Stop Smoking Forever! Version 6.0-H HST/SOS 5th Generation Dual Format Subliminal Instructions

August 2, 2012

Introduction

This program is built as a 5th Generation program with Hyper Speed Technology (HST) based on Self Optimizing Scripting (SOS) technology embedded in it. Self Optimizing Script based Hyper Speed Technology uses a special frequency to attune the programming to your mind so that not only do results come much faster than without it, but they will be much more effective against resistance as well. The frequency used is determined by the Self Optimizing Script.

How Do I Use It?

To use this program effectively is very simple. You simply choose which format you prefer, calibrate the volume, and use it for as many hours a day/night as you possibly can, up to a maximum of 21. The more hours of exposure you get per day, the more effective the program will be for you.

Every 32 days, switch to the next stage in numerical order – that is, 1, then 2, then 3, etc. **Do not use Stage 7 unless you have used all of the first six stages twice according to the directions, and have successfully stopped smoking by doing so.** More on when to use Stage 7 is given below.

Always listen to this program through stereo speakers, headphones or earbuds. Playing it through mono speakers/hadphones/earbuds, which only reproduce one sound channel, will significantly reduce the effectiveness and speed of results. It is specifically designed to take advantage of both spatial audio effects and your brain's response to them as a means of getting both of your brain hemispheres to work together for maximum impact and speed of results.

Best results will generally be had by playing the program on loop mode, 24 hours a day through speakers in your bedroom that are aimed at your head while you sleep, giving you the best stereo effect possible, and listening on headphones while you are outside your bedroom, up to the 21 hour per day limit. All you have to do then is simply change the stage every 32 days. **Do not** use this program through pillow speakers.

Again, you are going to use each stage in numerical order for 32 days, switch to the next stage in numerical order. Use each for as many hours per day/night as possible, but not more than 21 hours per day. 20 is recommended if at all possible.

The goals of this program are twofold:

1. Get you to stop smoking effortlessly.

2. Get you to stop smoking permanently.

The effortless part is actually the easy part for the program. The permanent part, however, takes going the extra mile. To make the programming permanent requires a lot of exposure.

If you can manage it, use the program for 20 hours per day; that is, take a 3 to 4 hour break once a day, and otherwise, be getting exposure. If you cannot manage 20 hours per day, get as much exposure as possible, especially through headphones or earbuds, as these maximize the spatial audio effects, and thus the impact.

For maximum benefit and effectiveness, it is strongly recommended that you listen to the program for *at least* an hour a day using headphones, no matter how much time you get exposed through speakers.

The more exposure you get, the better – but do not exceed 21 hours exposure per day regardless, as your subconscious mind and brain need time to be able to process and integrate what you have been listening to. Listening more than 21 hours per day may actually slow down the results of the program.

Also, for some very rare and extremely resistant personality types, results may actually begin to show up after having finished using the program for six months. If you have not stopped smoking after using the program for six months, please allow two months after the program finishes to see if any further effects result.

As stated previously, the easiest (and generally best) way to use the program is to play it over speakers in your bedroom, and play it on loop mode 24 hours a day, 7 days a week for each stage. This should tend to get most people between 6 and 10 hours of exposure per day without making any effort at all. Naturally, changing stages at the right time is important. Mark it on your calendar.

Please do not use this program with ANY other method for quitting smoking.

What About Stage 7?

Stage 7 should **ONLY** be used if:

1. You have successfully quit smoking by using stages 1 through six in numerical order, twice each for a total of 24 weeks (6 months) of exposure, according to the directions, AND

2. You have successfully quit smoking as a result, AND

3. You find yourself having a craving for a cigarette at some point after that.

While this will never happen to the vast majority of people who use the program according to the directions, a rare few may find that they need something to help with cravings for a time after using the main program. To take care of this, there is Stage 7, which is designed to destroy cravings.

If you have successfully quit smoking using this program, and you experience a craving for a cigarette, however slight, *DO NOT SMOKE EVEN ONE PUFF OF ONE CIGARETTE!* Instead, use Stage 7 for two weeks, as many hours per day as you can – again, up to 21 hours, maximum. 20 hours per day is suggested, and as usual, if you can't get 20 hours, get as much as possible.

