



# MEDITATION EXERCISE DURING A CRAVING TO SMOKE

We congratulate you for starting this exercise, because with this gesture you are taking an attitude of openness and kindness towards the sensations you identify.

## When you become aware of this desire, you get off the "autopilot".

We advise you to use your breathing throughout the exercise. It will help you to remain attentive in the present moment, to respond instead of reacting to the urge that knocks at your door.

### Start by observing your breathing as it is.

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- Imagine yourself in front of your house door. There is a knock on the door. Before you open it, you are going to look out the window, you want to know who is knocking. It's an urge to smoke. From a distance, you can observe its shape, its strength, its intensity. What is it like right now? Be gentle with this craving.
- Describe it without judging it. It's temporary. Describe it in a low voice, the best you can. Go back to your breathing.

## OBSERVE THE EFFECT THE CRAVING HAS ON YOU, WITHOUT REACTING

Observe the effect it has on your head, your face, your body. Open and close your hands continuously until you finish this exercise. You are preparing to open the door, because this desire is sending you a message. Are we ready to hear it?

- If you observe that the desire is fragile and that you can welcome it, we invite you to open the door, even to greet it to come and see you. **Pick up the message it brings you and let the envy go.**
- Otherwise, take your time, you are not obliged to open it. You can tell it from a distance that you know it is there. That you feel the echo of her strength and intensity in your home! You don't have to open it. Not even if you feel that her strength can destroy your interior. **Come back to your breathing. You are safe.**

Wait until the craving calms down or until it goes away and leaves you the message it wanted to deliver. Think about this as you watch your breathing.

### What did you need? How would the person you want to be able to respond to it?

When you are ready, open your eyes, look at your hands and your surroundings. You have welcomed this desire and its message.