



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Quit Smoking

Quit Smoking

Most smokers know the health risks of tobacco. Smoking is linked to many diseases. A pack-a-day habit can cost up to \$1500 per year, not to mention the extra cost of medical bills for smoking-related illnesses. If you are a smoker, you have an increased risk of developing heart disease, lung cancer, and emphysema among many other diseases. In fact, cigarette smoke contains hundreds of poisons and dozens of cancer-causing chemicals that can contribute to a number of diseases and disabilities.

More than 400,000 people die from smoking-related causes each year. If you smoke in your 30s and 40s, you have five times the risk of having a heart attack than people your age who do not smoke. In addition, non-smokers probably avoid you because cigarette smoke makes them sick too. So why don't you just quit?

If you are like most smokers, you probably started when you were young. You may have thought it was cool to smoke, and you wanted to fit in with your friends. Now, years later, you are addicted to nicotine. Even though you know you have a dangerous and expensive habit, you just can't seem to stop. So what can you do to break this addiction? Try Mindfulness meditation!

Find a comfortable place to relax for sometime. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course, never listen to this recording while driving or operating any machinery as it could make you very drowsy. You may hear ocean sounds or different sounds from nature and these are integrated to take you into a deeper state of relaxation. It is best to use headphones to listen to these recordings to be able to hear all the subtle sounds.

Make yourself very comfortable now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. Begin breathing very slowly from your abdomen. Place your hands there and feel your stomach rising and falling with each breath. As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing. That's right. Breathe in through your nose and blow **gently** out through your mouth. Breathing **slow and deep**. Breathe in relaxation and out tension and stress. Feel yourself **unwinding**. Notice how you're slow breathing is beginning to induce a nice state of **deep** relaxation. Breathing in, and breathing out, In, and out



Notice how you are twice as relaxed as you were a moment ago. Allow yourself to be as lazy as you want to be. Allow all the cares of the world to take care of themselves all by themselves. As you are listening to the sound of my voice and the gentle music in the background, you can feel yourself drifting in to a more relaxed state of being now, breathing in relaxation blowing out all tensions, any thoughts that were bothering you just disappearing for the time being, this is relaxation time just for you and you can let all those thoughts go while you focus on your breath. Allow the subconscious to do **all** the work for you now. You feel a warm wonderful sensation of relaxation in your body as you allow all the tension to just **float away, drift away**.

I wonder if you can imagine now standing under a warm shower and the warm water is relaxing **each and every muscle** in your scalp, **each and every nerve**, and then that relaxed feeling spreads down to your forehead wiping away any lines of tension