



Stop Smoking Hypnosis Script

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(This script refers to video that I created to accompany this session, for use with clients without video, simply adapt or skip these parts. All hypnosis scripts should be used by professionals and adapted to client need and the resources present.)

Pre-talk

This is a comprehensive hypnosis training session. I am Dr. Richard Nongard and I have created this experience using technology to amplify the known methods of hypnosis. By using technology, including cinemograph video production, brainwave entrainment sound files, music, and both spoken and written word, you will be guided into a process of learning how to harness the power of hypnosis to take control of any area of your life.

Hypnosis is a skill that is learned, and by participating in this program you will be using the most advanced methods of hypnosis and applying the solution that peer reviewed journals show us are effective for creating lasting change. Hypnosis changes lifelong patterns, it can help you feel better, and breakthrough limiting beliefs.

Leonard Bernstein said, "Music can name the unnamable and communicate the unknowable." Macklemore has said, "Music is therapy. Music moves people. it connects people in ways that no other medium can, It pulls heartstrings. it acts as medicine." Although a metaphor and music is not literally medicine or therapy in and of itself, you have certainly had the experience where music has moved you and even helped you. This hypnosis session uses the science of music. It

uses music that can enhance creativity, and even improve our motor or reasoning skills. And although the music used in this session is not the central focus of this session – you have already sensed its power and this session uses carefully selected music and brainwave entrainment files to help you master this moment.

Just as you are listening to my voice now, you will be hearing my voice through much of this session. I will be guiding you through a series of hypnotic learning exercises. These will teach you how to relax, concentrate, control your thoughts and emotions and how to create new resource states so that you can take the benefit of this session into your real world and everyday life. They will help you harness the full potential of hypnosis.

Let's try something right now.

Close your eyes for a moment, and scan your body for any obvious tension you are holding. And anywhere you feel the tension of the day. Take in a breath, adjust in your chair for comfort, and exhale.

You are doing perfect!

In a moment I am going to have you open the eyes again, but for right now, set aside any concerns of the past and any fears of the future, and just be present in this chair. It's a pretty comfortable chair isn't it? And it feels good to learn by closing the eyes and just relaxing, doesn't it?

The music you are hearing right now is programmed at the resting heart rate. 60 beats per minute. As you relax and listen to the music your breathing will automatically become smooth and rhythmic and your heart rate will quickly become calm and regular, and you can notice how wonderful taking just a moment to relax can actually refresh your mind and body.

Now open your eyes. Hypnosis really is as simple as this. While you focus on my words, and the images you see, I will guide you into paying attention to both your mind and body in new ways. It may seem amazing right now, but the results of learning hypnosis are profound.

What is it you want to achieve by learning hypnosis? Do you want to overcome a fear, or create calm? Is there a habit you want to change, or do you want to become motivated to reach your highest level? Are there things, either known or unknown that have been holding you back? Hypnosis is a great way to release these forever, and replace them with the best you that you can be.

You may of course have seen a Hollywood movie where a hypnotized person is unconscious or mindless. That is of course, only a Hollywood movie. During this session you will not be asleep or unconscious, in fact quite the opposite is true. Nobody will be touching you, and you will not be given any hypnotic suggestions other than the positive ones you have asked me to make by choosing to learn hypnosis and taking this training. You will always be awake, even if deeply relaxed, and you will always be able to hear the words that are spoken, the music that is played

and, even if during parts of this session your eyes are closed, you will at anytime be able to open you eyes, and even chose to end the session early if you want to. But you probably won't want to, since it feels great to learn something new, especially something as helpful as hypnosis.

A few moments ago, you closed your eyes and relaxed into the moment. I suppose that is the simplest form of hypnosis, just being in the moment and relaxing. It is amazing how, during times of stress you can do exactly that at anytime and in any situation and find your center.

But hypnosis is more than relaxation it is learning to act on suggestion. Let me share an example with you of how we respond to suggestion.

Actually, Follow along right now. The results will be pretty cool.

Hold your hands out in front of you and clasp them together. Actually, do this, just like the woman on the screen is doing. Go ahead, hold your hands out in front of you and clasp them together.

Extend you index finger out in front of you and hold them about an inch or a few centimeters apart from each other, and focus your eyes directly at an imaginary spot between those two fingers. focus your attention on that imaginary spot.

