

# ***ADVANCED HYPNOTHERAPY***

## ***HOT AIR BALLOON—SMOKING***

*As you allow yourself to go even deeper I'd like you to receive these beneficial concepts and suggestions. I'd like you to think about, imagine or visualize---whatever works for you----that you are walking along a beautiful mountain pathway. And as you visualize or imagine this gorgeous setting just allow yourself to drift deeper and deeper into your tranquil place. When I say Imagine from this time forward it means either visualize, imagine, think about, pretend, whatever suits your unique nature. As you progress along this path I really can't know for sure all things you'll be noticing... ..Perhaps you'll particularly enjoy the contrasting shades of colors, or be aware of the tall trees silhouetted against the blue sky, with peacefully drifting, fluffy white clouds---And I wonder if you'll be noticing a nearby mountainside, with it's interesting patterns of rocks and trees.*

*Many people enjoy the sounds of nature, like the birds singing... ..perhaps you'll notice the warmth of the summer sun gently warming you as it shines upon your scene... ..or maybe your sense of touch will come into play as you feel the texture of things along the way---a leaf on a tree, a blade of grass or a wild flower as it beckons you! As you walk just take the time to notice the things that interest you and as you do just drift deeper and deeper down into that place of quiet calm.*

*And now I'd like you to imagine that you standing at the bottom of a trail that leads up the mountainside... ..YOU PAUSE THERE... ..on the ground at your feet are two items... ..there is a light jacket with pockets in it... ..and in the pockets you find all the paraphernalia that's needed for the smoking habit... ..THIS IS YOU SMOKING JACKET... ..pick it up and put it on... ..NOTICE HOW THE FRESH MOUNTAIN AIR IS SUDDENLY FILLED WITH THE STINK OF STALE SMOKE THAT PERMEATES THAT JACKET... ..the other item on the ground is a large back pack... ..and on the ground beside*

*the back pack you find cans with labels on them... ..one can in particular is larger than the rest---this is the can filled with all the nicotine from the cigarettes you've smoked in the past... .. the other cans are filled with limiting beliefs, responses, actions and non-beneficial thoughts that have kept you from accomplishing your goals... ..some of the labels may say GUILT, SADNESS, ANGER, RESENTMENT, JEALOUSY, SHAME or many other feelings and beliefs that no longer work for you in your life. NOW take those cans one by one and load them into the back pack... ..when you're done put that pack on... ..JUST FEEL THE WEIGHT AND THE BURDEN OF IT! Start walking up the trail that leads up the mountainside... ..imagine that pack getting heavier and heavier --- JUST FEEL IT! Now the path starts up a rise, a slight hill and you can feel that burden increase with each step.*

*You sense that just ahead you'll come to the top of the hill... ..as you reach it a beautiful mountain meadow opens up with beautiful wild flowers and fragrant green grass. With the burden on your back you walk out into the meadow, noticing all the beauty, and all the vivid colors of the wild flowers and maybe even smell their perfume.*

*As you look across the meadow... .. you see a large, colorful, hot air balloon... ..with a gondola underneath being held down by heavy ropes. Walk over---look inside---notice a large container of some kind which is empty inside... ..NOW DROP THAT HEAVY PACK TO GROUND---BECAUSE YOU'RE EXHAUSTED AND TIRED OF CARRYING AROUND IN YOUR LIFE THE BURDEN OF THE CONTENTS OF THOSE CANS---THAT NICOTINE AND ALL THOSE LIMITING BELIEFS ---SHAME, GUILT, ANGER RESENTMENT AND WHATEVER ELSE YOU WERE CARRYING AROUND INSIDE OF YOU---WEIGHING YOU DOWN.*

*So open the pack see the cans that contain all those burdens--- take each can out one by one—feel the weight of them---then place them into the empty container in the gondola. Slowly, one at a time as you free yourself of the weight of those burdens --YOU'RE GOING TO BE PLEASED TO NOTICE HOW MUCH LIGHTER YOU FEEL AS EACH CAN IS DISPOSED OF IN THE CONTAINER. NOTICE AS*

**YOU THROW AWAY THOSE FEELINGS OF ANGER, GUILT, SHAME, DEBILITATING DESIRES AND LIMITING BELIEFS --- THE RELIEF THAT YOU FEEL... ..It's as if you're filling that container with all those feelings...as though you're cleansing yourself of all those limitations----and as you do the calm, peaceful comfort increases as does the control of your own destiny. You feel an increasing relief and freedom... ..with every can that's released into that container... ..And by the time you've thrown away all those objects, you're going to be surprised and amazed at just how free, just how peaceful and just how much lighter you feel deep within yourself.**

**Continue to get the cans out of the pack and put them in the container, allowing yourself to enjoy the feeling of getting rid of those tiresome burdens... ..Now check the pack make sure they're all gone and none are hidden in it's recesses... ..ARE THEY ALL GONE?**

**Now take off that smelly, smoky, jacket with the smoking accessories in it and place it on top of the pile of cans---NOTICE HOW YOU CAN ONCE AGAIN SMELL THE FRESH MOUNTAIN AIR AND HOW IT CARESSES YOUR SKIN NOW THAT STINKY JACKET IS GONE! Enjoy that light feeling as you close the lid on the container.**

**Now is time to free yourself forever of these burdens---look around---you'll notice an axe or other tool laying by the gondola---RELEASE THE BALLOON---- and as you rest comfortably on the grass watch float away in the sky...carrying away forever that balloon carrying all those burdens. Watch as it takes away all those feelings of anger, shame, guilt, rebellion etc. Watch as it floats away with all you're limiting beliefs, old outdated habits, actions, feelings and reactions that have burdened you in the past---BUT NO MORE... ..it's as if with each motion and movement of the balloon drifting further away in the sky you can feel the increasing relief and freedom from those feelings so that they never influence your feelings, thoughts, moods or actions again. Free of all those feelings you watch as the wind takes the balloon out of sight and out of your life forever!**

**TAKE A DEEP BREATH--- REALLY ENJOY THAT FEELING –  
TAKE HOLD OF THAT CALM CONTROL YOU TAKEN OVER  
YOUR LIFE AS YOU LET GO OF THE PAST. LOOK FORWARD  
NOW TO YOUR NEW LIFE AS A NON-SMOKER IN CONTROL OF  
YOUR OWN DESTINY.**

*As you rest there on the grass notice that you almost feel that  
peaceful energy level rising and as you rest there you allow that  
peaceful energy to flow through your body, mind and spirit....just  
imagine your heart working in perfect harmony with your body as  
pumps and spreads that energy through your body and mind... ...and  
as it does feel that increasing sense of calm control ...knowing that  
you can carry with you these feelings of freedom, comfort, calm and  
wellbeing for the rest of your life if you desire---because you're  
free of the past forever.*

**GO TO OTHER SCRIPT OR EMERGE.**