

End the Cigarette Habit Through Self-Hypnosis

The record gives you the means of stopping smoking with the least difficulty.
It teaches you how to hypnotize yourself and gives suggestions for overcoming the habit.

Written and Narrated by LESLIE M. LECRON, author of "Self Hypnotism" FOLKWAYS RECORDS FX 6231

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This record gives you the means of stopping smoking with the least difficulty. It teaches you how to hypnotize yourself and gives suggestions and techniques for overcoming the habit. It is not guaranteed to be successful for a few people seem to be un hypnotizable — about one in twenty. While self-hypnosis is without danger in itself, it is not recommended for anyone who is emotionally disturbed, very depressed, or who has been institutionalized or given shock-treatment.

Cigarette smoking definitely can cause lung cancer and other diseases, particularly of the respiratory tract. The 1964 report of the Surgeon General's Committee on Smoking and Health, based on extensive medical research, shows that cigarette smoking is dangerous to health. Many people now wish to stop smoking but have found it very difficult to break the habit. Hypnosis provides a means for most smokers to stop with very little difficulty.

This recording was made by Leslie M. LeCron, a California State Certified Psychologist who is internationally known as one of the leading authorities on hypnosis. He is the author of numerous scientific articles and of several books, both technical and popular, on this subject.

This record tells something about hypnosis and explains away the usual popular misconceptions and false ideas about it. Then as you listen you are given suggestions which induce hypnosis, leading you deeper and deeper into this pleasant, relaxed state.

You are given a program to follow in breaking the cigarette habit, techniques for you to follow over a five day period before you actually stop smoking. You are given suggestions which should help you overcome the habit, and lose the desire to smoke — to quit permanently.

The method given here is one which has been used successfully by hundreds of physicians who have learned hypnotic techniques in courses given by Mr. LeCron, or in which he has been one of the instructors. In this way thousands of smokers have been able to break the habit even though they may have tried before to stop smoking and have failed.

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End The Cigarette Habit Through Self-Hypnosis

SIDE I

Please make yourself comfortable, taking any position you like. It doesn't matter if you're lying down or sitting up as long as you are perfectly comfortable. Be sure your clothing is not too tight, for that would not be comfortable. Let your arms lie loosely in your lap or just beside you. I'll tell you something about hypnosis so that you can know more of what to expect. Most people are a little apprehensive over any new experience but you'll lose that when you know more about hypnosis. While I tell you about it, please fix your vision on something; just concentrate your attention on it. It can be a picture on the wall, a crack, a spot on the ceiling -- anything at all. It would be best if you were looking up at it, raising your eyes to see it but not lifting your head so to be uncomfortable. Just continue to look at whatever object you select. Keep your eyes fixed on it for a time. You can let them close after a bit or wait until I ask you to close them.

Most everyone has misconceptions, false ideas about hypnosis. There's nothing mysterious about it. As a matter of fact you've been hypnotized hundreds or even thousands of times. There's probably never a day when you've not slipped spontaneously into hypnosis, perhaps several times. Do you ever daydream? Of course you do, everyone daydreams. When you do, you're self-hypnotized. You slip spontaneously into hypnosis. Whenever you concentrate intently on anything and become absorbed in what you're doing you slip into hypnosis. Reading a book, working, watching television, just becoming absorbed in anything, you're self-hypnotized. These states aren't labeled hypnosis but that's exactly what they are. So you see you've been hypnotized many many times. One of the false ideas about hypnosis is that you're unconscious and pass out when you're hypnotized. That never happens. You are fully aware, even in the very deepest hypnotic states. You know everything that goes on and what you're doing. You're always conscious, just as you are when you daydream. Nothing mistaken idea is that you are in the power of the hypnotist and must do anything you're told to do. Of course that's not true. There are many unscrupulous people and it isn't hard to learn how to hypnotize. You'd hear of all kinds of bad things happening if you were in someone else's power. You are always fully aware and you do nothing you wouldn't ordinarily do. You carry out suggestions made to you only if they are acceptable. Some people think they might have trouble waking up from hypnosis. This never happens. It's just as easy to awaken from hypnosis as when you daydream. Any time you wish to awaken yourself you can do so. No one ever stayed in hypnosis who wanted to awaken.