Keep your eyes focused on that spot and imagine that on each of the pads of your index fingers are two powerful magnets. Magnets have a powerful attraction, And NOW feel those magnets push your fingers closer and closer, want them to draw together, and watch the magnetic fingers attract and push closer together as you imagine the magnets pushing together and bringing those fingers together.

Press those magnetic fingers into each other and feel the power of the magnets holding them together

Try to pull the fingers apart. But the power of the magnets is so strong that when you try to pull them apart they become locked together even tighter.

Breathe. Let your hands relax. Let those fingers and hands come apart and let your hands rest again on the armrest of the chair.

Pretty cool isn't it? What happened there? I gave you a visual suggestion in this video, and by creating the awareness of magnets you literally felt the pull of those magnets. But there were no magnets. yet it worked. That is the power of creative suggestion. We respond with action to suggestions that are made.

During this session I am going to give you many suggestions. These suggestions are designed to activate the creative part of the mind and to teach you that you can respond to new ideas and

new learnings. The value of course, is that just as you can imagine magnets on the pads of your fingers, you can imagine wellness, motivation, confidence, and step into action on these motivational affirmations.

So far you have activated the auditory system by listening to the sounds and words of this hypnosis session. And you have activated the visual system by viewing this video and even focusing your eyes on that imaginary spot between the fingers. The third system we activate during hypnosis is kinesthetic awareness. This is what your body feels like or an awareness of sensation. When you felt the fingers pressed together it was tension. But mostly, we will be using relaxation, warmth, and comfort during our session.

One last thing before we begin. I have embedded this movie with empowering subliminal messages. They appear onscreen as words and affirmations you might read, and as suggestions within the audio track. Some of these you will see, and some of them you will hear. Subliminal does not mean invisible or silent, it really just refers to anything below the threshold of conscious awareness. These are designed to take your success to an even higher level and help you step into a new chapter of life.

Are you ready for change?

Are you ready to begin?

Perfect.

ACTUAL HYPNOSIS SESSION

Without the dark we would never see the stars.

Stars have always represented wonder and power and guidance and hope. But it is from the darkness we have experienced that the promise of new light becomes clear.

There are an infinite number of stars, some visible and some yet to be revealed.

This session is designed to teach you the skills of self-hypnosis to control stress. But more importantly it will turn your stress into accomplishment, empowerment, and help you to take everyday stress and replace it with the joy of success.

As you see the images in front of you one of these stars, for whatever reason, one of these stars has probably captured your attention. Perhaps it is brighter than the rest, or perhaps further than the rest, or perhaps because it's a centermost star. You might be one who finds the fainter star more interesting, or the one in the corner or even the one that is smallest, amazed that despite its small size, it was still able to capture your attention.

I really have no way of knowing which star, and for whatever reason, has captured your attention, but right now bring all of your attention to this star. Essentially stare at the star, let the star you have knowingly chosen or unknowingly been drawn to become the most important star on the screen in front of you – and essentially stare at the stars if it is the only one before you.

Notice, just by staring at this star for a moment, it might change, at first becoming brighter, sharper, crisper and more clear as the other stars fade away, or perhaps noting that just by staring at this spot for a moment, it seems to fade away, almost as if it has disappeared into the night sky. Either way is of course fine, what is really important here is that you have closed one star of many to focus your attention, and this is really our first learning in hypnosis, that now matter what else is going on, we can choose to direct our attention to one specific place. And notice something else, by focusing for a moment, the eyes have become fatigued, or tired, and right now you know it would just feel better to let the eyes close down for a moment, so let the muscles in the eyelids relax and close our eyes.

Now notice something else, even with the eyes closed, you can still see your star, its almost like you have x-ray vision and can continue to focus on that spot where your star is present. And this of course, is learning number 2, that we can, not only focus our attention where we want, but we can create awareness even with the eyes closed.

You have chosen to use this program to accomplish something important to you. Perhaps to use hypnosis to change the way you feel or the actions you take. Perhaps to move beyond the limitations of everyday life and like the stars, achieve unlimited heights.

You have already focused your attention, the first aspect of learning hypnosis, and now it is time to relax both mind and body. The easiest way to do this is to both focus your attention on your breath and relax any muscles of the body where you are carrying the tension of the day.