Your cravings should dissipate very quickly, and be entirely gone very rapidly. For most people who use Stage 7, the cravings disappear within five minutes of starting to listen to it. Use it for 32 days straight, as if you were using one of the first six stages, even though you will almost certainly have no cravings during that entire time.

Every time you have a craving for a cigarette after using Stage 7 for 32 days, do it again. Eventually your cravings will dissipate altogether and be gone for good.

If you smoke even ONE cigarette after quitting, you must IMMEDIATELY start the whole program over again and run through all six stages of the main set twice, as if you had never used it before. That is why it is so important not to smoke even one cigarette after successfully quitting, if you get a craving. While this should never happen, and we have never had a report of this happening, AVOID SMOKING EVEN A SINGLE CIGARETTE AT ALL COSTS! Use Stage 7 instead.

The reason for this is simple: smoking *even a single cigarette* after you have quit will completely reset your nicotine addiction. DON'T DO IT! Also don't use nicotine delivery products of any other type: e-cigarettes, patches or gums, because all of them will reset the addiction to nicotine and make you much more likely to start smoking regularly again – even if you only use ONE of them, or use them ONCE.

Nicotine addiction is extremely insidious. Once you've broken it, never go back, especially "just to see if you can smoke and get away with it"! That's

how the addiction starts back up again: you smoke one to see if you're still addicted, or because you know you're not and you think you can handle it, and before you know it, you're right back to where you started. **NEVER** give nicotine another chance to re-addict you!

Remember, most people will never need or have to use Stage 7. If you do, however, it is there for you.

What Is A "Format"?

The "format" is the way each stage is presented. This program is divided up into six stages, and each stage is composed of three audio tracks. Those three tracks are all using the same script for the stage of the program, but it is presented slightly differently in each one. These differences are known as the "format". So each stage comes to you in either ultrasonic (silent) or masked (audible) format, and there are two different versions of the masked format. All three tracks in a single stage use the same script, so all three represent the same stage, just in different ways. You can use any, some or all of them while going through that stage, as you please.

About Ultrasonic Format

Ultrasonic uses "pitch differencing" to make the script subliminal. Technically, it is actually making the script *supra*liminal, which means it is above the threshhold of detection instead of below it, but next to nobody knows what a "supraliminal" is, so I call it subliminal to keep things simple.

This format is effectively silent to normal hearing, and produces a somewhat more pronounced effect because it uses a higher volume for the actual script. If you find that your speakers or players cannot reliably reproduce ultrasonic audio, or that your hearing is too sensitive to high frequency audio, you can use either of the two masked format tracks instead.

About Masked Format

The first of the masked format tracks sounds like the ocean surf, and the second sounds like a trickling stream. Masked format uses a technique known as "volume differencing" to create the subliminal effect. Volume differencing basically hides one

sound in another just slightly below what the conscious mind will be able to notice or understand, but still well within the range the subconscious mind hears and understands. High quality masked subliminals also use a special technique known as "vocoding" which causes the volume of the hidden sound to always be as much the same difference below the masking sound as possible. Of course, I use high quality vocoding in the build process for my masked subliminals. Since not everyone enjoys the ocean surf, there is also the option of using the trickling stream track.

Volume Calibration

The Importance Of Volume

One of the three main keys to success in getting the results you want from this program is proper volume calibration. Generally, subliminals show an interesting phenomenon: the louder the subliminal audio, the more obviously and quickly they seem to work. This is part of why ultrasonic format is preferred by most people; instead of using volume differencing that lowers the volume of the subliminal audio to make it subliminal, it takes normal volume audio and makes it subliminal through altering the pitch. Interestingly, most people find masked subliminals just as effective or even prefer them, especially when using headphones.