When you're hypnotized it's much easier to reach and influence the subconscious part of the mind,

the inner mind. You want to stop smoking. By influencing the inner mind it can be of great help to you in your program of quitting. That's why I want you to learn to be hypnotized so you can stop smoking with no great difficulty. Hypnosis is a learning process. People vary considerably in the way they respond when it's being induced. Some people are excellent subjects and at once are able to get into very deep state of hypnosis. A much larger percentage reach a medium state and many only become lightly hypnotized. A few (only about one person in twenty) seem to be un-hypnotizable. Fortunately in using hypnosis you do not need to be in anything more than a light state. To be successful in utilizing hypnosis you almost certainly will be able to be hypnotized at least lightly, and you may find yourself going off into a very deep state the first time you listen to this record. Most people tend to do better and to go deeper when they've played the recording over and listened to it several times. Now you've been relaxing more and more as you've been listening to my voice. It's even likely that you're already in at least a light stage of hypnosis. It doesn't really matter. Soon you'll be even more relaxed.

Notice how comfortable you feel. About the only sensation you'll feel as you drift into hypnosis is listlessness, a lethargy that's more noticeable the deeper you get into hypnosis. You feel as if you could move if you wanted to and you could, but it seems to be just too much trouble. It would take too much effort. Nothing clicks in your mind, but your thoughts may slow down a bit as you get deeper into hypnosis. But you don't stop thinking. Take a deep breath now. It will help you to relax your muscles. Now take another one. And now a third one. The more you can relax the deeper you'll be able to go into hypnosis.

Now start relaxing your entire body. Let your facial muscles relax. Wiggle your jaw and let the muscles go loose. Now your neck and shoulder muscles can relax and go limp and loose. Let your arms relax from the shoulders right down to the fingertips. Tighten all the muscles first, make the arms stiff and rigid, and then suddenly let them go loose and limp. Now let your breathing muscles relax, your chest, your abdominal muscles. Your back muscles can be loose and relaxed. Now stiffen your right leg. Lift it up a few inches. Make it as rigid as you can. Then let it suddenly flop down, loose, relaxed. Do the same now with your left leg, making it rigid and then letting it flop. Now you're getting to be more and more relaxed from head to foot. Relax some more, let go. The more you relax, the deeper you go, the deeper you go, the more you relax. Take another good deep breath. Perhaps your arms and legs have a feeling of heaviness in them. But one of your arms is going to lose that feeling in a moment and gradually you'll begin to feel very light instead. If you're right handed it will be the right arm, if left handed the left arm. It's beginning to get lighter now as if all the weight were draining out of it, getting lighter and lighter. In a moment your hand will begin to lift and float up toward your face, but it will go up without any conscious effort at all. It will go up all by itself, the arm bending at the elbow beginning to lift. It's getting lighter and lighter, lighter and lighter, and starting to float up toward your face. It

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might be interesting if you'd think of some part of your head where you'd like your fingers to touch when they reach up to it. That could be your forehead, or your nose, ear, chin, just any part. But your fingers are going to touch another spot, a different place from the one you consciously selected. Let's see where that will be. Your hand's beginning to lift, to float up. The arm bends at the elbow and your hand floats up. If it hasn't yet started, lift it voluntarily a few inches and then let it float up of its own accord, lifting higher and higher, higher and higher until your fingers touch your face. Floating up higher and higher, lifting. Now it can move a little faster, floating higher, moving faster and faster, fingers reaching out to touch your face. It will touch at a different place than the one you thought of consciously. On up higher, moving up to touch. It has not yet touched, it will keep on lifting until your fingers make a contact. When your fingers have touched your face just let your hand go back down to any comfortable position.

Now take another deep breath. Let yourself relax still more. Suppose you use your imagination now. Imagine you're standing at the top of an escalator such as are in many stores. In your mind's eye see the steps moving down in front of you and see the railings. If you don't like to ride escalators imagine a staircase instead and see the steps going down in front of you. I'm going to count backwards from ten to zero and as I start to count, imagine you're stepping on the escalator or starting down the staircase. With each count you'll continue going down. On the escalator the steps move down taking you with them deeper and deeper with each count. If you're using a staircase just keep on walking down as I count. When we get to zero step off at the bottom of the escalator or the staircase, and each count takes you deeper and deeper, deeper and deeper. Ten -- you step on or start down; nine, eight, seven, six, five, deeper and deeper, four, three, two, one, and zero. Now you're at the bottom. You step off. Keep on going deeper and deeper with each breath you take. It's so comfortable to let go and relax completely, every muscle relaxed. Note your breathing. It's probably much slower than usual, all from the bottom of your lungs, like a singer breathes. And it's as though any cares or problems had been set aside and nothing mattered. You have such a nice feeling of comfort and well-being. Drift a little deeper as I talk. Deeper with each breath you take, enjoying the plain state of relaxation with all tension gone. Go deeper with each breath you take.

