1. **INTRODUCTION**

Ok, you totally rock. Congratulations on deciding to quit smoking. By letting go of this destructive, insidious addiction, you are setting yourself up for the next phase of your life, a phase that would not have been possible if you had continued to smoke.

If you loosely follow even some of these instructions and stay vigilant and kind to yourself, you will find success. You are beginning an important process and the Universe is taking note of your effort. You only need to take one step toward the Universe and the Universe will take 10 steps toward you.

2. **PREPARATION**

a) Choose your quit day wisely.
It is unwise to decide to quit on a day where you know you will have a lot of work or stress or be in a place with great temptation.
Pick a day where you can rest, nap even and take it pretty easy.

b) Gather your community around you.
Start making calls and tell everyone you can that you are quitting smoking and that you’d like to have their prayers and support.

c) Pick 1-2 accountability partners.
Choose accountability partners who you trust and check in with them often.
It can be face-to-face or by phone. Text and email are less desirable. Connect with people who are there to support you through this process.
You must check in regardless of what is going on, even if you have smoked.

d) Throw out all cigarettes, matches, ashtrays and other paraphernalia.
Let it all go. Get it out of your home and office and anywhere else you have smoked.

e) Buy some organic lemons and source clean spring or filtered water
This will be for your morning hydration (see below). If you are buying water, buy it in glass and avoid plastic wherever possible. Natural spring water is best, but filtered water is good, too. If you are drinking from the tap, try to have some kind of filtration like an inexpensive Britta jug.

f) Stock your home with herbal teas you like – chamomile, peppermint and fennel tea are some examples.
That reminds me. Do you know what happens if you drink too much fennel tea? You end up in the fennel-tea box. Sorry. I couldn’t help myself.
3. DECLARATIONS
Every morning upon awakening, please read these declarations out loud. Actually do it every single day. Don’t miss!

I care about my body, which I regard as a temple.
I care about my mind, which I see as my servant.
I care about my spirit, which is connected to all that is.

Smoking poisons my body.
Smoking confuses my mind.
Smoking interferes with my spiritual connection.

I have been a person who had chosen to smoke.
I have made a decision to stop smoking.
I am a non-smoker in this very moment.
I am so grateful to be THAT today.

4. MORNING PROTOCOL
a) Wake up and get right out of bed. Do not linger.
b) Get onto your knees and recite the declarations.
c) Drink 24-30 ounces of fresh clean water with the juice of a slice of fresh lemon squeezed into it.
d) Go to the bathroom. Have a nice shower.
e) 3 minutes of Breath of Fire – If you are new to this, watch our instructional video here: https://vimeo.com/user20904713/review/108722551/320c7806f7
f) Do the rest of your sadhana (spiritual) practice whatever that might be for you – yoga, meditation, prayer, etc.

5. EVENING PROTOCOL
At the end of each day, please sit in gratitude for 3 minutes of long deep breathing. In your mind continually recite the mantra, “Thank you. Thank you. Thank you.” Then go to bed.

6. CARDIOVASCULAR EXERCISE AND BREATH OF FIRE
a) Do about 20 minutes a day of some cardiovascular exercise. Take walks, bike ride, hike, get outside and enjoy your newfound sense of smell, which will return very soon.
Go to the gym if desired, but definitely work the heart and lungs.
b) Learn and do 3 minutes of Breath of Fire 2 times a day.*
Breath of Fire will help you to clear mucus (toxins) out of your lungs and speed up the healing process.
* If you are new to Breath of Fire, watch our instructional video here:
https://vimeo.com/user20904713/review/108722551/320c7806f7

7. ABOUT MEALS
   a) Observe the 80-20 rule.
   Only fill your belly till it feels about 80% full. If you eat until you feel full, you have overeaten and it will trigger certain undesirable chemistry in the body and addictive mental behaviors. This is a life-changing suggestion. Give it a try.
   
   b) The Power of Herbal Tea
   Often, we feel we “need” something after a meal. Some will go after a sweet of some kind. Others go after a smoke.
   
   I am way into a cup of herbal tea sometimes with a bit of honey. Herbal teas are generally healthful. And I have not yet met a smoker who liked to smoke while drinking herbal tea. Usually it is with coffee or black tea. So drinking herbal tea is a nice pivot.
   
   c) Mind the Caffeine
   For many people, there is a connection between caffeine and smoking. So go easy and be extra mindful of what happens when you have a cup of coffee or black or green tea. If you find that it brings a state of craving, then you may need to give it up for a week or so until you get momentum going as a non-smoker.
   
   d) Leave the table when done eating and take a nice 5-15 minute walk outside.
   There is a connection between eating and smoking for so many people. When you are done with your meal, step away from the table and allow your body to digest. A walk is a powerful thing to do. how great it is that you are a non-smoker today.

8. DEALING WITH CRAVINGS
The Yogic protocol for dealing with cravings is very simple, but you must apply the devotion to do it before a craving becomes a hurtful action.

**Hold Your Breath for 7 Deep Breaths.**
Sit comfortably anywhere - floor, chair, couch - with your spine straight. Take the deepest breath you can and hold it without straining until you need to exhale. Repeat this 7 times. After you are done, sit quietly with your eyes closed for just 1 minute and feel the shift in your body and mind. Then get up and go about your day. If you feel like you need to reach out to your accountability partner or other loved one to connect with them.
9. AVOID SLIPPERY ENVIRONMENTS
   a) Avoid the places where you used to smoke for a while if possible. I know that when I stopped smoking, hanging out in cafés was a bad idea. So for a while I did not go there.

10. HANG OUT WITH PEOPLE WHO DON’T SMOKE
   Consciousness is contagious. Get around athletes, yogis and other folks who do not smoke. Their habits and energy will be contagious to you. They will lift you up and buoy you.

11. WHAT TO DO IF YOU SMOKE
   Every time you try to quit, whether successful or not, you are actually closer to quitting. As long as you stay with it, you will get there. There is no shame allowed in this process. Be proud of your effort and keep trying.

   a) Tell your accountability partners so there is no secrecy or shame.
   b) Read through this protocol again.
   c) Start anew.

12. REMEMBER HOW LOVED YOU ARE
   The Universe wants you to succeed. That’s a fact.