However, optimal volume is not necessarily the loudest; there are matters of both comfort, safety and some known effects from using these programs at too high a volume. For instance, listening to any ultrasonic sound at too high a volume for too long will tend to result in headaches, nausea or both. You will know that nausea or a headache is caused by the ultrasonic program being played too loudly if it dissipates very rapidly by itself when the ultrasonic audio is stopped. (Usually within 5 to 7 minutes.)

Since ultrasonic audio is effectively silent to conscious hearing for most people, it is also easy to potentially play the program too loudly or too softly. If you use the ultrasonic track, make sure you check the volume each time you start the program playing, as the volume may have been adjusted inadvertently.

How To Calibrate Volume For Speakers

If you are primarily going to use speakers to play this program, such as from a stereo, on a laptop, etc. you should calibrate volume as follows:

1. From Stage 1, select and open the Trickling Stream track in your favorite audio player. (I recommend avoiding players that intentionally degrade audio quality, such as Windows Media Player). Adjust the volume to a comfortable level for how you will be listening. For instance, if you plan to listen while you sleep, adjust the volume for comfortable use while the speakers are situated where they will be while you sleep, and while you are laying where you will actually be sleeping. If you are planning to use Trickling Stream track, make a note of this volume and use it for this track.

2. Close the Trickling Stream track, and then open the Ocean Surf track. Allow it to play for 30 seconds, and then adjust the volume so that the highs are not too high, and the lows are still at least faintly audible. If you are planning to use the Ocean Surf track, make a note of this volume and use it while the Ocean Surf track is in use.

3. Close the Ocean Surf track, and then open the ultrasonic/silent track. The volume setting should produce no detectable sound. If you cannot hear anything while it plays, leave the volume at this level when using ultrasonic audio. If you can hear a high pitched whine, you may wish to reduce the volume slightly until it goes away, which should be about a 10% reduction in volume. If it does not go away with a 10% reduction in volume, and the ultrasonic audio annoys you, consider using another track. If you hear static or staticky speech, your speakers or player cannot accurately reproduce ultrasonic audio. To do so, they must have a frequency response of at least 20 kHz (20,000 Hz) on the high end. The higher, the better. If you must reduce the volume to less than half of what the setting was for the Trickling Stream track to be unable to hear it, or be able to use it, use a different format instead.

How To Calibrate Volume For Headphones

Calibrating volume for headphones is done the same as for speakers, with one important difference. You MUST verify that the volume is adjusted properly EVERY TIME YOU USE THE PROGRAM, if you choose to use the ultrasonic track with headphones or earbuds. This is because it is often easy to accidentally change the volume, and at best that change will reduce the effectiveness of the program. At worst, it may cause nausea and headaches, and of course you want to protect your hearing, just as with any other type of loud sound.

Like any other form of sound, playing ultrasonic audio too loudly can be unhealthy for your hearing. Therefore, if you plan to use the ultrasonic track, when you calibrate it's volume, reduce the volume 10% from where it was after you adjusted the volume for the Ocean Surf track.

Frequently Asked Questions

What should I expect?

- In the beginning, you may notice that the program makes you very tired mentally. This is normal, and is caused by the sudden increase in information processing your brain must do because of the program. It is also normal to see your sleep time increase as a result. This effect should fade away over time (within a week or so) as your brain acclimates to the required amount of effort required to process the incoming information.

- You may find your dreams become much more obvious, vivid, unusual and/or easily remembered when you awaken. This is also normal, and is just your subconscious mind working to process the subliminal instructions as you sleep.

- Some people report feeling very happy, or giddy, during the first few days of using the program. This is because they finally feel hope for success in quitting smoking. This is a good sign that you are accepting the program's suggestions.

- Some people actually feel an urge to smoke more at first. If this happens, it is an indication of strong subconscious resistance.

- Over time, you will see that you naturally want and need to smoke less and less. As you smoke less and less, you may question why that is happening. It may be difficult to believe that the program could actually be causing that effect.

- Eventually, most people simply forget to smoke for long enough that it will eventually catch their attention. This may be several hours, days, or even weeks.