When you're hypnotized it's much easier to reach your subconscious mind, the inner part of your mind. You'd like to quit smoking. This inner part of your mind can be of great help to you, making it relatively easy to stop smoking. When you play the other side of this record and listen to the suggestions and ideas your inner mind will help you by carrying them out. Go a little deeper now so you can get the full benefit and enjoyment of this comfortable state. Drift deeper and deeper.

Probably you're wondering how deeply you are hypnotized. You can learn this from the subconscious part of your mind. If we give it a yard-

stick it can measure how deeply you've gone and can tell you. When you're hypnotized you don't stay at any certain depth, you tend to fluctuate. At one moment you may drift a bit deeper or be a little lighter. You want to know the deepest you've gone. We'll use an imaginary yardstick to measure with. We'll say that a light state of hypnosis is the first foot, one to twelve inches; a medium state, twelve to 24 inches; and a deep one is 24 to 36 inches. The idea in our mind is to use this yardstick and it's to measure the deepest you've gone today. The very deepest you've been able to go we'll now measure. Now using your imagination visualize a yardstick standing on end right in front of you, close up, the one inch mark at the top. See a white arrow as an indicator pointing at the one inch mark. Now you can see it. Your inner mind is to move that indicator, that arrow, down the yardstick until it stops at the greatest depth you've reached. Watch it closely now. The arrow is sliding down the yardstick, sliding down. It will stop at the depth you've reached and you can read that inch mark. It's clear and vivid there, that's fine. Read it now. Next time you use this recording you will go even deeper than this. Perhaps you have reached a very deep state, perhaps it's only been light. It really doesn't matter too much, the deeper the better but a light state is quite all right for our purpose. Now you can stay in hypnosis, but you can turn this record over, or have someone else turn it over if you prefer, and play the other side, which will help you in stopping smoking. You can open your eyes, if you wish, to turn the record over, then relax again and go even deeper while you listen to the other side of the record.

SIDE II

This is the other side of the record. Now relax still more, drift a little deeper as you listen. The suggestions you'll hear are to help you end the smoking habit and to do it with the least trouble and difficulty. You've decided that you should stop smoking. You should have a definite program for this. Set a day which will be your quitting day. We could call this your S-Day, S for stopping. Make it the fourth day from now, from the time you're listening to this record for the first time. This is the day you'll become an ex-smoker. Your exact program for stopping will depend somewhat on the type or class of smoker you'd consider yourself to be. If you're a light or medium smoker, if you smoke no more than 25 cigarettes a day, you should find it very easy to quit. You'll be given a simple program to follow. If you're a heavy smoker, anyone smoking 25 or more cigarettes a day, your program will be as for a real addict. You're an addict if you've tried previously to stop smoking and found you had definite withdrawal symptoms, nervousness, anxiety, and weren't able to stop.

This will be your program. First ask your physician for a prescription for whatever tranquilizer drug he feels would be the best for you to take for this purpose. There are many manufactured. You'll only need enough for about two weeks at the most. Tell your physician your purpose, what you want them for. Buy a supply of chewing gum or lozenges of some kind which you can put in your mouth as a substitute for smoking. You might

also find it helpful to have a cigaret holder or one of the imitation cigarets sold in drug stores which you could substitute for a real cigaret. If you're only a light to medium smoker you don't need these crutches. Possibly gum or lozenges might be helpful for these people in such case.

Everyone planning to stop smoking should make out a list of every possible reason or motive he has for stopping. Some which would be common to everyone: first and foremost, your health. The report in January of 1964 of the Surgeon General's Committee on Smoking and Health has shown that cigaret smoking is definitely a cause of lung cancer, bronchitis, emphysema, and of cardiac disease. Of course these were very serious illnesses, often fatal. No one wants to become a victim of such an illness, yet all statistics show you're going to be liable to them if you continue to smoke. The more excessive your smoking the more likely you are to contract one of these diseases. So health should be your very most important reason for stopping smoking.

