

# THE ART OF --- **SIMPLE HYPNOSIS** ---

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## **Golden Box for Audio Hypnosis: No Cannabis**

Subconscious mind, up to now you have caused your own person to have a continued desire for cannabis, even though your own person has decided not to use cannabis anymore. You continue to create a kind of craving and cause your own person to crave cannabis at certain times or during certain situations or occasions.

With the information you had, you have had your reasons for creating this. But now you know that this is no longer what is good, or safe or healthy for your own person. You now know that your own person no longer needs this to be safe, happy and healthy. You now know, that is not what your own person needs to be healthy physically, mentally or emotionally.

You now know that it is better for your own person to be totally relieved of the desire for cannabis, your own person does not want to smoke cannabis at this point in time and any kind of desire or lack is therefore of no use at all. Your own person wants to be totally free of cannabis from now on, in any situation.

Smoking cannabis is something that is totally out of your own person's mind, a totally ridiculous idea. And if your own person is around people smoking cannabis, that is not going to bother in any way, it won't disturb or bother in any way, shape or form. The smell and the smoke won't disturb or give desire at any time. And should someone offer your own person a joint, it will seem the most natural thing in the world just to say: 'No, thanks, I don't smoke cannabis', and every time that happens you will give your own person a sense of inner strength and a good feeling because...

You now know this is what is best for your own person, you know this is what your own person wants right now. Make all changes necessary to ensure that your own person reaches this goal as quickly as possible, as efficiently as possible and in the healthiest and safest way possible. Because you now know that this is what your own person needs to be healthy physically, mentally or emotionally.

You now know that when your own person is completely free of cannabis, this has benefits for health, for mood, for productivity, and all the other known benefits. You know being free of cannabis has only advantages for your own person.

So starting right now you will begin to make all necessary changes and you will do all this in the fastest possible way, the healthiest and the safest way for your own person and most of all in a permanent way.

Subconscious mind, start making these changes right now.