- Finally, you will simply no longer smoke anymore. You will have become a non-smoker, and you will be free of the nicotine addiction and the physical habit of smoking. Regardless of how quickly this happens, please use the entire program according to the instructions in order to make sure you have stopped smoking permanently.

Can I use this subliminal with any other programs or techniques?

You cannot use this program successfully with any other subliminal program. Do not even try: it will disrupt and dilute both programs, and the results of using this one will not be guaranteed. This program uses every available bit of ability your brain has to receive and de-code subliminal audio information. Adding anything else will seriously degrade your results.

You should not attempt to use this program with hypnosis while the subliminal is playing. Allow hypnosis to be done with at least a 4 hour window after turning off the subliminal, and an hour before you start it up again.

Mirror affirmations/spoken affirmations/afformations are alright, but they will probably not be very effective while using this program, and I recommend doing anything along these lines, even if they are designed to help you quit smoking, because the script you use may conflict with and disrupt the script I use.

Creative visualization is okay, but you should only use this for assisting in quitting smoking by demonstrating visually what you want your subconscious mind to accomplish with this program.

Can I use this program with any other stop smoking methods?

No. This program uses special methods to help you quit, and may be disrupted by some other "quit smoking" techniques, such as nicotine replacement "therapy" or pills that are designed to interfere with your brain chemistry on the off chance that you'll stop smoking as a result. Do not attempt to use any other smoking cessation method with this program during the 6 months it is in use. That especially includes any form of nicotine replacement "therapy" and pills.

Nicotine replacement "therapy" is one of the biggest scams ever perpetrated on the public, and is designed to keep you smoking, or at least addicted to nicotine, so you can remain a cash cow for the drug companies if not the tobacco companies. They are frequently one and the same. This program is designed to wean you off nicotine automatically. Feeding your body more only makes things slower, or disrupts the process. The goal is not to be addicted to nicotine, and to have the process be effortless – not to drag out your withdrawal forever and suffer needlessly while you quit.

If you are currently using any drugs designed to help you to quit smoking, you must either finish your prescribed course of treatment before starting on this program, or immediately stop using the medication according to your doctor's recommendations and instructions for how to quit safely. Once you are no longer using the drug(s), you must de-toxify your body to remove their effects and re-balance your brain chemistry before using this program. It is recommended that you de-toxify from the effects of the drug(s) by doing the following:

1. Allow your body 1 to 2 weeks to flush the drug out of your system.

2. Drink plenty of water. At least one extra 8-ounce glass of water a day. Don't go crazy trying to drink water. No more than a gallon a day is safe for most people. If you are already hydrating heavily, consult your doctor about whether or not you have enough to flush your system effectively. You should be urinating frequently.

3. Drink the juice of one lemon per day, fresh if possible.

4. Take a quality multi-vitamin. Supplement with extra B, C and E vitamins. Make sure your E vitamin is natural (**d-**Alpha/Beta or Gamma, form), not the synthetic **dl-**Alpha, Beta or Gamma. B vitamins are especially important, since they help your nervous system stay healthy and balanced. Your urine should be very yellow because of the vitamins you are taking.

5. Get plenty of restful sleep.

Other stop smoking programs, methods or techniques – even subliminals and hypnosis – should not be used while using this program. Even if they do not actually interfere with or degrade this program's effectiveness (which virtually any mind programming method will do), you will not be able to tell which program was responsible for the success you achieve. **It is very important for your long term success that when you quit, you know for sure that this program is the one and only reason why you succeeded. Please do not use this program with <u>any</u> other method for quitting smoking!**

While you are using this program, discuss it with your doctor or psychiatric professional so that they are aware of it's use. Understand that they may not know what a subliminal is, or may tell you that subliminals cannot work, do not work, have not been proven to work, or have been proven not to work. If your doctor or psychiatric

health care provider tells you something like that, it only means they have not done their homework on the subject. Continue using the program as instructed, and you will get the desired results.