Scan your body. Anywhere you are aware of a place, from the brow to your shoulders to even your feet and toes where you are carrying the tension of the day – relax those muscles.

Are you also paying attention to your breath as you relax? Each breath marks each moment, and with each breath in and out, allow yourself to double your awareness of relaxation.

Our face and brow can often be a place where we store the tension of the day, and so relax the muscles of your brow and eyes, unclench your jaw and just relax, paying attention to how it feels to have slow, smooth and rhythmic breath. It feels pretty good doesn't it?

As you extend the relaxation through the neck and shoulders, you might find it more comfortable to just let the chin drop towards the chest a bit and relax. Perfect. And as you extend that relaxation into your arms and forearms and your hand and even the little tiny muscles of the fingers, relax completely.

Now open your eyes...

It is at this point you might notice that your mind continues to think. Sometimes people wonder, can I really be hypnotized if I am thinking? Just like a fish swims in water, people literally swim in thoughts. To not think would be for us, the same as a fish not having water. Hypnosis is not about turning off our thoughts or feelings, it is about learning how to think differently, and in a way, that has direction to bring us closer to our goals.

Close your eyes again...

And continue to relax every muscle of the body.

each breath and each moment, bringing you into a deeper awareness of trance and the power you have to activate your greatest potential in this moment.

To become stronger and healthier

to become wiser and more disciplined

To become more creative and confident

To embrace your greatest potential by centering yourself in this moment and creating the resources state we call hypnosis.

In the past few minutes your heart rate has become smooth and rhythmic, and your heart rate calm and regular. And it feels good to be so aware, so focused and so in the moment by practicing hypnotic relaxation.

Your body is quite relaxed, isn't it? And just as easily as we can relax the body we can also relax the mind.

By relaxing the mind and body we create a resource state that uses clarity as hypnotic trance to really harness the power of the mind. It is in a deep state of focus and clarity, that we can explore all of our opportunities and commit to a pathway of change that people who practice hypnosis find so valuable.

Imagine being in a perfect place for you. Perhaps a wonderful place where you have been, or a wonderful place you would like to go, or even a perfect place of your own creation. And imagine in this perfect place is a clear blue sky. Open your eyes, (blue sky and puffy cloud video) surrounded by blue sky in a perfect place, and take in a breath. And imagine seeing a single white puffy cloud lazily and leisurely floating across the sky. As it moves off towards the horizon, you can imagine casting anything wither known or unknown that has been holding you back into this cloud and that that be carried away with the cloud as it continues to move off towards the horizon. There is of course a point, where that single white puffy cloud will disappear off into the horizon and it is at that point that both mind and body are completely relaxed. And if your eyes aren't yet closed, close them down once again, drifting, dreaming and floating into a perfect state of both mental and physical relaxation.

With each number and each breath continue to access the depths of hypnosis, your inner ability, and the unstoppable creativity and confidence you feel in this moment.

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What you have experienced to this point is a foolproof way to stop stress in its tracks. At any place and anytime, you can turn stress into joy by and an empowering sense of freedom by just taking some time each day to relax both mind and body and to create calm.

We know you have an inner strength and an incredible inner ability to solve any problem. The answers to stress are best found by tapping into our ability to pay attention to certain things, like a star in the sky, or even the directions written through intuition stored deep inside our spirit.

Just last year a Utah man was vacationing on a Caribbean beach when he spitted a coke bottle in the sand. Inside of the glass bottle was an old and barely legible note that simply read to return it to the Beachcomber Motel at 419 Ocean Blvd. for a reward. The man had literally discovered the often thought to be, mythological message in a bottle. Intrigued, he took the bottle and the note home with him and was able to reunite the bottle with the daughter of the man who had 50 years previously owned the hotel and had sent the message in a bottle.

You have inside of you a set of experiences and dreams, goals and solutions. No matter how long ago your passion for success was set to sea you have by learning hypnosis, uncorked that bottle of success and can be reunited with anything wonderful that you have long set aside to care for the stresses of life.

Undoubtedly you have come a long way. It may have felt like the waves of stress, difficulty and disorder were pulling you down, but you can congratulate yourself for resiliency. After all, you chose to learn about hypnosis in this session and return exactly to that place in your life where joy reigned. Hypnosis not only eliminates stress, but activates joy.

