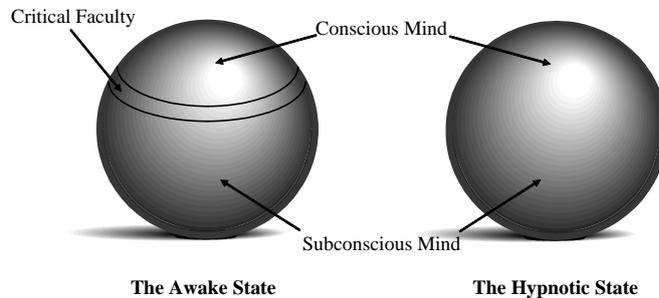


CRITICAL FACULTY



With hypnosis it is easy to help you quit cigarettes now. Hypnosis is best defined as a “State of mind in which the Critical Faculty of the human mind is bypassed and selective thinking established”

The critical faculty is simply that part of your mind which acts like a gatekeeper to your much more powerful sub-conscious mind. The one of the critical faculty’s role is to determine what information will be allowed to pass on through, into the sub-conscious mind.

When any suggestion or idea of change enters your mind—whether it is from a doctor, family member, friend, yourself or whoever, they may say: “Why don’t you quit cigarettes? Don’t you know that it will kill you?”, even if that suggestion makes conscious, rational sense to you and you absolutely agree with it and **you want that to work**. If that suggestion isn’t in line with the sub-conscious mind, then that suggestion will be rejected as soon as it encounters the Critical Faculty. In the past you felt like you were fighting with yourself, because you were.

The good news is there is a back door to this critical faculty. With hypnosis and your permission Shannon can go around the critical faculty. She will show your sub-conscious mind that by continuing to smoke it is no longer protecting you and that it now needs to change. It needs to reactivate its primary function of protecting you and **disconnect the habit of cigarettes**.

Then it is easy for you to quit cigarettes. Because you will have both parts of your mind working for the same goal of being a fresh-air breathing person. No more fighting with yourself, no more internal struggle. They will disappear. Then it becomes easy and **it’s easy for you to quit cigarettes** if that is what you accept.

Hypnosis never was about mind control! You choose to accept or reject any idea, at any level of the mind. It is the hypnotic process that allows your sub-conscious mind, to *accept* positive suggestions, which **you** allow to become **your** new reality.

You have two parts of your mind. The Sub-conscious Mind and the Conscious Mind. Your conscious mind is the logical, rational thinking part of your mind. The conscious mind is where you have your willpower. This is the goal setting and planning part of the mind. It is the part of your mind that likes to think that it is in control of your life.

But the truth is, if your conscious mind were in control, you wouldn't need help to quit cigarettes? You would have made up your mind to quit cigarettes and you would have just quit.

Your willpower is extremely powerful. The issue is that you have to remember to use your will power. You have to constantly remind yourself to use it otherwise you forget and your sub-conscious mind takes over.

Shannon is going to work with the sub-conscious part of your mind. This is actually the part of your mind that is in control of everything. It is the sub-conscious mind that controls your *habits*. Now, when you first start doing something, you are doing it consciously. You have to stop and think about it. It is a lot like driving. When you first learned how to drive you had to get in the car, think about pressing on the brake, think about turning the key, think about looking in your mirrors, remember to change gears, remember to push in the accelerator, etc. etc. There was a lot you had to consciously think about.

But now, you can drive down the road, talking on your mobile phone, steering with your knee, changing the music, while you are drinking your water and Googling how to get some place. You don't have to think about it anymore. It's become automatic. At some point early on, your subconscious mind took over working the car and now automatically does what you once had to consciously learn, with will power and your conscious mind.

You have formed natural responses to external stimuli, when you see a cop car you slow down, when you see a stop sign you automatically step on the break. Now, there is absolutely no difference from that type of response and finishing a meal and reaching for a cigarette. It's one event triggering the other and it's happening sub-consciously, that's why it has been so difficult for you to consciously change.

The primary part of your mind hypnosis works with is your sub-conscious mind. The *prime directive* of the sub-conscious part of your mind is to protect you. It's designed to protect and help you. It's like the self-preservation part of the mind.

The sub-conscious mind protects you from physical and mental harm. If you put your hand on a hot stove you would automatically pull it off the stove. You wouldn't think, should I remove my hand? You would just automatically pull it off. Your sub-conscious mind protects you from physical harm. It also protects you from mental harm.

Now, the strange thing is most people start smoking to protect themselves from bad feelings. Most people start smoking in their teenage years. From the age of about 10 through 21 we are going through what is called the socialization period, where we are trying to fit in with other kids and people we want to be like.

Teenagers often feel bad because of the great pressure they feel to fit in. The cigarette then becomes a solution to both feeling bad and fitting in. And since the sub-conscious mind's job is to protect you physically and mentally, the cigarette becomes a way to protect you from feeling bad. It tastes disgusting, they cough, they sputter; but now they fit in, and that *acceptance* greets a powerful sub-conscious program.

So, the brain links up, at an early age that when you're feeling bad having a cigarette will make you feel better. Even though it actually doesn't.

In other words, your sub-conscious mind is trying to protect you emotionally. It's not trying to kill you. It's not trying to give you cancer, heart disease, or anything horrible. Your sub-conscious mind hasn't read the Surgeon General's Report that smokers lose 14 years off their life. It doesn't know about that stuff. It's stuck back in that time when you first started smoking, when it was helping you feel good and you become one of the in crowd.

Your sub-conscious mind doesn't know it is actually not protecting you anymore. It is actually increasing your chance of getting cancer, heart disease, and all the other dangers of cigarettes that we both know are real.

When your sub-conscious mind gets what it is *truly doing*, it will change the sub-conscious habit of smoking cigarettes. It will create you to be a fresh air breathing person from now on. Your sub-conscious mind will automatically make that change and be a non-smoker. Because that is what the primary job is of your sub-conscious mind – to protect you.