Somewhat along this line too is a desire to feel better in general, to be free of coughing, shortness of breath, that bad taste in the mouth that many notice when you awaken in the morning. Other reasons would be to have more energy, sleep better, to relax better, have less nervous tension. Another important motive for you to stop is a financial one. You don't notice very much the expense in buying one or two packs a day. If you smoke only one pack a day, that amounts to about \$100 a year, and you undoubtedly have other smoking expenses, such as for matches, lighters, lighter fluid, cleaning bills for clothing that are dirtied by ashes, possibly burned furniture, ash trays, and so forth. Let's say that's another \$50 a year, and it's probably twice that. In ten years your smoking has cost you \$1500; in forty years it's \$6,000, which you've literally burned up -- and that's only at one pack a day. That's an awful lot of money all at once, but it will be gone unless you stop smoking. You'll have a more alert mind, better concentration, food will taste better, your teeth will be whiter, and your breath pleasant instead of foul. If you have children you'll be setting them a good example. If you continue to smoke you can depend on it, they'll be smokers too, and of course you don't want your children to smoke. Stopping smoking can also give you a nice sense of accomplishment. Ordinarily it's not easy to do if you're a real heavy smoker, though with the help of hypnosis and these suggestions you'll probably find it quite easy. You can probably think of other reasons and motives that will apply particularly to your own case. List them all. Write them down, those given here and any others you can think of. You're to read this list over each evening during the next four days before you quit smoking, and each evening for the first three days after you stop, and you can read them again about a week after you've stopped.

During these next four days you should change the brand of cigarets that you smoke. Chose one you don't like. If you've been smoking a filter tip, select a brand without a tip. If you smoke king size, change to regular size. In other words, reverse or change your pattern. You're about to break up a habit pattern

that has been well established so any changes will help break it up. For the two days before you stop smoking you should practically double the amount of cigarets you usually smoke. If you'd smoked 15 to 20 a day, smoke 35. If you'd smoked 20 to 30 a day, make it 40. If you were smoking two packs a day, make it even more than that, about three to three and a half packs. If you've been smoking more than two packs, add at least another 30 to 40 cigarets to it. When you've increased this quantity for two days you'll be really fed up and glad to stop smoking on the following day. Your mouth will have a horrible taste. You'll not be able to look another cigaret in the face. You'll have to force yourself to smoke such an increased quantity but be sure you've done it by the time you've gone to bed at night, and this applies to all classes of smokers.

You should tell your friends and acquaintances that you're going to quit smoking on your S-Day. Tell them when. You're committing yourself, and it will give you a motive to accomplish and be certain of quitting. If you can arrange for someone else to quit with you it will be a big help. If you are married it will be very helpful if you and your spouse quit together, or perhaps you can find a friend who will want to quit too.

Now continue to go deeper as you listen to these words. Deeper still. Some of the ideas you are hearing are going to make it relatively easy to stop smoking. Some people have a difficult time. They have withdrawal symptoms if they've been really addicted. They may succeed in quitting but they're very likely to start again after a time or to find they simply can't quit for more than a day or two. Using these methods if you are that type of smoker you will be able to quit. Others who've tried to stop smoking have difficulty but do break the habit successfully. Some stop with great ease. They have no trouble at all -- and this applies to any class of smoker or even addict. There's a reason for this. It's not really a secret, although it doesn't seem to be recognized. It's a very simple matter. Most people who try to stop smoking and have trouble doing it have decided they should stop smoking but they really don't want to stop. There's a great difference between thinking you should stop and wanting to stop. When you really want to stop, it's easy to break the habit. That is the secret. You must really want to stop. That's why you must write out and read over frequently all the reasons you have for stopping. You must want to stop. Then all you need is some determination, and with the help of your subconscious mind it's surprisingly easy.

That doesn't mean that hypnosis is a magic wand and that you'll never have any more desire to smoke. You may find your desire has almost disappeared, and a few will find it almost like a magic wand. But most people will find that all desire hasn't disappeared. You'll have thoughts of wanting to smoke, perhaps. You'll get them at the times when you've enjoyed smoking the most, such as after meals, with a cup of coffee or a cocktail. The moment the thought of wanting to smoke pops into your mind you must counteract it. Here's what you do. Take a deep breath immediately. Think to yourself: but I don't need to smoke, I don't have to. Then take another good deep breath, and a third one. Divert your

mind at once to something else or start some activity that will divert your mind. The desire is then gone. Each day you'll have to do this less often. Perhaps you won't even have to do it at all. Your quitting day is the hardest, but you're almost sure to find it not at all bad. It'll be much easier than you thought. After the first three days you're over the hump, and each day gets easier and easier. A week and it's easier still. You'll have few thoughts about wanting to smoke and they'll be easily overcome and dismissed.