In spite of what some may tell you, this program does not work on the placebo effect. This has been proven in private tests (and can be proven again by you!) by exposing test subjects to the program without telling them what it is supposed to do, or without telling them they are being exposed at all. A smoker does not "spontaneously quit smoking". If that happened, the drug companies and tobacco companies would not have many customers left in a few weeks! The only smoker who genuinely wants to smoke, is the smoker who isn't experienced enough to know better yet, or the one who is convinced that it's hopeless to quit, "so I might as well enjoy it".

Finally, when you are successful with this program, please tell your doctor or health care provider that you have quit and how. The more aware doctors and psychiatric professionals are about subliminals and quitting using them, the more people will be helped with this method. And please tell your friends, neighbors, acquaintances and everyone you meet who smokes about this program, and how they can get a copy for themselves to stop smoking. Word of mouth is important here, because the "establishment" is still stuck on the ridiculous idea that what will help nicotine addicts (smokers) quit smoking the most effectively is... more nicotine! Help me get the word out that this method works, and works effortlessly. Let's help more people quit smoking this way.

What if I am still smoking after using the program for six months?

There are only four possible reasons for failure to quit smoking after using this program properly for six months:

- **You did not get enough exposure.** Remember that as exposure time per day goes up, so does success rate, with 8 hours per day giving about a 65% rate of permanent spontaneous success, and at 20 hours per day of exposure giving at least a 95% success rate permanent spontaneous success after 6 months of use.

- **The volume was somehow adjusted to zero during use, and you effectively got little to no exposure.** If this is the case, please fix the volume and use the program again according to the instructions.

12

- **You did not use the program according to the instructions.** If this is the case, please start over and use the program according to the instructions to achieve the desired goal.

- **You resisted the program.** Extremely few people should resist this program, the way it is designed. This will be a case in which you are not cooperating with the program at a subconscious and/or conscious level. Understand that the failure here is not that of the program, but of you to cooperate. If you resist the program after using it according to the directions, you are not ready to quit smoking yet, because you need to overcome some subconscious fear, control or maturity issues which are hindering you.

  - If you are afraid that cooperating with the program will mean allowing the program to control you, or that you will lose control of yourself somehow, you are resisting needlessly. The program does not "take over your mind", nor does it control you. If it did, you would not be able to resist it! Instead, it guides your subconscious to achieve the goal your conscious mind wants to achieve. Letting go of the fear and trying again will fix this issue.

  - If you have control issues, work on releasing them. This will be especially important for people who are afraid of losing control of themselves (which cannot happen from using a subliminal), and/or who use cigarettes as a way of resisting the perceived control of others.

  - If you have a tendency to blind stubbornness, this is a maturity issue. To overcome it, you must first be able to recognize when it is happening. Then analyze the situation. Are you resisting even though resisting is self destructive or not in your own best interests? If so, learning to identify this situation and adjust your response from blind stubbornness to strong willed, but choosing to act in your own best interests regardless, will improve matters considerably.

Can I use the program for more than 6 months?

If you have not quit smoking by the end of the six months it takes to use the program properly, and you believe you may simply not have had enough time per day being exposed, or that another run-through will do it, by all means – run through the program again. You cannot get "too much exposure" to this program, unless you use

it more than 21 hours per day. Your brain does need *some* time to process it. But up to 21 hours per day for as long as you want to use it is just fine.

Is this program safe to use around non-smokers/ex-smokers/children?

If you can avoid exposing them, prefer that option. However, non-smokers and ex-smokers should be just fine being exposed to it. They may find themselves thinking about smoking cigarettes more in the beginning, but if anything, the programming will cause them to resist smoking. Children under the age of twelve years old should not be exposed to this program unless they are specifically using it to stop smoking.

Is this safe to use around my pets?

Yes. The ultrasonic track is audible to your pets, and if played too loudly, may cause them headaches just as it would you. If your pet appears to experience discomfort, either lower the volume 10% or use a masked track instead.

If I use this around other smokers who don't want to quit, will they quit too?

If they get sufficient exposure, it is very likely that they will quit smoking just as naturally and automatically as anyone else, yes.

If I am surrounded by other smokers all the time, will this program work for me?

