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Smoking Cessation Imagery

Welcome to this Healthy Living To Go podcast from Kaiser Permanente, designed to fit the way you live and the way you learn. Listen, live well, and thrive.

Hello, I'm Belleruth Naparstek and this is a guided imagery tape designed to help you quit smoking. Listening to this tape once or twice a day will help you maintain your motivation and self control, and can significantly increase the effectiveness of whatever program you're already using. It will also help your natural body chemistry produce feelings of peace, safety and calm. There is even imagery on this tape to help your lungs repair and heal.

The imagery on this tape has been very carefully researched and written. Every word, image, phrase and idea has a good reason for being here. And the composer, Steve Kohn, has written the music phrase by phrase, to underscore the narrative and make the imagery as powerful as possible.

Try to listen to the tape once or twice a day for several weeks. Over time it will have a stronger and stronger effect. Usually different parts of the tape will capture your attention at different times. Always feel free to ignore or change what doesn't suit you. Your mind will probably automatically edit the script for you anyway.

You don't need to pay perfect attention as you listen. As a matter of fact, as you relax your focus will probably drift in and out, and that's fine, especially if you're listening repeatedly. If you notice your mind wandering, you can gently guide it back.

And because the imagery on side A is deliberately designed to help you relax, you shouldn't play it while driving or operating machinery. Side B has affirmations, and you can listen to them any time.

If possible, try to position your hands in the same way each time you listen. Over time, this will become a kind of conditioned response - a cue to help you move immediately into a place of deep inner peace - every time you arrange your hands in that certain way.

And finally, don't worry if the tape sometimes brings forth some unexpected emotion. If that happens, it just means that the imagery is working for you in a deep way, and that's good.

So see if you can take this next while to commit yourself to this process of engaging the power of your imagination... by gently immersing yourself in this safe and easy process... all you have to do is relax, settle in and let yourself listen....

To begin with, see if you can position yourself as comfortably as you can, shifting your weight so that your body is well supported and comfortable... and gently allowing your eyes to close... arranging it so your head, neck and spine are straight...

Letting your hands rest comfortably somewhere on your body... on your chest or midriff or abdomen... so you can feel the rise of your body when you breathe in... (pause)... and the way it

settles back down when you breathe out... (pause)... and you're becoming more and more attuned to the feel of your breath as it moves in and out...

So that more and more you can feel safe and comfortable, relaxed and easy, following the natural action of your breath... becoming more and more aware of how, with every inbreath, you are sending rich oxygen and vital nutrients to every part of your body... and that when you breathe out, you are clearing out toxicity and waste...

And any unwelcome thoughts that come to mind... those too can be sent out with the breath... released with the exhale... so that for just a moment, the mind is empty... for just a split second, it is free and clear space... and you are blessed with stillness...

And any emotions that are rocking around inside.. those too can be noted and acknowledged and sent out with the breath... so that your emotional self can be still and quiet... like a lake with no ripples...

And now, see if you can imagine a place... preferably outdoors... where you feel safe and peaceful and easy.... a place you used to go to... or still go to now... or somewhere you've always wanted to be... by the ocean or in the woods or up in the mountains... it doesn't matter... just as long as you pick any place that feels good and safe and peaceful to you...

And allowing the place to become real to you... in all its dimensions... looking around you... enjoying the colors... the scenery... looking over to your right... and over to your left....

And feeling whatever you're sitting against or lying upon... whether you're leaning against a friendly old oak tree.... or lying on a carpet of fragrant, soft, sweet grass... or walking in the woods, on a slippery carpet of pineneedles... or you might be at the shore, with cool, wet sand oozing between your toes and gentle waves lapping at your ankles... or maybe you're just sitting on a nice, warm rock in the sun....

And listening to the sounds of the place... birds singing... the soft sounds of a the wind rustling through the leaves... the steady buzz of crickets in the night... or the powerful crash of ocean waves... or the gentle, soothing sound of a bubbling brook... just so you're letting your ears become attuned to all the beautiful sounds of your place... that is so safe and peaceful to you...

And smelling its rich fragrance... whether it's the sharp, bracing scent of salt sea air... the soft, heavy fullness of grass and flowers... the pungent dark green smell of a peat moss in the forest... sometimes the air is so rich and redolent you can practically taste it on your tongue...

And noticing the feel of the air on your skin as it caresses your face and neck... whether it's crisp and dry... or balmy and wet... so you're just letting your skin enjoy the presence of this place, that is so safe and peaceful to you... and letting it's healing presence soak all the way into your skin ... breathing it in, and letting it penetrate into your bones... all the way down into each and every cell...

And as you become accustomed to the safety and beauty of this place... feeling thankful and happy to be there... you begin to feel a kind of tingling... a pleasant energizing something in the air all around you... something that contains expectancy and excitement... a sense that something wonderful is just about to happen... and you may even smile to yourself... because perhaps you haven't had that feeling in a while... but now you do know with some certainty that there is magic in this place... and something wonderful is just about to happen...

And as that certainty settles around you... you notice that the tingling is taking on a kind of a glow... that the air has become alive with soft, gentle, vibrant, humming energy... and from somewhere above you, a cone of powerful, radiant light is softly and steadily moving down... forming a tent of soothing, glowing

energy all around you... a cushion of energy to surround and protect you... muffling any harsh sounds or jarring noises... gentling and calming your spirits... illuminating everything it touches with exquisite brightness... highlit definition... vibrating color... giving everything it shines on a fresh, new beauty...

You can feel the air around you intensifying, glowing, dancing with sparkling energy... and with a sense of gentle wonder for such stunning beauty.. you feel the gentle energy of the light pleasantly tingling on your scalp... caressing your brow... and softly entering your head and neck...

Moving down into your shoulders with its gentle, soothing energy... entering your chest... gently penetrating and massaging the intricate passageways of the lungs... cleansing and clearing... loosening any tightness... soothing any sore places... and gently penetrating and massaging any tightness around the heart...

And continuing down the spine... the soft, soothing energy filling your back and torso... soaking into your kidneys... penetrating into the layers of tissue, deeper and deeper...

Sending a warm, vibrating softness into any discomfort in the belly... feeling its healing magic soothe and calm any sore, swollen places... soothing and supporting the membrane and lining of the stomach...

And moving down into your legs... and filling your feet... all the way down to the tips of your toes...

So you're just letting the light work its gentle magic deep inside of you... moving with deliberate intelligence to the places where discomfort is lodged... and feeling those places begin to loosen, soften and heal...

And sensing that this glowing cushion of light dancing around you is drawing to you all the love and sweetness that has ever been felt for you by anyone at any time... pulling in all the caring, all the loving kindness that has ever been sent your way... every prayer and good wish... permeating and filling the energy field surrounding you... pulling it all in like a powerful magnet... calling every good wish home...

And perhaps sensing around you the presence of those who have loved and nurtured you... or those who love you now.. or will love you in the future... just the ones you want with you... sensing them around you now.. and perhaps even seeing a fleeting glimpse of somebody... maybe catching a familiar scent... or hearing the timbre of a well-loved, familiar voice... or sensing a loving presence by your side... or just behind you... maybe feeling the soft weight of a hand on your shoulder... people from your life... alive or long gone... or perhaps you're feeling the closeness of a spiritual presence that has always sustained you... a higher power... a guardian angel... or sweet spirits and magical beings... protective power animals... or even a dearly loved pet from long ago... some familiar or perhaps not... it doesn't matter... just so you feel their protection and support...

And breathing in all that love and caring, fully and deeply... all the way into your heart... filling your heart up with it... and feeling the warmth of it spread all through your body... gently pulsing out from the center of your heart... and infusing your whole system... spreading widely and evenly, like ripples in a pond...

And you might even see this infusion as a beautiful color permeating your entire body... or as a steady, humming vibration that's tuning up every part of you.. like the low, powerful purr of a very fine engine...

So more and more, you're aware of a quickening inside of you, as energy spreads throughout your body...

Sensing that your lungs are opening... that swelling in the membranes and linings of the airways is subsiding... that unwanted particles, mucous and toxins are being swept up and out by a fresh new growth of cilia - the lush carpeting of delicate, hairlike cells in the airways, whose uniform, waving motion keeps harmful debris moving out of your lungs...