Open your eyes again for a moment.... (video of message in a bottle)

Words on screen : Today I can turn stress into joy

Subliminal: Life is joyful

Words on screen: Acceptance is the answer to all of my problems today

Subliminal: Today is a good day

Words on screen: It is not stress that kills us, it is our reaction to it

Subliminal: I react with confidence

Words on screen: I have inner strength and dreams to achieve

Subliminal: My dreams direct me

Words on screen: I know what I want and attract abundance into my life

Subliminal: I am abundant and free

And now close your eyes... with each number and each breath access and even deeper level of awareness, and releasing now and forever more everything and anything either know or unknown that has held you back and stressed you out.

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You will always remember to breathe deep and steady powerful soothing, breath; a calming, centering, stilling, harmonizing and balancing breath, and by doing so, you are easily overcoming any and all fear, doubt, worry and panic. That which once overwhelmed you, is now both easily and forever powerfully overwhelmed by you and the power of your breath, as you leave all fear, panic, and discomfort, far, far behind you forever. All fear, doubt and stress are now and forever forgiven, released, healed and vanquished and replaced with a presence of joy and the power to thrive.

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When Napoleon Hill wrote the book "Think and Grow Rich," he created a classic which has been the blueprint for many others. And so, by using your power of your mind to think

create joy, we know the outcome will be the same for you as well.

The Law of Vibration tells us that everything is in motion, that thought is energy, and that where my thoughts go is where the energy flows. And so I am thinking thoughts that move me in the direction I wish to go.

Right now are not only gaining abundance, but an ability to tap into the resources of the subconscious mind through hypnosis, that part of you that knows you are not only driven to success, but entitled to success, and right now claim abundance and success, it is yours.

By using this hypnosis session today, you have chosen to make a change, but that transformation has already taken place. It is not something yet to be done, but something you have already done simply by taking the action you have in learning self-hypnosis today.

During the next few minutes, I will remain silent. The underlying music track will further your attention to your ability and will help you relax even further. This is your time, embedded with subliminal messages to activate your highest level of potential and your time to succeed.

You have in this session turned stress into joy, you have created an inner calm, and an ability to create laser-like focus.

You have set aside the stress of the day, and by doing so have set aside the stress of life. You have activated your greatest level of potential and can move forward from here with confidence and calm in any situation.

Relationships that used to stress you are relationships you can intuitively handle for both now and forever more.

The little things in life, that used to stack up against you are things you have a new way of coping with.

In fact, when our session is done today, you might discover that you have forgotten to remember you stress – or that you remember to forget to become stressed when life throws a curve ball. Either way of course is just fine. The new you is here, and this time marks your transformation.

As your hands rest on your lap, notice the sensation of relaxation and calm that you have already achieved. Now, say to yourself the word "warm" and focus

on your hands, letting them feel a sense of warmth. Say to yourself, "My hands are warm". As you do, notice the sensation of warmth that you have created in your hands. Now, say the word "heavy". Notice how heavy your resting hands are while you say to yourself, "My hands are warm and heavy". Once again, "My hands are warm and heavy".

Now, focus on your feet. Say to yourself, "My feet are warm and heavy".

And again, "my feet are warm and heavy". It is amazing how as you say, "My feet are warm and heavy", you can begin to feel that sense of warmth and heaviness.

Another lesson here is that we can control the way we feel. This is true both physically and mentally, no matter how difficult life situations are. That sense of warmth and heaviness brings a sense of relief from the weariness of life. It allows you to recharge the mind and body in the time that we have in this session.

Now, focus on your breathing and notice that it is smooth and rhythmic.

Relax deeper with each breath you take. Although it may feel magical to relax this deeply, especially since you haven't felt this calm in a long time, this is a totally natural state. It is not a state that I have created. You have created this state and you can re-experience it at any time. I will teach you how to do this in a moment.

First, it is time to focus on your desire to be free from pain or anxiety, by feeling a state of calm. Notice how the sense of heaviness is like a calming anchor, allowing you to feel physically calm, even if your mind might wander or race. Perhaps you desire to experience hope rather than depression. By participating in this simple exercise of creating warmth and heaviness, you can see how you have a creative ability within you that can also create the experience of hope.

