
Joyous Living topples 25-year smoking habit

Posted by taylor - 2007/08/03 10:27

I've been a tobacco smoker for 25 years, and over the last few years I've tried several different ways on several different occasions, to break that habit. I've used hypnosis tapes, homeopathic stop smoking kits, prescription stop smoking drugs, and several different NLP-based approaches. Some of these methods were successful to a very limited extent, meaning I smoked less for some period of time, but did not succeed in breaking the habit. At best, I had cut back from about a pack a day to 4 or 5 cigarettes a day for a week or so.

Almost 2 months ago, I ran out of tobacco and did not go and buy more, simply because the act of doing so was not inspired and infused with joy. As I've learned to live joyously, I've come to expect and rely on a feeling of rightness, joy, and motivation infusing everything I do. Buying more tobacco did not clear that bar so I didn't.

The first few days, I felt a number of mild impulses to smoke, each of which evaporated as soon as I realized what it was. None of the impulses was strong enough to have any perceptible emotion attached, and none lasted more than a 2 or 3 seconds before it was swept from my mind by the forward flowing joy that now characterizes my experience. By the forth day, even those mild impulses faded. My tobacco habit has now been blown away like a leaf in the wind, as a mere side-effect of learning to live so joyously that every act is inspired.

Be Very Well,
Taylor

=====

Re:Joyous Living topples 25-year smoking habit

Posted by Roger - 2007/09/23 12:51

very impressive!! seems like a clear reflection of increased wellbeing.

=====