

HOW TO QUIT SMOKING



SCRIPT

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"You Don't Need to Smoke-You Need to Heal"

A Self-Healing Ritual with the Holistical Method
Using EFT, Breathwork, Muscle Testing & Quantum
Reprogramming

By Angel Dimitrov | Holistical Method™

Introduction: The Truth Behind the Craving

You think you're addicted to nicotine.
But the truth is... you're addicted to the feeling of escape.
To the silence that comes after the inhale.
To the ritual that makes the pain feel far away—
even if it's just for a moment.
You don't crave the cigarette.
You crave relief.
You crave space.
You crave the version of yourself that doesn't hurt so much.
But the craving... It's just a messenger.
And it's been trying to tell you something for a long time.
You were never weak.
You were carrying something that didn't belong to you.
Inherited pain. Old memories. Patterns are passed down through blood or
burned into your nervous system.
And now, something in you is ready to break the cycle.
Not through force. Not through guilt.
But through truth.
Through breath.
Through healing.

Follow for daily healing tools, energy resets, and
conscious awakening.

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👉 Step 1: Muscle Testing – Speak to the Subconscious

Your body never lies. Through simple muscle testing, you can access answers that the conscious mind resists.

Instructions:

Stand or sit tall.

Place one hand on your heart and the other on your stomach. Say each statement out loud and feel how your body responds (lightness, tension, forward sway, or resistance):

"I smoke because I feel overwhelmed."

"I smoke because I inherited this habit."

"I smoke because I need to escape."

"I smoke because I think I don't deserve peace."

The one that pulls at you—that's the door.

🧠 Step 2: EFT Tapping – Releasing the Root

Karate Chop Point (Left Hand):

"Even though I've been smoking to numb something inside me,
I deeply and completely accept myself."

Karate Chop Point (Right Hand):

"Even though I've carried this habit for years,
I now choose to heal it and let it go."

Tapping Points:

- Eyebrow: "This urge to smoke."
- Side of Eye: "This grip it has on me."
- Under Eye: "This old stress I buried."
- Under Nose: "This pain I couldn't name."
- Chin: "This emotional weight I carry."
- Collarbone: "I choose to release it now."
- Under Arm: "I no longer need this."
- Top of Head: "I am ready to be free."
- Heart & Forehead (Both Hands):

"I deactivate the emotional addiction from my holographic matrix.

I release the inherited program.

I reset the loop."

Repeat this round 2–3 times as needed.

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Step 3: Breathwork – Reset the Body

Your breath is the gateway between your body and your energy. Every conscious inhale reclaims your power. Every exhale releases what isn't you.

Breath Pattern: 4–4–6 (Inhale–Hold–Exhale)

- Inhale for 4: "I choose healing."
- Hold for 4: "I own this moment."
- Exhale for 6: "I release what no longer belongs."

Repeat for 3–5 minutes. Let your lungs expand. Let your nervous system unwind.

Step 4: Quantum Visualization – Reprogram the Addiction

"Close your eyes.

Visualize a cloud of smoke leaving your lungs.
See it dissolve into the air, like a spirit returning to where it came from."

"Now, imagine golden light entering with every breath.

Your lungs are glowing. Your chest is opening.
You are becoming clean—not just physically, but energetically."

Say out loud:

"I cut the cords to nicotine and what it represents.

I release the past from my lungs and my blood.

I reclaim my life force.

I program my body to peace, not panic.

I am free."

Stay in this vision for a few minutes. Feel the shift.

Step 5: Final Declaration – Seal the Healing

"This wasn't about quitting.

This was about listening.

About facing the truth behind the smoke."

"You didn't fail.

You adapted. - _____

You survived.

And now, you're choosing something greater."

"This is the moment your body remembers how to live without harm.

How to breathe without fear."

Repeat this declaration:

"I am no longer a smoker.

I am no longer attached to pain.

I am the breath of life.

I am clean.

I am free."



🌀 Daily Affirmation (Say Each Morning)

"I am free from inherited patterns.
I am safe without this habit.
My body is clean.
My lungs are light.
I no longer escape—I rise"

✉️ Want to Go Deeper?

If this ritual moved something in you...
If you felt even one layer lift...
Then this is just the beginning.
I've helped others heal their addiction, grief, anxiety, and trauma
using the Holistical Method.
This method works because it doesn't just treat symptoms; it
addresses the underlying cause. It speaks to your soul.

➡ DM me the word "Breathe" on Instagram [@holisticalmetod](https://www.instagram.com/holisticalmetod)
I'll send you the next steps—tools, support, and a way forward.

✨ Start My Healing
Now

THE
HOLISTICAL METHOD™

A Guide to Self-Healing —
Rooted in Truth, Energy, and Consciousness.