Water always makes me feel hopeful. I don't know why, but it does. Perhaps it is because it reminds me that nothing stays the same or perhaps it is because its power and energy revitalize my spirit. Do you desire freedom? Do you desire success? Take a moment and create an affirmation that reflects your heartfelt desire. You can say something like, "I am free from stress" or "I can create hope from the inside". You can even focus on a single word like "happiness", "serenity", or "forgiveness".

As you continue to enjoy your mental image of the waterfall, take a moment to focus on the word or affirmation that you have chosen. Repeat it in your mind, seeing it spelt out and hearing yourself speak these words. Notice the feeling that these positive words or affirmations bring. It really is amazing how simply repeating a word or affirmation can manifest it into reality, but remember that all creations were thoughts, first. To be hopeful, to be calm, to be forgiving, you must first begin with a thought. Then you can truly experience all of this and more, each day.

Like a heavy rain that fills the stream that leads to the river and into this waterfall, you can reinforce this thought. Write your affirmation or word onto a sticky note and place it on the bathroom mirror, your dashboard, or the monitor of your computer. Let it be a constant reminder that despite other factors in life, you have the ability to turn a thought into emotions and success.

Relax even deeper. Notice how remarkably easy it has been to set aside a few moments to re-energize. Even though life requires action, you now have a starting point for re-energizing during difficult times and a starting point for creating thoughts that turn into results. In fact, you can even congratulate yourself for taking the time to invest in your success. You know that by starting this process, hope, calmness, and happiness are the result.

As you continue to relax, pay attention to your right thumb and index finger.

Touch them together as if you are making an "okay" sign. As you feel a sense of calm, touch them together and press firmly to associate that feeling with this action. Whenever you feel stressed or anxious, touch your fingers together and allow yourself to instantly re-experience this state of serenity. You can do this at work, at home, or in any difficult situation. Instantly, you will bring yourself back to this starting point of serenity and creativity, allowing any temporary stress to pass without escalating.

As we near the end of this session, you can open your eyes or you can keep them closed for another moment. Feel the floor below your feet, the air in the room around you, and continue to experience the image of water flowing over the waterfall. Let yourself feel a sense of energy in the muscles of your body and in your spirit. Feel refreshed, energetic, and ready to be positive in any situation!



Stop Smoking Script – 24 Hours after the last cigarette

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(This is a follow up to session one, and draws on what was taught in session one. It also refers to video that is playing – you can adapt these or remove these parts for client use.

All hypnosis scripts should be adapted to client need and the resources present at the time of any live session.)

Pre-Talk

Congratulations! It has been more than 24 hours since you have had your last cigarette and you can be proud of that accomplishment!

In this hypnosis session you will take your change to the next level and ratify the experience you have had with hypnosis to produce lasting change. The great news here, is that this change you have made is not a temporary change but one you can commit in this session to lasting change.

In your previous session you created what we call a hypnotic anchor. You touched the thumb and index finger together, as if making an OK sign, and pressed those fingers together. Go ahead, get comfortable in the chair where you are, and **close your eyes...** Touch that thumb and index finger together right now and hold that tension together for a moment.

And relax the fingers. and notice something, your breath is calm and your heartrate has slowed, and you have instantly brought about the state of calm that you created in our last session right here and right now, just by touching those fingers together. It feels good doesn't it?

Now open the eyes again. In the past day you easily went without smoking. The things that were in fact cues to light up, were probably just a passing thought for you. Amazing, isn't it? You can congratulate yourself for a job well done. I don't know if you used that anchor, and touched you thumb and index finger together, a lot or a little but over the next day or two, or even the next week or two, anytime you need to bring yourself back to a commitment to change and feel the positive energy of your hypnosis practice, you can touch those fingers together and revivify this resources state. And of course when you do, you will notice any cue or craving pass quickly, leaving you with a sense of freedom, and health, and success.

Let's take your success to the next level.

On the screen in front of you is a sentence. Read the sentence you see and count all of the F's (the letter F) that you see.

(5 second break to read)

Did you count them? Count them again if you want to.

How many F's did you count?

Did you count 3? Most people do.