A common problem is that smokers tend to congregate, which tends to act as a "support group" in reverse, helping them to remain addicted and keep smoking. This program will work for you regardless of the amount of exposure you get to cigarettes, cigarette smoke, etc. from others. When it is finished working, you will be absolutely uninterested in cigarettes or smoking, and your nicotine addiction will be broken forever. So yes, if you are trying to quit amid other smokers who do not wish to or are not being exposed to this program, you will still be affected and can quit just as successfully as if you were not.

This program has been tested in households containing as many as five smokers at once. The result was that the entire household became non-smokers together.

If I use this program to get someone to quit smoking, and they don't know it's playing, will they quit?

If you expose a smoker to this program who is unaware that they are being exposed, and they get enough exposure, they are actually more likely to quit than someone who knows they are being exposed, because the potential for resistance is significantly less. Yes, it will affect people who don't know it's playing, and they can and will quit smoking.

How effective is this program? What is the success rate?

Based on past results, tests, design specifications and experiments, I estimate that this program will sustain a success rate of between approximately 95% to 99% for causing permanent smoking cessation in those who use the program according to the directions. That makes this one of the two most effective methods for stopping smoking in the entire world.

Why can't I use this program with pillow speakers?

Quite simply, there will be too much loss of clarity for the underlying subliminal audio if you do. Not only are the vast majority of pillow speakers unsuitable for subliminal use based on quality, they do not offer stereo sound, and they cannot reliably reproduce ultrasonic audio. On top of that, you will be listening through a pillow, which will muffle the results. That will degrade the results because your subconscious is already being pushed to the limit to be able to comprehend all the data it is getting at once through this program.

Can I get support while I quit?

Yes. We have a forum you can join and find others there who you can talk to and find support through, for free. Visit us at http://www.subliminal-talk.com to join.

What is "5th Generation Technology"?

Every year or two, my research in the past turned up enough new material and discoveries that I had to rebuild programs in "generations" to be able to integrate it. The 5th

Generation represents what I believe to be the pinnacle of subliminal building technology; I don't think it can be advanced much more, because this generation actually pushes your nervous system's ability to receive audio information to it's limits.

5th Gen subliminals are the most advanced, complex, intricate, powerful and effective you can buy, in the world. This of course is what everyone says about their subliminals. The difference is, I'm not just giving you marketing speak. While it may become possible at some point in the future (I have surprised myself several times with breakthroughs in my research, so I never say never), you cannot currently push subliminal technology further than this without degrading the results instead of improving them. Your nervous system literally cannot handle more audio data input per second than 5th Generation subliminals provide without beginning to lose the ability to decode and comprehend it efficiently. This is the absolute limit of what can be done with subliminals, as far as I can reasonably see for the foreseeable future.

5th Generation technology is designed to be as powerful, fast acting as possible, while being effective in the face of nearly all types of resistance. You will only find one other type of subliminals so powerful that they actually make you tired to listen to, and those are my 4th Generation subliminals, which are on average approximately 14 times more powerful and effective than subliminals my competitors offer, and yet are still *at least* 9.2 times *less* powerful than 5th generation subliminals! In other words, 5th Generation subliminals are at least 128 times more powerful and effective than the average offering available anywhere else – and sometimes, depending on the specifics of design requirements, much more powerful than that!

You will find this technology nowhere else, because nobody else does constant research and development. They simply build and forget. Because I have reached the limits of the human body's ability to accept the data density in my 5th Generation programs, I do not foresee ever creating a 6th Generation. However, stranger things have happened – including the ones that led me from 4th Gen to creating 5th Gen technology!

What is "Hyper Speed Technology"?

Hyper Speed Technology, or HST for short, is a special enhancing technology for 5th Generation build format which uses a specific frequency to maximize the impact, speed of results and ability of the program to deal with and overcome most forms of resistance. HST

What is "Self Optimizing Scripting"?

Self Optimizing Scripting, also known as "SOS" technology, is an advancement of HST which causes it to automatically self configure to your specific needs, constantly. This means it is always affecting you at the optimal settings – as long as you do not for some reason resist the SOS scripting itself, which is extremely rare.