

ADVANCED HYPNOTHERAPY
AND
TRAINING INSTITUTE
“GREEN HEALING LIQUID”
for smoking cessation
Author unknown
Revised by INES SIMPSON BCH CI

I'd like you to know that should ever become physically or mentally uncomfortable you can re-adjust your physical position without disturbing the deep level of hypnosis you are enjoying at the moment.

The next suggestion that I'd like you to allow yourself to accept is; that each time you allow yourself to be hypnotized, you go more deeply and more quickly into hypnosis than the time before. Just allow yourself to drift even deeper into that place of calm control as you focus on my voice and allow yourself to accept all these positive suggestions and experience the benefit of your time herewith me.....

Allow yourself now to become aware of your breathing. It's a fact that you are now a non-smoker... because you would rather breathe than smoke.... And as you continue to breathe more deeply and easily, you notice you become even more deeply relaxed and calm.....you focus on my voice so that the sound of these words building one upon another strengthen your desire...your determination...and your self-control as a non-smoker. And so it is..... because you really are a non-smoker, and your belief in that fact grows stronger and stronger with each.....clean, clear, calm breath you take.

In a moment, I'm going to count to three and when I reach that last # I'd like you to imagine, visualize or pretend that your body has become...transparent, just like it were made of glass. Allow it to maintain your silhouette.... But appear perfectly transparent in every way. All right...1..2..3.... Allow your body and mind now to appear transparent in your imagination.... And allow this transparent container to fill, from the toes up with comfortable.... warm

soothing...pleasing green colored liquid. Allow to move soothingly up from your toes into your legs and up into the trunk of your body....calming and relaxing you continuously more and more as it flows through the trunk of your body and into....your stomach and chest area soothing every muscleevery sinew.... Every every organ...total emerging every cell every atom in this soothing, healing green colored liquid. This warm calming, healing ...green colored liquid continues to up into your body spilling down into your arms,... filling first your fingers, with that warm soothing green colored liquid....then into your hands and arms... until it reaches your ...and they let go completely...now.

This soothing green colored liquid continues to soothingly flow into your neck, releasing any tightness or tension that's left there...now into your jaw, slackening and releasing the jaw muscles, filling your head...moving easily and comfortably through your sinuses and even into the brain calming and doubling the relaxation of your mind.... Flowing through your head now as if it were even coating every hair follicle.... Soothing your entire scalp.... With that soothing green colored liquid....so that it changes the chemical activity of every cell of your entire body so that they are changed and completely cleansed.

Washed away is the urge, the need, the very desire ...the very impulse to smoke. In fact it's as if you've forgotten that you ever were a smoker to begin with....

Now I'd like you to concentrate on your lungs....for it's here that that healing, soothing.... green liquid is working like thousands of scrubbing bubbles....working to cleanse your lungs of all the tar....and...nicotine....working to clear out the toxins out of your lungs ...suspends it all in that green colored liquid. Allow yourself to imagine how it feels as these scrubbing bubbles work away to rid your lungs of all this unwanted chemicals and debris....It's trueas the one responsible for putting these impurities in your body....you are also responsible for cleaning them out..... so concentrate once again on your lungs..... imagine yourself inside your lungs inspecting their condition from the inside.....Use your imagination now and create any tools you need to clean them.

Imagine that' it's your job to clean them now while I'm quiet for a moment.....(about 40 sec.) Very good.... And as you clean them speak to them in soft loving way....telling them you would rather breathe than smoke.....and watch them in your imagination now as they return to a healthy pink color....and so it is.

Now I'd like you to turn your attention to other parts of your body..... Imagine that traveling down the length of your spine. ...Right down to your tailbone.... The nerves of your nervous system terminating there. Your nerves are like the strong fibers of a thick rope.... A rope that is frayed and the fibres eroded of their natural....protective.... coating. It's true that the chemicals in the cigarettes have eroded their protective coating...but... you can repair the damage....because in that soothing green liquid is a healing salve. Use your imagination now and think of yourself as coating the fibres with that wonderful healing salve...to cover and coat your nerves. Allow yourself to now imagine feeling the salve soothing and calming your nerves...now as you coat and cover all your nerves from the top of your tailbone right up the nervous system ...right up into the brain. As you work your way up your spinal column, you coat every fiber soothing and relaxing all your nerves as you go..... While I'm silent once again..... (40 secs or so). Very Good, you have traveled up the entire nervous system and coated each and every nerve, so that now you have arrived at the brain..... You are now in the part of the brain that holds your very own memory bank. This is the control room for your day to day routines.....every habit you possess is controlled from this room. Now, observing the room allow yourself to notice the fibers of your nerve endings fanning out and separating and connecting to the control panel. Imagine each fiber as a thin...thin... strand with a light pulsating within it. Each strand with it's pulsating light connects into a massive control panel, it may even take up an entire wall. Allow yourself to notice that the transparent fibers are connected andvery carefully labeled. You instinctively know which connections represent the associations to the smoking habit. These fibers

are connected in one area of the control panel. Understand and know that by disconnected the strands and allowing the light to go out you disconnect yourself physically, mentally and emotionally from that old outdated habit.. All you need to do to break free is to disconnect the associations that represent the cigarettes of your day. And so it is..... since you decided you'd rather breathe than smoke it's important you disconnect each and every one. I'll mention the associations and as they pertain to you.....I'd like you to reach into your mind with your imagination and disconnect the fiber.....and stop smoking. As you disconnect each fiber allow the pulsating light to go out and as it stops the so the impulse for smoking stops.

