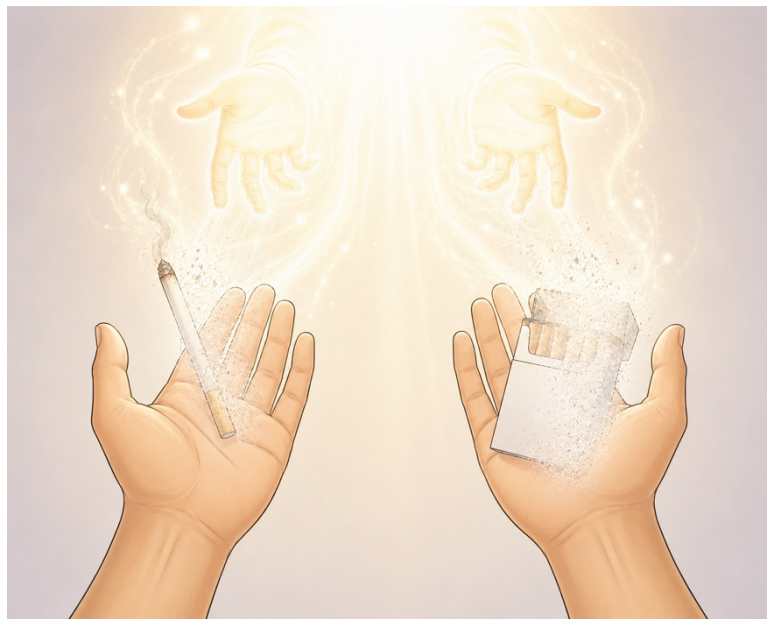




*Quit* **smoking**



## *Quit* cigarette smoking

This prayer is designed for people who want to quit cigarette smoking by addressing the beliefs, associations, attachments, habits, thought patterns, emotional dependencies and identities connected to smoking.

Many smokers do not smoke only because of nicotine. They often smoke because they believe cigarettes help them relax, focus, cope with stress, deal with emotions, fill boredom, create routines, provide comfort, or serve other psychological and emotional functions.

The purpose of this prayer is to remove those beliefs and attachments at their root and replace them with the understanding that none of these benefits require cigarettes. The prayer seeks to dissolve every dependency on smoking and establish complete freedom from the need, desire and perceived benefits of cigarettes.

Read this prayer with focus, consistency and intention. The goal is the complete, permanent and irreversible release of cigarette smoking and all associated beliefs, habits and dependencies.

*“I call upon Goddess Mahakali, Lord Kalbhairav, Goddess Sekhmet and Goddess Hecate for the manifestation of the following prayer.*

*I ask for all the seeds, roots, lands, bases, cores, foundations, structures, constructs, habits, patterns, loops, cycles, natures, personalities, identities, behaviours, preferences, commands, instructions, oaths, vows, promises, contracts, agreements, commitments, choices, decisions, inscriptions, conditionings, ideas, thoughts, feelings, emotions, energies, loops, cycles, realities, destinies, fates, timelines, cords, connections, attachments, relationships, entanglements, enmeshments, mergers, acquisitions, dependencies, ignorance, avoidance, illusions, delusions, lies, misinformation, sadness, pain, suffering, ill-health, obesities, insomnias, weaknesses, powerlessness, bodies, channels, blocks, entrapments, stagnancies, chains, bindings, locks, cages, seals, obstructions, memories, imprints, traces, effects, beliefs, results and manifestations of the beliefs “smoking cigarettes calms my mind down; it is cool to smoke cigarettes; smoking cigarettes relaxes me; smoking cigarettes is empowering; smoking cigarettes is stylish; smoking cigarettes is a sign of power, dominance and intelligence; smoking cigarettes makes me look scary, dangerous and threatening; smoking cigarettes gives me the break that I need; smoking cigarettes energises my minds & brains; smoking cigarettes can fill the void and emptiness I feel within; smoking cigarettes relieves boredom; smoking cigarettes reduces stress; smoking cigarettes relaxes; smoking cigarettes improves focus and concentration; smoking cigarettes creates a ritual or a routine; I’m addicted to smoking cigarettes; I can’t think without smoking cigarettes; I can’t calm without smoking cigarettes; I can’t shit without smoking cigarettes; I can’t focus and concentrate without smoking cigarettes; I remain stressed without smoking cigarettes; I bond with smoking cigarettes; I rebel by smoking cigarettes; I identify smoking cigarettes; smoking cigarettes gives me company and relieves me of loneliness; smoking cigarettes distracts me from emotional pain; smoking cigarettes calms my anxiety; smoking cigarettes helps pass my time; smoking cigarettes gives me pleasure; I enjoy smoking cigarettes; smoking cigarettes comforts me; smoking cigarettes gives me a sense of control; smoking cigarettes makes me feel like an adult; smoking cigarettes helps me escape awkward and uncomfortable situations; smoking cigarettes helps me rest and divert my focus and attention; smoking cigarettes enhances my enjoyment of coffee, tea, soft drinks, alcohol, and conversations; smoking cigarettes serves as a reward after completing tasks; smoking cigarettes satisfies my nicotine cravings; smoking cigarettes provides me with familiarity and predictability; smoking cigarettes creates a feeling of companionship when I’m alone; smoking cigarettes helps me with procrastination; smoking cigarettes gives me a sense of belonging to a group; smoking cigarettes helps me escape responsibilities; smoking cigarettes helps manage my restlessness,*

