

Congratulations!

You've made such a positive decision by choosing to become a non-smoker, and you should feel *very good* about that decision.

Here's some information about what you can expect from our session. Please take a look through it all, read the information, get a feeling for how it's all going to be – and prepare yourself to walk out a successful non-smoker!

First Step: Call 9662 1311 or email info@mnwc.com.au and we will send you the new client form to fill in I'll go over your form before you arrive, but I may have some specific questions for you. (Please *help me with that by being very detailed* in your answers - we don't want any of that old habit to linger!!)



I'll also talk to you about when you first started smoking. Yes, that very first one.

That first cigarette is really crucial – because your Unconscious Mind made a lot of connections with other things that were going on in your life at that time.

Here's how your mind works:

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The top box is your CONSCIOUS MIND. That's the part of you that **thinks**. One of the things it thinks is that it's everything! But in fact it's less than 10% of your total mind.

The bigger box is your UNCONSCIOUS MIND. It's huge! Your unconscious has a lot to do – it's *running your body and breathing and digesting* and doing all of those tasks. It's also in charge of all of your *emotions* and all of your *memories*.

And it has ALL of your *habits* – the nasty ones like smoking, but also habits like how you brush your teeth every morning. Which foot you put a sock on first, even how you drive.

Any time you repeat an action 33 times; your Unconscious Mind takes over and makes that a habit. (That’s going to come in during the session – we’re going to install a NEW habit of being a non-smoker!)

In between those two minds is the CRITICAL FACULTY (+++++++). Its job is to communicate between those two minds.



So when you decide in your Conscious Mind that you want to become a non-smoker (*), that Critical Faculty looks inside your Unconscious Mind to see if there’s any conflict. And what it finds is that big star – the moment you started smoking in the first place. (Because that was an important day! You probably felt more grown-up. Mature. Maybe a little rebellious. And most of all, you felt like you BELONGED. Somehow, smoking made you part of a group.

And that’s essential for that time in our lives! Most of us started smoking in our teens or early twenties – and it was important that we move away from our identity with our family. So in a way, it was the right decision.)

Belonging, and feeling secure, is more important to us than power.
Or sex. It’s pretty important 😊

If you think back to when we were more primitive and lived in caves, if we were thrown out of the clan and didn’t belong any more, didn’t have any security, we’d lose our fire, our food, our shelter. And we’d die.

So in some ways, that Critical Faculty weighs up your desire to become a non-smoker and thinks you might die!

That’s why it can be difficult to quit on your own – your Unconscious Mind is always going back to that time in your life.

In the hypnosis session, that Critical Faculty goes away. And we can talk directly to your Unconscious Mind, and get it to understand that that old habit no longer has a place in your life. So it can release it easily.

What does being hypnotised feel like?

It feels just like being awake, except you're very relaxed.

You'll be aware that you're sitting in my office, you'll hear my voice and you may even hear other noises from the building. But nothing will bother you – deep relaxation is very nice.

You know that feeling when you're falling asleep, or you're daydreaming? That's **trance**. Or how about when you're driving and you realise you haven't been aware of the last ten kilometres? That's **trance**. Or when you're reading a book or watching TV and someone comes into the room and you're startled because you didn't know they were there? **Trance**.

It's a state we go in and out of all day long.

Will I lose control?

Absolutely not! You're ALWAYS in control. You can come up out of trance at any time, if you choose. And you choose how deeply relaxed you want to get, as well.

What will we do in the session?



We're going to cover a lot of things.

- We'll establish new positive habits
- Do some deep breathing to rid your body of toxins
- Teach you two powerful techniques for stress
- And make it so your mind just doesn't stick with those old thoughts any more
- And more!

What if I decide I don't want to do it at the last minute?

We can't make you do anything you don't want to do.

So if you're not ready or you're uncomfortable, we have two options:

1. We can refund your deposit and send you on your way.
2. Or we can have a chat, allay some of your fears, and we might decide to just have a short relaxation hypnosis session so you know what to expect.
And then *when you're ready* you can come back.

What about weight gain?

What about it? Your body doesn't want you to smoke. It really doesn't want that habit there at all. So there's no need to take up another habit, since you're just getting rid of something unnecessary.

If weight's a concern, this session is a great opportunity to place some other healthy suggestions. So let me know!

And stress? What will I do to combat that?

Anything but that old habit! *Smoking is VERY stressful for the body.* Becoming a non-smoker is going to reduce your stress levels A LOT.

And the techniques your practitioner will teach you will make it *easy* to get through your life free of worry and anxiety, feeling calm and in control.

What are the conditions that apply to the guarantee?

Sometimes people don't tell us that we need to know in the intake form. And there are certain things that make hypnosis more difficult to achieve, or could actually harm someone.

Some of those issues include alcoholism and/or drug abuse, certain mental illnesses and individual neurological disorders.

Or if someone is involved in self-harm activities there can be an underlying belief structure that doesn't allow the person to feel good about themselves. And that's what all of this is about – making you healthy and happy and free.

If that's the case we might terminate the session before we start and cheerfully refund your deposit. Or if we've had a session and it wasn't successful, and then you disclose some other important information, we may choose not to see you again.

We really want you to be successful, but your practitioner is not a fairy godmother. And sometimes a few people need more help than your practitioner can give in hypnosis.

What now?

Ask us to book you in and we will send you the intake form. Simply fill it out, send it in and get ready to feel free.



Smoking is series of habits – so play with them before you come in:

- If you usually use a lighter, start using matches.
- If you smoke with your right hand, switch to your left. Or vice-versa.
- If you smoke while driving, stop and park.
- If you smoke first thing in the morning, brush your teeth instead.
- If you smoke while doing anything else – stop. Be aware of the unpleasant sensations of smoking. And start to say goodbye to them!!

Let's make it happen!