Reach into your mind now and sever the strand that is associated to the first cigarette of the day .Disengage it now and allow the light to go out...and stop smoking. If in the past there was an association to caffeine, be it coffee ...tea.. or colas...sever that strand now....the light goes out a....and stop smoking. If you associated cigarettes with breakfast or a morning snack..... reach into your mind with your imagination and stop smoking. Maybe you associated smoking with driving a vehicle....sever the strand and stop smoking. If talking on a phone of any kind is connected to cigarettes ...sever the strand now and stop smoking.

If you associate smoking with your job, place of work or just your workplace in the home or where you volunteer.....sever the strand..... allow the light to go out And stop smoking. Now think about the association your smoking habit may have with lunch. It could be before, during or after the meal, it could be at home, at work or in a restaurant or anywhere else. Sever the strand now and stop smoking. With each severed strand , you feel more and more in controlas the pulsating lights go out...the memories of smoking become further and further from your mind. Gaining more control as you disconnect more and more associations to the past, old, outdated habit.

If certain emotions triggered the smoking in the past...such as boredom, loneliness, sadness.....or when you were happyangryanxious.....nervous.....guilty or any

other negative or positive emotion of any kind...sever all the strands now.... I'll be quiet for a moment for a moment while you allow all the lights to go and disconnect all smoking associations to emotion. (pause 40 secs).

If you associated cigarettes to any sport or activity such as golf,.... curling,.... Huntingfishing...bingo.whatever the activity sever those strands now and stop smoking.Because you would rather breathe than smoke!

Soon...far sooner than you would ever have thought It's as if you never smoked. It's as if you forget that you've ever even had that old outdated past habit.

If you associated smoking with any type of alcohol....reach in and sever that strand now....and stop smoking. If you associated smoking with reading the newspaper, typing, working on the computer, or any or pastime or hobby..... reach in ,use that powerful imagination and sever those strands now....and stop smoking.

If there is a cigarette connected to the evening meal or evening snack ...or both....be it before ...after...or even during sever those strands now.

You may have a favorite cigarette of your evening(adjust this patter according to clients answer in the intake concerning cigarettes they enjoy) associated with your routine....sever that strand now and stop smoking.

The last cigarette of your day.... Sever this strand now...and stop smoking.

Now Id like you to check..... if there were to be any associations left.....what would they be..... Take a moment now and sever any strands I may have missed and stop smoking..... while I m quiet for a moment.

After you've made sure all the lights are out and all the strands are disconnected from the panel and double checked ...If there's anything there disconnect itand now that all the strands are disconnected from the control panel.....each and every light has dimmed and gone out...know that you are free, forever....from any impulse.... Of any control that cigarettes had on you in the past....you are FREE.... And you stay free. Allow that control panel to dissolve now in your imagination As that warm ,soothing ,green liquid encompasses it all .

As it cleanses your entire bodyit washes you clean of any desire, any impulse , any urge or even the very thought of smoking. You may even allow yourself to leave that memory that you smokedat all.... Behind you... as if it never was. And so it is.

Automatically now...release some valves in the tips of your fingers and toes and as they open that green colored liquid begins to flow out of your body carrying with it all the debris....the murky sludge..... the filth and toxins from Inside the body. (pause for a few seconds)

Allow yourself to feel a ...strong feeling of satisfaction and breathe a deep sigh of relief (take a deep sigh and let it –giving indirect suggestion.)...knowing that the inside of the body is now rid of all that old residue and is on the way to regenerate all the new cells that are needed to make you a healthy non-smoker. Your body allows the cells to regenerate back to way they were before you ever started smoking.

If for some reason a thought or urge to smoke should try to sneak in all you have to do.... (do this with them) .. is take a deep breath.....and think to yourselfI am a non-smoker and as you do That small almost unnoticeable urge disappears and you feel free and in control as the healthy non-smoker that you are.

(Go into Direct Drive Technique) Now I'd like you to repeat after me..... in your own mind..... With vigor and deep feeling “ I am a healthy non-smoker for the rest of my life” . allow yourself to really get into...remember the subconscious is your feeling level mind. As you repeat these words ...they build one upon the other to reinforce your desire to be and stay a non smoker for the rest of your life. These words reinforce your, determination...your self control...and it grows stronger and stronger within you. Allow your mind to lock around this suggestion so it becomes you Each time you repeat the words say them louder and louder within your own mind so they grow stronger and stronger within you. Okay here we go.. (turn on the the tape and watch your client, now according to suggestibility factors ...they'll respond anywhere from just sitting there to really starting to yell it out loud.)

And this is so.... YOU are a non-smoker.... And these words are communicated to every level of your mind, making your determination grow stronger...and stronger..... becoming stronger...and stronger with each breath you take.