

# Kevin's Mind Programming Script

Just allow your eyes to close if you have not already begun to do so. You are now becoming so gently relaxed...so deeply relaxed... that your mind has become so sensitive... so receptive to what I say... that everything that I speak into your mind... will sink so deeply into the unconscious part of your mind ... and will cause so deep and lasting an impression there... that nothing will eradicate it. Consequently... these things that I put into your unconscious mind... will begin to create a greater and greater influence over the way you think... over the way you feel... over the way you behave.

And... because these things will remain... firmly imbedded in the unconscious part of your mind... after you have left here... when you are no longer with me... they will continue to exercise the same great influence... over your thoughts... your feelings... and your actions... just as strongly... just as surely... just as powerfully... when you are back home... or at work... as when you are with me in this room.

You now make one of the most important decisions of your life ...to save your life... by giving up smoking...giving up polluting your lungs... your lungs are one of the most important functions in your body... without them you cannot breathe... you cannot live... now it is essential for you to keep your lungs clean and fill them with fresh air daily... so you can live...and be healthy.

The extra strain that smoking brings about....the extra toxic pollution you are sucking in from each cigarette...is weakening your insides...your mouth...your throat...your lungs...your stomach, and your blood... are just a few of the victims of your carelessness... Also the dangerous chemicals that are used in pesticides sprayed on the tobacco are ....now slowly killing you...You have been forcing people around you...even kids...to breathe in your extra pollution...you are ignorant to how unsociable it has become... no more...No more...now you care about your health and the people around you...now you care about your life and the environment around you

From today on....you will find that you are more and more conscious...that smoking is a danger to you...you are more and more aware...of the inner damage it is doing to your health...that it is increasing...by many times your chances of dying...a horrible and painful end...from cancer or heart related disease. You may fool yourself...that this ...is a long way off... but you know it will catch up with you eventually...you know that smoking is doing serious damage...to your limbs and arteries...you know that smoking is doing serious damage to your general level of fitness....you now hate the unpleasant taste in your mouth and throat...you hate

the way that smoke makes your hair and clothes smell... especially when you know that other people around you...are noticing it, too

You know how much smoking is costing you and how much better you can spend the money on other things...you know that deep down it's a lie... when you tell yourself that smoking calms and relaxes you ... its only an excuse you can cope easily without it... smoking is no longer sociable, in fact the smoker is now a misfit... a danger to non-smokers... forcing them to become second hand smokers... against their will.

Any thought of a cigarette ...you now find it so disgusting...you do not want to even pick one up. From now on you cut off any urge or craving by relaxing... and slowing down your breathing... as you do this, the urge to smoke...disappears... your subconscious is finding ways to get rid out your smoking habit... redirecting the former smoking satisfaction... to a good habit... more advantageous to you.

The whole idea of smoking is offensive to you ... you just don't need cigarettes any more... your inner mind finds safe and effective ways to rid yourself of this ... revolting habit...and as your complete mastery... over you former smoking habit increases ... you are proud of your self control and willpower.... your lungs and throat ... feel so much clearer... you have much more energy ... you feel so much more relaxed... you feel more like eating healthy foods... and so you find you are able to maintain your desired weight much more easily.. while protecting your body... from the poison of further smoking... your inner mind automatically balancing your food intake... to keep you fit and healthy... your resistance to illness and disease increases steadily day by day... you have no desire at all from now on to smoke... your craving has gone... forever.

Now just take a deep breath and continue to be relaxed....when you are ready, in a moment you will open your eyes and become fully alert and fully awake

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