Sensing that tarry, blackened linings are returning to their original, glistening pinky-white texture... that the tissue is regaining its strength and elasticity... and that any scar tissue that might be there, is shrinking down to minimal size...

Knowing that cells are replacing themselves quickly and efficiently... that brand new, healthy cells are crowding out the weary, injured ones... that vital, perfectly formed cells, with soft, round membranes are taking over the work of the old depleted cells with their torn, crusty, compromised edges... strong new cells to accelerate the release of the tiny pockets of stored, trapped toxins... sending old poisons on their way, out of the body... and soaking in new, rich nourishment from the bloodstream...

And feeling the increased energy and vitality... sensing the blood vessels widening, carrying more oxygen and food into every organ... feeling the regeneration of your muscle and fiber, tissue and bone... the brain becoming more alert and focused... the heart stronger and more efficient... the stomach, kidneys and bladder cleansing and clearing...

Understanding that the exquisite intelligence of the body is simply doing what it was meant to do.... rebuilding muscle... shrinking scar tissue... returning blood vessels to normal size, shape and flexibility... creating new, protective mucous linings.... as your breathing becomes fuller and deeper... your brain stronger and clearer... your stamina and energy greater... your mood continuing to even out... and your whole system cleansing and clearing, rebalancing and rebuilding...

And knowing that it is not just the tissues of the body that are releasing their toxins and creating healthy new growth... but that you too are emptying out old pockets of stored discomfort... tossing out the crusty debris of long-held hurts and resentments... shaking out self-recrimination and guilt...

Forgiving yourself and others for disappointments of the past... releasing it all.. so your heart can be lighter... your body stronger... your life freer... with more choices, more energy, more confidence, and more aliveness available to you...

Better able to appreciate yourself... better able to honor your body, your oldest friend, your steadiest companion... and perhaps even beginning to comprehend its true beauty, its awesome intelligence, and its faithful service to you...

And knowing too that there will be a time when you'll be walking in one of your favorite places... aware of all the life and beauty around you... attuned to all the richness of the sights and smells and sounds of the place... of the delicious feel of the air on your skin... of the heightened pleasure of smelling and tasting with acutely attuned senses... fully able to soak in the beauty around you...

Enjoying the easy, natural swing of your arms... the way your feet make contact with the steady support of the ground... feeling the greater energy and vitality that is now available to you... as your blood vessels bring ample supplies of rich, pure oxygen into your lungs... nourishing muscle and skin, tissue

and bone... feeding and strengthening every part of you... as you effortlessly breathe in and out, fully and deeply... very naturally... without a thought... just the body at full strength... enjoying its aliveness...

Knowing you are getting stronger... building muscle... gathering energy and power... clarity of purpose... feeling new stirrings of pride and confidence... a clear sense of coming into your own as never before... more and more conscious of your own strength and resourcefulness....

And suddenly you are certain... you know with your whole heart... with your whole being... that you can do this... that every day, you're getting stronger, clearer, surer... every day, you're growing in health, strength, focus and commitment ... more and more able to relish the morning... to laugh from your heart... to breathe in sweet, fresh air... to taste and smell all the fragrant, delicious bounty around you... gladly accepting the exquisite gifts that your senses were designed to bring in to you...

Knowing you have things to do, purposes to accomplish, gifts to give.... that you require a strong, vital, healthy body for this... you require all your energy and power to fuel you... every part of you aligned to your sense of who you are and what you are about...

You once again become aware of the glowing cushion of energy and the powerful support around you... you might catch a glimpse of a nod, a smile, a gesture... or hear an approving murmur... an encouraging phrase... perhaps even feel a loving hand on your shoulder... and you know that they see it too... that you can do this...

Understanding that you have always been surrounded and protected by powerful forces... a private cheering section... always at your side.. to support your efforts... to help you stay strong and committed... yours to keep with you in the glowing, vibrating light that is always around you... or to call forth whenever you wish...

And so... feeling peaceful and easy... you once again become aware of your breath, moving in and out of your body... aware of your hands and your feet... perhaps feeling the need to stretch a little... and noticing how good it feels to move after being still for so long...

