



Kwit
Une vie sans tabac

MEDITATION EXERCISE WHILE SMOKING

We congratulate you for starting this exercise, because with this gesture you are adopting the "beginner's spirit": a spirit that is ready to have an experience as if it were the first one.

This attitude allows us to remain receptive, to welcome every moment with receptiveness and openness.



Smoking in full consciousness is quite different from smoking in a distracting way or on "autopilot".

To begin, sit in an unusual place and visualize new gestures in advance (e.g., use your left hand if you are right-handed). Once you've settled in, start by becoming aware of your breathing, the air coming in and going out through your nostrils, its temperature, strength and rhythm. Take your time.

LEAVE OUT ANY MEMORIES OF SMOKING

Return to your breathing as soon as you observe an expectation of what this new experience might be like. You can't know this in advance, **because from now on we will adopt the "beginner's spirit".**



We invite you to constantly open and close the palms of your hands. Take the cigarette with the opposite hand from the one you normally use. Without looking at it directly, you will visualize it. **With the help of your fingers, touch and follow the tip of the cigarette. What is its texture?**



Again, without looking at it, you will feel it by putting it close to your nose. **Identify the intensity of the smell according to the side you smell it from.**



Try to hear the sound produced by the contact of your fingers with it. Take your time and be kind to you and to it. Remember, this is the first time you have ever touched, smelled or listened to a cigarette.



Slowly direct your vision towards it. Can you identify the shades of color it has? With calm, light it. Look at the fire. Look at the sparks and the smoke.



Keep it in your hand. Take one last breath before it touches your mouth. This time, breathe through your mouth. Let the air in through your mouth, watch how the air goes down your throat to your chest. Hold the air in your chest and slowly let it out of your body. Bring the cigarette closer to breathe in its contents. Breathe out. Continue the exercise by breathing in through your mouth with and without the cigarette.

LET'S BE VERY PROUD OF OURSELF