



Why Smokers Have Difficulty Quitting

By Tom Porpiglia, MS, LMHC, D.CEP, EFT-ADV

Ever wonder why smokers have difficulty quitting although they have used the patch, gum, hypnosis, acupuncture, Zyban (Wellbutrin), or other methods? It should be easy with all of these tools, right? Wrong!

What gives smokers, and all addictive behaviors, difficulty is a condition called Psychological Reversal (PR). PR is usually situation specific and always present with addictions. PR is an energy imbalance that is in direct opposition to the stated intention. It is like installing the batteries in your radio backwards. The radio just does not work. It cannot because the energy is flowing backwards. The body also has a polarity to it, just like batteries. These reversals prevent success and healing, cause self-sabotage, and can be detected with muscle testing (Kinesiology). The body does not lie, it always tells the truth, no matter what a person is saying aloud.

Let us use the statement "I want to quit smoking" for example. Using muscle testing, I can test a person to see if this is true or false. If it is true, the person does not exhibit PR. If it is false, the person is Psychologically Reversed. That means the true statement is just the opposite; "I don't want to quit smoking." A person must overcome this condition to be able to quit smoking. A counselor trained in Muscle Testing or Kinesiology can use this technique to discover hidden self-truths, verify the work, and improve the success rate. PR is also a significant block to weight loss.

Emotional Freedom Technique (EFT) is an effective tool to correct Psychological Reversals. Without correcting negative, opposing thought patterns, self-sabotage occurs and renders one powerless over their addiction. Other techniques do not have the ability to correct PR and therefore have limited success, if any. Correcting PR is imperative to succeeding with healing from any type of addiction. If PR is present, healing does not occur and the process stops.

In addition, the counselor uses EFT to remove the emotional connections to the associations, triggers, and any emotional issues that come up during the course of the work. Another energy-based processes like Tapas Acupressure Technique (TAT) is used create a positive, smoke-free self-image to reinforce the process. Without doing this, the brain will take over and recreate the old self; based on the image it has been working with.

The use of energy therapy processes to help one quit smoking provides a quick, easy and mostly painless process to the path of better health. Rarely does anyone experience withdrawal symptoms. Cessation is gradual and natural. Usually people report cutting their smoking in half after the first session. As they quit smoking, other awareness about their smoking habit/addiction become available to them and EFT, TAT, iSt 9x9 or Allergy Antidotes are utilized to clear the issues.



Energy therapy processes employ the body and mind's natural abilities to change and heal. The processes are tools that can be learned and employed freely at any time. The work can be completed in about 3 to 4 two hour sessions, depending on the individual, and has a very high success rate. Are you ready for better health and success? Investigate energy therapy processes to help you quit smoking.

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Contents of a Cigarette:

