



Alternatives Center, Inc.

**Center for Positive Change
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STOP SMOKING WITH HYPNOSIS

Thank you for your interest in our hypnosis services. The self hypnosis audio materials available for download have been very helpful to many people. I am sure that you will be pleasantly pleased with the results you achieve with our program. Please review the following material. If you have any further questions or concerns feel free to call or email.

You have not always been a smoker. You began life as a nonsmoker. Part of you is and always has been a nonsmoker. You have forgotten. Hypnosis will help you to remember who you truly are. Freedom from smoke is yours for the taking.

Recently, the habit of smoking in our society is regarded by a majority of persons to be one of the most distasteful and intrusive behaviors in need of cure. The residual effects caused by this habit not only affect the smoker, but carry over to those who live, work or play in a relatively close proximity of the smoke.

When change is desired, it is not uncommon for a person to initially seek out a remedy that is the most easy to obtain. Before seeking hypnosis as a feasible therapy, quite often the person will try the patch, the gum, acupressure, acupuncture, etc; only to discover that maybe at best they've achieved only a temporary success in quitting. The reason for this is that using these methods to quit smoking entails an approach that uses only part of our mind. The part we call the conscious mind.

How can hypnosis help in the termination of smoking? Making an effort to stop smoking using only the conscious mind is a lot like doing a job with only part of the workforce. To successfully end this unnecessary habit it is suggested that we make use of what is called the 'total mind' approach. Resolving the separation of the minds and getting both the conscious and the subconscious mind to agree achieve this. This solution is easily achieved by using hypnosis.

What is hypnosis and how does it stop smoking? Hypnosis is an instrument that is used with great success globally in many areas, including smoking cessation. To put it more simply, hypnosis is a means of transportation used to convey an image, idea or concept into the subconscious mind. The exciting reality is that for behavioral change, only a light state of hypnosis needs to be achieved to successfully modify ones thoughts and desires about smoking. This light state of hypnosis is very similar to the state we all have experienced many times in our everyday lives and most persons will recognize as daydreaming. Through hypnosis, the cessation of smoking is achieved by pairing physical (relaxation) with Beta conscious activity (imagery) and integrating the correct



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suggestions at the correct time. When these things occur, hypnosis *automatically* happens. Moreover, often the effects of a single hypnosis session for the cessation of smoking have been known to last a lifetime!

What part does the client play? When using hypnosis to change a behavioral pattern such as, the cessation of smoking, it is important to emphasize the crucial part played by the client by which their own motivation, desire and willingness to succeed may make the difference between short-term versus long lasting results. Simply stated, 'the more intense the want, the easier the how'. Before the formal induction of hypnosis is begun, it is strongly suggested to discuss how habits are formed and the idea that perhaps the client may *previously* have been be hypnotized into believing that they cannot stop the habit of smoking. And, they may have been continually re-enforced with that same harmful idea over and over and over again for more than thirty consecutive days thereby formulating, solidifying and embedding the negative habit into the subconscious mind that they cannot quit smoking. They are literally hypnotized into believing that they *cannot* have success in smoking cessation. It is the task of the hypnotist by way of rapport and technique to *de-hypnotize* a person by reaching their subconscious mind and changing the thoughts linked with smoking to the thoughts of a non-smoker. Then, the hypnotist will re-enforce the newly altered thoughts that will create a permanent, new thought pattern to that of a non-smoker.

How long will it take? You will notice some immediate changes with the stop smoking hypnosis program and often with in office hypnosis over 75% of clients will stop smoking immediately after one session. Self hypnosis results are more variable.

You might be asking yourself, "If I start using self hypnosis today, how long does it take for my brain to re-program itself? There is scientific evidence that suggests that the range for reprogramming to occur may be 21 to 43 days. Most hypnotherapists agree that many behaviors become permanent in about 30 days.

This is based on some research from NASA. They wanted to understand how long it might take to reprogram a human's brain, by using astronauts in a weightless environment. They attempted to understand what happened if they changed an astronaut's entire perception of reality by flipping their visual input upside down. They put glasses on astronauts that change the visual field so that their entire perception flipped upside down.

This means their brain had to deal with the stress of perceiving everything being upside down. Clearly, this was an intense test, but this is what they discovered.



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After 26 days, one astronaut's perception turned right side up again. It took between 26 and 40 days before every one of the astronaut's world views turned right side up again. This means their brains had completely reprogrammed themselves in the way that related to all of their spatial perception, their visual processing, and anything that the special convex glasses affected. That is a pretty important adjustment.

What does this mean for us? It indicates that if you use hypnosis everyday for at least 30 days then you should start rewiring your brain to your new reality. The audio downloads will assist you to make these changes start right now. The end result is a new happier, healthier, smoke free you. Breathing healthier and cleaner air for the rest of your life if you so desire.