*anger, frustration, rage, fury and agitation; smoking cigarettes gives me a feeling of self-indulgence; smoking cigarettes helps me cope with grief, pain, sadness, loss, failure, struggle, anxiety and depression; smoking cigarettes gives me privacy and me-time; smoking cigarettes gives me certainty; smoking cigarettes gives me stimulation and smoking cigarettes alerts me” to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed, from the point of its creation, from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the beliefs, “I don’t need to smoke cigarettes to calm my mind, to look cool, to relax myself, to empower myself, to look stylish, to have power, dominance and intelligence, to make me look scary, dangerous and threatening, to give myself a break, to energise my minds & brains, to fill the void and emptiness I feel within, to relieve boredom, to reduce stress, to relax, to improve focus and concentration, to create a ritual or a routine, to think, to calm down, to shit, to focus and concentrate, to bond, to rebel, to identify with, to give me company, to relieve my loneliness, to distract me from emotional pain, to calm my anxiety, to pass time, to feel pleasure, to enjoy, for comfort, to get comfort, to control, to feel the sense of control, to feel like an adult, to escape, to rest, to divert my focus and attention, to enhance my enjoyment of coffee, tea, soft drinks, alcohol, and conversations, to reward myself, to satisfy my nicotine cravings, to feel familiarity, to get predictability, to feel companionship, to fill my emptiness and void, to fill my loneliness, to procrastinate, to get me a sense of belonging, to escape responsibilities, to manage my restlessness, anger, frustration, rage, fury and agitation, to give me a feeling of self-indulgence, to help me cope with grief, pain, sadness, loss, failure, struggle, anxiety and depression, to get me privacy and me-time, to get me certainty, to get stimulation and to alert me” to be immediately, completely, absolutely, permanently, irreversibly and eternally seeded, planted, engraved, energised, strengthened, empowered and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## **Visualisation**

After completing the prayer, extend both of your hands in front of your chest with your palms facing upward.

Visualise holding a burning cigarette in one palm and a packet of cigarettes in the other. See the Angels and Deities taking both away from you.

Once they have removed them, visualize them placing two large spheres of pure White Flame into your palms.

Slowly bring your hands towards your chest and place the White Flame spheres into your lungs.

Remain in this visualization for a few moments and open your eyes when you feel ready.

## Conclusion

Read this prayer three times daily for 21 consecutive days.

Do not try to force quit smoking. Observe what naturally changes within you, especially with respect to smoking cigarette and start journaling. If, however, you aren't quitting even after reading the prayer for 21 days there's some other belief you have associated with the cigarettes. In that case, go through Awareness Healing e-book and other e-books you feel pulled towards to help yourself find that belief out.

While this prayer has been written to address a wide range of beliefs, attachments, habits, emotional associations and dependencies related to cigarette smoking, every individual is unique. When you become aware of any personal, specific or individual beliefs, thoughts, feelings, attachments, associations or reasons for smoking that are not already included in this prayer, you should add them to the prayer.

Alcoholism & drug addiction is majorly to escape. The prayers for it need to be customised. But what I have noticed with most alcoholics and drug addicts is that they don't want to quit. So, first step would be to make a choice.

May you be completely free from all addictions.