Did you count 4? Some people find the extra F

But did you see 5? Or were you one of the few (show highlighted F image) who was able to find all 6 of the F's?

Most people count 3. What that tells us that even when something is right in front of us, our conscious awareness is often limited. Through the hypnotic suggestions in your previous session – and the hypnotic suggestions we are going to share in this session you are going to bring all of your resources for success into awareness.

you can think of it this way – when you were smoking you weren't even looking for an F.

But in our last hypnosis session you began looking for some solutions – and you found them At least three of them. We know this because you have not smoked for at least the past 24 hours and it feels great to be successful.

But now we are going to uncover the rest of your inner resources and make this change a forever change.

The first thing we are going to uncover is your ability to stay in the present moment – this is called mindfulness. By keeping your thought, your emotions, and the sensations

you experience in the present moment you will avoid rumination, obsessive thoughts or tempting yourself with unhealthy choices.

Mindfulness is all about staying present, because no matter what else is going on in life, or what stressors or temptations exist, right now – in this moment- everything is actually OK. It was the great Master Oogway who put it this way, “Yesterday is history, tomorrow is a mystery, all we have is the present – and that is why it is a gift.”

Anytime, in any area of life, you can bring your attention to the present and you will discover that it is a gift. It is a gift of calm, of comfort, of success, and even a gift of acceptance. You do not have to follow a thought to be anxious, or stressed, or of the sensation of withdrawal and project into the future any temptation to smoke. You can just remain in the present moment, and just breathe, and discover mindfulness is a real solution – not only to smoking, but really in every area of life.

Go ahead, close your eyes down. Pay attention to your breath as you breathe right now. Bring all of your attention to your breath, almost like you are studying your breath. Pay attention to the nostrils as you breathe in, and the feeling of air being drawn into your lungs. You do not have to breathe in any special way, this is not yoga, so just breathe, and pay attention to the breath.

Notice that point in the lungs when the air turns around, kind of like an Olympic swimmer in a swimming pool, and the inhale becomes an exhale.

Good. You are paying attention to your breath, and each breath marks each moment.

Now, your mind will continue to think as you sit in this chair, you will have thoughts, you will have feelings and emotions and you will have physical sensations. Hypnosis – or mindfulness – is not about turning off these thoughts, feelings or sensations, but rather learning that when you have them you do not have to follow them – you can simply recognize them as a thought and use them as a cue or a reminder to return your thought to the breath. The breath is a focal point. It is where you are going to practice returning your attention. Do this not only right now, but in every area of life thorough each day, and you will discover it becomes second nature to stay in the moment.

Now, open the eyes. go ahead, open them again.

Mindfulness may or may not seem that important right now, but the value is in practicing bringing your attention from any temptation, distraction, or tension and back to the present moment. People who have anxiety find that by practicing mindfulness each day it becomes second nature, and that they feel less anxious and more happy.

One of the reasons we practice hypnosis and mindfulness is to help sort out what is a trick of the mind or distorted thinking. Former smokers sometimes pay attention to mind tricks, wondering if “just one would hurt them” or if even questioning if they really wanted to quit smoking – or as I like to call it – start breathing clean air.

Mind tricks can be powerful, we explored some in the last session.

Right now you are looking at the image of some shiny legs. How did they make that shine? When most people see these shiny legs for the first time, they are amazed by the glossiness and sheen they have.

That is of course, until it is revealed that the legs are not shiny at all – rather they have been painted with white lines and dots.

Once the paint is revealed, even when people want to see the shininess again, they usually can't.

That part of your mind that used to believe to believe that smoking was acceptable, has been replaced with the white paint of the last 24 hours. No matter how much that part of the mind that plays tricks on us might want to return to old ideas – you now know that smoking is not for you.

What is most important to you in this moment? Is it the new health you have? In just the first 24 hours of quitting smoking heart attack risk begins to decrease, nerve endings are restored to the sensations of taste and smell, and carbon monoxide levels have decreased, and your blood cells can once again bond with oxygen.

Or is it the money in your pocket? It felt pretty good to not buy more cigarettes yesterday. In fact, you might have even saved up enough to buy a half tank of gas with the savings you have had in just the past 24 hours.

I bet the people who love you are really happy you have made this change. And of course, if you are looking for love, you just expanded your dating pool by up to 70%.