And so... whenever you are ready... very gently and with soft eyes... allowing yourself to come back into the room... knowing in a deep place that you are better for this...

And so you are....

Smoking Affirmations

I know there are times I feel anxious, discouraged, frustrated and sad, and I accept what I feel as my inner truth of the moment.

I know that the more I can accept and allow what I feel, without criticism or blame, the more energy, strength and focus I have to do what I need to do.

More and more, I can soften around my feelings and release them... breathing in to soften them, and breathing out to release them.

I know that when I let go of harsh expectations and unrealistic demands, of myself and others, I have more energy, strength and focus to do what I need to do.

More and more, I can forgive myself and others for errors of the past.

More and more, I can love and appreciate myself, and take time to care for myself.

More and more, I can see that my body is my faithful ally, my oldest friend and my steadiest companion.

More and more, I am grateful to my body for staying with me, in spite of any unkindness toward it on my part.

More and more, I am better and better able to listen to my body and sense what it needs.

More and more, I can take in the richness of the world around me with all of my senses, enjoying the colors, fragrances, tastes and sounds.

More and more, I can feel peaceful and calm just from breathing deeply, and from taking in the beauty of my surroundings with all of my senses.

I am better and better able to take pleasure in the simple joys of living, as I open my senses to the world.

I know that the time for battling with myself is over. Now is the time to join with myself, marshalling my considerable strength and powerful will in a coherent, unified effort.

I call upon my intention to shed this habit and heal my body.

I welcome the heightened energy, power, focus and strength that this new commitment to myself is bringing me.

I know that when I can appreciate my body, respect it and take good care of it, I have more energy, strength and focus for my life.

I understand that my body has the built-in capacity to repair and heal itself.

I understand that every day without smoking is a day of fresh healing, repair and renewal, for my body and my spirit.

I can see and feel radiant sunlight entering and warming my body, sending peace and comfort into every corner of my being.

I can see and feel a powerful blue-green wave of healing, washing through me from head to toe, clearing away any unwanted debris and taking it out with the tide.

I can see and feel a warm, pulsing, glowing blanket of magical comfort surrounding me, enveloping me with peace and safety, and soaking its soothing energy into me.

More and more, I can feel my body growing stronger and more energized.

More and more, I can feel my lungs opening, as swelling subsides and irritation disappears.

I can sense the activation and return of millions of hairlike cells in my airways, gently waving in uniform motion, and sweeping harmful debris up and out of my lungs.

I can see and feel my lungs growing pinker, softer, more elastic and glistening with health.

More and more, I know that brand new, healthy, cells with perfect membranes are replacing the weary, injured ones with torn, crusty, compromised edges.

I can feel the strong new cells releasing stored up toxins, sending harmful waste out of my body.

More and more, I can feel my energy and vitality returning, as my blood vessels widen and carry more oxygen and nutrients to every corner of my body.

I can feel the greater efficiency and strength of my heart, and the focus, power and alertness of my brain.

I can see and feel the muscles in my body rebuilding, as they move and stretch with increasing power and flexibility.

More and more, I can sense that sore, inflamed and swollen places are shrinking back to normal size, as the stomach, kidneys and bladder cleanse and clear themselves of long held toxins.

More and more, I can feel my irritability subsiding and my moods evening out, as my whole system cleanses and clears, rebalances and rebuilds.

I know that every day is one more step toward wholeness, and every step, no matter how difficult or easy, is a triumph.

More and more, I can feel the joy of greeting the morning with clear lungs and an open heart.

I invite assistance from my friends and loved ones who support my efforts to shed this habit; I see myself surrounded by their love and caring, and I feel it all over my body like a warm wave.

I understand that I am surrounded and protected by invisible forces of love, beauty and support - and that this has always been so.

I can see and feel myself surrounded and protected by a cushion of glowing, softly pulsing energy, that holds in it all the prayers and good wishes that have ever been sent to me by anyone at any time.

I salute my own courage, strength, endurance and resourcefulness in my efforts to take charge of my own health and well being.

I know that I have things to do, gifts to give, purposes to accomplish. I require a peaceful, focused mind and a strong, healthy body for this.

More and more, I know that I am perfectly, utterly safe.

And so you are.