture looks as if there's a light breeze

flowing through the trees... In fact it's so inviting that you can even feel the comfortable breeze yourself... Almost as if you're part of the painting... or you're actually in the scene itself...

As the breeze is blowing through the tree you notice that the last leaf breaks free and starts to float in the air currents... It seems so peaceful as it floats downward very slowly... It descends back and forth... As it descends you see it following the year currents slowly down through the bear oak branches... It's coming closer and closer to the ground... Now it's half way down still gently floating towards the ground... and as it floats downward you realize that you're also floating deeper into relaxation... Almost as if you and this leaf are connected in some way...

It floats down... down... down... even to the lower branches now... deeper and so very relaxed... and as the leaf finally reaches the ground and touches so to do you find yourself in the deepest state of relaxation...

Script – A Confident No Smoking You

You're here today because you want to be a non-smoker... You realize how important your health is... And you've chosen to be healthier for a long time to come... You realize that so many things in your life will now change... You'll have more energy... You'll feel better... You'll look better... You'll breathe easier... And even food will taste better... You're so pleased with your decision to become a non-smoker... and you should be... You've made a wise decision... You've chosen to be healthy and have a longer life... So take a moment right now to relax deeper and deeper... as you begin your transformation...

I'd like you to imagine yourself right now... as the goal you... See yourself as the person you'd like to be... as if you were standing on a stage right in front of you... See yourself as the confident... non-smoker that you now have become... Right now you are a non-smoker because you've decided to be healthier... Right now you're the person that you want to be... So see yourself on the stage in front of you as this new healthy you...

Notice how this new you seems to be vibrant... This new you has more energy than before... This new you is able to breathe easier... Notice yourself standing there in front of you and realize that this is the new you that you've become... This is the new you that you've created... Take a few moments and be proud of this accomplishment... As you continue to relax...

You feel so wonderful realizing that no little piece of white paper wrapped around tobacco is in control... You are now in control... You are 100% responsible for your health and the direction of your life... You feel happy... you feel healthy... and you're in control...

You'll have more energy than ever before... and with this newfound energy you realize you can put it to good use to become even healthier... You find yourself wanting to walk and be more active... Maybe parking a little further from your destination each day so you can walk a little more... With this new energy you'll want to be more active... Being more active will help you to be healthier... It's a beautiful cycle of energy... activity ... and health...

You now find that you'll be craving water more than ever before... That wonderful crisp and clear water taste great to you... You've never realized how refreshing it can be... Water is now your best friend... Water helps to flush impurities out of your system... Helps to replenish you... Hydrate you and even make your skin look better... That wonderful crisp, clear refreshing water is the key to health... and you now crave it more than before...

So take a moment now to realize that you are a non-smoker... Your strong subconscious mind has given you what you desire... It has giving you added health... It has giving you a new outlook on life and yourself... From now on you're a healthy person... and you see yourself as a non-smoker... and can also enjoy all the benefits of being a non-smoker...

Feel proud that you are non-smoker... Allow yourself to feel wonderful about your decision... about your accomplishment... Congratulate yourself for doing something wonderful for you... and also those who care about you...

Awakening

In a moment I'm going to count to five and at the count of five you'll be back to the here and now... Feeling wonderful in every way... and opening your eyes as the newest member to the non-smoking society...

One... You're starting to emerge from hypnosis...

Two... Feeling wonderful about your new decision of change...

Three... Coming back and feeling energized...

Four... Your eyes are beginning to open and

Five... Eyes wide open, fully awake and feeling fine...