It feels good to be in this moment. Take in a breath. Be here right now, fully present in this session and congratulate yourself – and even let yourself smile.

Oh year, the color red, did you notice it a bit brighter and sharper and crisper and clearer? It was a handy reminder wasn't it? It's funny how when something is suggested to us – that we will notice the color red – it becomes present everywhere – just as your success with this change has become very apparent to both others and yourself.

Are you ready to begin? To take hypnosis to the next level and ratify this change? Then let's begin!

Beginning of actual session – notice, there is no formal induction, the process/story is and of itself, induction.

Inspirational speaker Joel Osteen has said, “You have to come to your closed doors before you get to your open doors... What if you knew you had to go through 32 closed doors before you got to your open door? Well, then you'd come to closed door number eight and you'd think, 'Great, I got another one out of the way' and you would keep on going.

This is of course, exactly what you have done. You have probably gone through many doors to become a non-smoker. Attempts to quit smoking by cutting down, another door using your willpower to go cold turkey, another door to try medication and more doors that included promises, resolutions and still others doors along this journey. For many people – hypnosis seems to be popular as door 32 – the last door. And so, here you are now a non-smoker. You have arrived at your destination, the hard work is behind you and you have at least 24 hours of success behind you, and maybe even 32!

None of that was wasted time or energy, they were the doors you needed to go through to get to the last door, and discover where you are today. In fact, I bet there was a time when some of those doors led to your success for a day or two or even a couple of weeks or even a couple of years. The real question now is not actually can you quit? You have already proved that you can. The real question now is now that you have reached door 32, how do we go further than you have at any other point.

And so close your eyes.

Imagine now that you are standing in front of a closed door. You know you have to pass through this door to get to where you want to go, but when you knock, nobody answers. It is a closed door. But you have a key that will open the door, and so in your mind, imagine unlocking the closed door, opening it and walking through.

Imagine that this door leads to a large room filled with interesting art and furniture, and relaxing music that is playing. Go ahead, imagine taking a seat on the recliner and just enjoy the relaxing ambiance of this room. In this place and in

this space, you have unlocked the first door of your new life and can just relax in this space.

This is of course, a perfect place to practice mindfulness – just being present. Your conscious mind obviously wants to know what lies on the other side of the next door, but right now practice what we learned before you closed your eyes, and be mindful. Study your breath, and be in this moment. What a perfect place to really practice. The mind does what minds do, it wonders and wanders, maybe even looking beyond the next door. And of course, all you have to do is see this as it is, a cue to be present in this room and return your attention to the breath.

In this time and this space, just be relaxed. Nowhere to go and nothing to do, letting yourself go deeper into this moment.

Every number and every breath, a cue to stop chasing your thoughts and enjoy the moment

5

4

3

2

1

0

Perfect.

It feels pretty good to just be. No stress, no worries, letting go absolutely of any expectations.

Go ahead, open your eyes. **Feels good doesn't it?**

Another closed door. But this door requires no key, you have already unlocked it by mastering being present in the moment, by being mindful.

Imagine opening this door, go ahead, turn the knob, and entering a room filled with white light and healing and energy that empowers you. **And close your eyes again....**

Imagine what that the healing energy of this room literally clears your body from any damage smoking may have done and discover a renewed spirit of hope – knowing that you have done something wonderful for your body by becoming a non-smoker. Notice the next breath, an easier breath than the labored breaths

you used to take just days ago. Your body has begun healing in every way and this will continue every day and you are getting better and better with each breath and each passing moment.

Go ahead, open the next closed door. the door of identity – in the past you identified as a smoker. Looking for restaurants that permitted smoking, and avoiding place where you would be unable to smoke. Perhaps in the past you even collected the accoutrements of smoking, ash trays, lighters and even logo memorabilia, content to be a smoker. In your younger days smoking might have even been a way to identify with others, and to set yourself apart from those you did wish to identify with. It does seem immature to our logical mind at this point in our lives, but in our younger days the habit of smoking was probably ingrained with the identity of being a smoker. After all, cigarette ads used to show the independent woman, or the debonair man – and cigarette marketers have studied hypnosis – knowing these imprints, conscious or subconscious influenced our choices. In some ways, by opening this door you are actually de-hypnotizing yourself from the messages of the tobacco industry, some overt and some subliminal.

