

# *A Change of Mind ...*

## *Clinical Hypnotherapy*

### **Stop Smoking - One Day Clinic - page 13**

#### **Clearing Out The Old Warehouse...**

And find, you can allow yourself the pleasure of just being calm and content in this place of ultimate peace and control.... And as you drift safely down into that calm control.... Notice that you have come to a place where all of the cigarettes you have ever smoked are stored.... Remember that you are in control and you are always safe because you are in control... As you look around this space... much like an old abandoned warehouse... you see the stacks and stacks of cartons of all those past cigarettes, the storage space is dingy and has the permeating odor of an ashtray full of old butted out cigarettes... the air is even difficult to breath in here... because it smells so bad... You have come to this old warehouse for a purpose... you are here to take back your freedom that you gave away to the cigarette a long time ago... You know that when you clear out this space that you will clear cigarettes from your life forever.... Look around and just outside the door is a large moving van waiting for you to start loading.... So begin... do the job you have come here to do, clear out and free your space for the debris of cigarettes in your life and your space.... As you work at removing the boxes and cartons, notice how they have weighted you down... and as you clear out and remove the old cartons, each time you put a load on the truck, you feel a lightness and when you inhale it is a clear, clean easy breath and with every breath you have more and more energy and motivation to remove every last single cigarette from your space and your life.... Take some time now to clear your space and life completely... remove the past weights and limitations that cigarettes have represented in your life and notice the increasing lightness and easier breathing as you do....

Very well done, you have freed yourself from the old habit forever and from this time on you have chosen to be a non smoker with all of your self control and power where it rightfully belongs... within you... As you stand and watch the truck pull away ... seeing it disappear forever, notice the smile you are wearing and that for the first time... in a long time... you can breath easily and clearly, feeling rejuvenated with every breath you take... for now, every natural, easy breath is a breath of regained freedom and control of your own life... From this moment on and for the rest of your life, whenever the thought or presentation of that old habit comes to you, you say no, easily with a smile on your face and you draw in a satisfying, clean, easy breath... In fact, right now I want you to think of yourself in a situation where you might be presented with the offer of a cigarette.... then see or think of yourself smiling, shaking your head and saying no while you take a deep satisfying breath and at the same time feeling a sense of lightness and joy with the choice you have made... You now know that you have chosen to be a non-smoker and you have all of the ability and power to leave the past in the past... moving forward, free to direct your own destiny...

Turn around and look at the space you have cleared out, all around you are full size mirrors ...and as you glance at each mirror you can see images of yourself in the present and the future... Look closely and see all of the areas of your life and how you would like them to be... As you look at the mirrors, you create your life the way you want it... as you stand in the middle of the mirrors notice how all of the light is reflecting on you, so that all of the images you have created are shining on you... As this light on your life, shines on you... notice that you can feel a deep sense of warmth in the knowledge that you have the power to create your own life... making it real now... Bask in the glow of the reflected light and take on the power to have the life you create for yourself... Allow all of the power and knowledge to pass into your space and seal it into that place of calm control, deep within yourself....