Some time after you've stopped smoking you may reach a time when the thought comes to you, I wonder what a cigaret would taste like now? Of course I don't want one, I just want to see what one would be like. But if you light one to find out, you're probably going to be a smoker again instead of an ex-smoker. Be warned of this and don't yield to that temptation to try one. On the day when you quit and on the next two days as soon as you get up in the morning drink a glass of orange juice or some other kind of juice. Brush your teeth before dressing. Immediately after breakfast brush your teeth again and use a mouth wash, hydrogen peroxide will do if you don't have one you like better. Each evening you'll play this record over again.

Some people have trouble tending to put on poundage after stopping smoking. If you're aware of this tendency you'll be able to watch your weight and control it. You need not add a single pound, just be aware of that tendency. The main reason for it is that food tastes better.

Let yourself drift a little deeper now. These suggestions are for your benefit, to help you stop smoking with the least discomfort and effort. No one is making you stop. You're quitting because it's the sensible, intelligent, wise thing to do. You have many reasons for wanting to stop. You're determined to succeed and you'll stop with ease. If you're replaying this record in your quitting day and succeeding days, you'll already have seen how easy it's been.

Some people tend to become irritable when they stop smoking. This is really because they resent having to quit or feeling they must quit. You don't have to quit, you can smoke twice as much. But of course that's not what you want, and as you're not resentful over quitting but welcome it, you'll have no tendency to become irritable. You'll feel very mellow and good about quitting, instead of resentful. It's a wonderful feeling to realize that you're an ex-smoker, that you need never be bothered again with that infernal weed. Do you remember the times when you had smoke get in your eyes? Remember how that little bit of smoke was so irritating to your eyeballs so that it hurt and your eyes watered like you were crying? They smarted from just a tiny little bit of smoke. How do you think your lungs have been responding when you've inhaled big mouthfuls of smoke? The irritation they've had is why you've had smokers' cough, as you probably have had. Smoke has affected your lung tissue. Now you're quitting and your lung tissue will return to normal. You'll soon be able to breathe normally again, shortness of breath will be gone, any coughing gone. Within a few days after you've stopped smoking that will be true.

If you've tried to stop smoking before, you'll find this time that you're free of withdrawal symptoms and nervous tension, and you feel relaxed and good. Your subconscious mind will see that you're free of any anxiety and nervousness and you'll feel very good even the first day when you've stopped smoking. You'll feel relieved and glad you've stopped. Every time you read over your reasons for stopping it will reinforce your decision and your determination, so it's easy for you to counter any desire to smoke that pops up. You will immediately counter any such thoughts and they'll come to you less often each day until soon you won't be offered cigarets, people will be smoking around you, but you'll find the smell of tobacco doesn't bother you. It's neutral, neither smelling good to you or bad. If anything it will be just slightly distasteful, but it will not bother you, just slightly unpleasant. When you see others smoking you will have a nice feeling of accomplishment and superiority, glad you were wise enough to stop smoking and protect your health.

Quitting isn't a matter of will power. It's a matter of determination. That's the important part. You made up your mind. You made a decision to stop smoking. You have strong motives and you definitely want to stop. You want to be an ex-smoker. From your S-Day on, you are an ex-smoker. You'll be so glad you're through with the habit. You no longer have that bad taste in your mouth. You no longer have to cough and raise phlegm, to have your lungs and respiratory system continually irritated by smoke. Your inner mind is to help you in your quitting program, keeping you as free as possible from thoughts and the desire to smoke, and you'll find it very easy to stop and to stop permanently.

Now you've been very nicely relaxed and comfortable. I'm going to count to five and then you'll be wide awake again, perfectly normal in every way. You'll feel very relaxed, very refreshed, clear headed. When I count to five you'll be wide awake feeling fine and you can start your program.

One -- beginning to come awake; two, three -- almost awake now, growing wider and wider awake; four -- wider still; and five -- wide awake, normal in every way, feeling fine. Wide awake now.

ABOUT THE AUTHOR

LESLIE LeCRON has established a fine reputation as a highly qualified authority on the subject of hypnosis. He has written several books on this science which are used by those working in the field of hypnosis. Mr. LeCRON is a practising psychologist and conductor of symposia in clinical hypnosis where techniques are taught to professional people in the medical field. The latest book, just recently published and already in its second printing, is "SELF HYPNOTISM: THE TECHNIQUE AND ITS USE IN DAILY LIVING". (Published by Prentice Hall). Other titles in Mr. LeCRON'S growing list of published works are: "Techniques of Hypnotherapy", "Hypnotism Today" and "Experimental Hypnosis" of which he is the editor. Mr. LeCRON is a Certified Psychologist in the state of California.