To help you to re-write these associations, I have embedded this experience with **positive affirmations and “I am” statements that really do correspond to your current identity** – one who rejects smoking and embraces wellness. One who is strong not because of an image but strong because of real change that has already taken place.

In fact, at this point, with 10% of the 32 closed doors open: Mindfulness, healing and identity it might even seem counter-intuitive to go deeper, and so imagine the next closed door is up a few steps, and when you open this closed door – which we shall call commitment you discover a pathway of closed doors, each taking you to a higher level of consciousness a higher level of awareness and a higher level of success

Number 5

Number 6

Number 7

pushing through each closed door and making your way forward – feeling motivated to succeed knowing that this time, you have pushed through so many closed doors to get to the next that as you push through door 8

and door 9

and door 10-11-12 and 13

that with each closed door opened, it gets easier and easier to move to the end.

What is it either know or unknown that has limited your prior success? Maybe it is something obvious to you, a situation, or a feeling or an personality characteristic that you have struggled with – or perhaps it is something unknown deep in your psyche and makeup – **it doesn't really matter if it is easily identifiable or if it is** something unidentifiable, as you push through the next closed door – illuminating your path you can leave it behind door number 14

moving forward past 15 and 16 and opening the door to number 17.

Of course, at this point you may still be paying attention to every word I say, following the process step by step, or you may be in deep trance, only paying attention to some of the words that I use, choosing to experience the process rather than listen to it, and either way is OK. People experience hypnosis in many different ways – and what is amazing to me is that they all seem to discover that it leads them to the last door – an open door that never closes – to lasting change.

You have made this change already – by experiencing our first session and ratifying it with this session.

I'll give you the next couple of minutes to imagine the next closed doors being opened, and discovering behind each closed door whatever is most important to you in creating lasting success. Maybe it will be hope, maybe it will be forgiveness, maybe it will be self-acceptance or even a recognition that by not smoking you are not alone, but rather, have been joined by perhaps millions of **other people who have quit the same way....**

During this time, you may hear embedded subliminal affirmations, or perhaps you will not, either way is fine, your higher consciousness is ready to accept the new possibilities and the infinite you. I will rejoin you on your journey through the last two doors.

SILENCE 90 seconds duration

You are almost there. To the 32nd door. You have pushed open every closed door in one way or another, unlocking your greatest reward and are ready to find the open door – the one that remains open for as long as you keep it open.

At door number 31 you find the door is unlike the rest, it requires a palm print to open. Go ahead, in your mind imagine holding your palm to the scanner, unlocking and opening the 32nd door. By opening this door you have a new freedom, a new hope and all of the power you need to enter into a new chapter of life.

Are you ready?

The 32nd door. But unlike the rest, the door is open, all you need to do is walk through it. Go ahead, walk through the doorway and discover that this is your open door – a new chapter of life as a non-smoker – never looking back and never needing to face those closed doors again. It was worth it to open them, passing through each, making new discoveries, but now you have an open door and the possibilities are limitless.

What can you do with your newfound life? How can you discover how your experience can help others? Or how can you rediscover your true unlimited potential. New health, new wealth and new opportunities await you at every level now and forevermore.

The end of this session is only the beginning. No matter what you have experienced to this point to become a non-smoker, the learning and the process has had value. It has shaped you and moved you and brought you to this point where you have been good to yourself in every way.

Congratulations. It feels great to be a non-smoker, and to have found the open door after searching for so long.

In a moment I am going to ask you to open your eyes, not yet, but in a moment.

First, return your awareness to my voice, to this breath and this moment. To feel the chair where you sit and to be mindfully present. This moment, this breath.

Now pay attention to how you feel. Relaxed but energized, still but hopeful! Begin to stretch any muscles that need to be stretched, you can move your fingers and toes and even gently move your head. Feel the air in the room around you, hear my voice and be ready when I count to three to open the eyes - feeling fantastic and ready for the rest of the day.

1- paying attention to this breath.

2- Taking in an energizing deep breath

and 3 opening the eyes, opening the eyes, feeling ready for the rest of the day.

If your eyes are not open yet open the eyes. be present and enjoy the experience of the new you, a non-smoker who has made a lasting decision.