

## IMPORTANT POST SURGERY INSTRUCTIONS

**For the first 24 hours- GO TO BED and sleep.  
NO computer, reading, music, conversation, or telephone**

Congratulations, you have been healed by Light Being Entities who gave you a Surgery / Spiritual Intervention. You may feel very tired for a week or so. You may have invisible stitches inside your body, even if you don't feel them. So take it very easy for the next week. During the next week:

**no--** yoga practice, no stretching or exercise like long walks of over 10 minutes.

**no--** heavy lifting or workouts

**no--** direct sun. Use a sun hat & long sleeves or an umbrella for one week.

**no--** sexual stimulation (of any kind) for **40 days** after your first surgery, and for **8 days** after subsequent surgeries.

**One week from your surgery date, the healing will be completed and any stitches will be removed.** Please mark your calendar for this important event. If your surgery was on Wednesday, it will happen Tuesday night, if your surgery was on Thursday, it will happen Wednesday night. If your surgery was Friday, it will happen Thursday night.

The night of stitches removal---Go to bed early, and wear white to bed. Before sleep put a glass of water by your bed, hold it and say a prayer for the Entities to complete your healing, and see yourself completely healed. During the night the Entities will come and finish the work, and your stitches will be removed. In the morning take the water, say a prayer of gratitude for the healing, and drink it. You may now gradually return to your normal activities and exercise.

*For the next 40 days, The Entities ask that we NOT receive or give energetic healing of any kind. This means Reiki, Hands of Light Healing, Psychic Healing or Psychic readings, etc.. You MAY continue with acupuncture treatments, or other medical treatments as prescribed by your doctor.*

*Allow these 40 days for the work of The Entities to take full affect.*

### Directions for taking the Herbs-

*Take one capsule 3X per day at least 4 hours apart. With or without food. The herb is Passiflora which is leaves of the Passion Fruit flower. The healing is in the energy programmed into the herb specifically for you by the Entity. The capsules are effective for you and only you. Do not share your herbs. Taking the herbs will not interfere with any other medication you may be taking. Say a little prayer of intent and thanks to the Entities for your healing when you take each one. Both containers contain the same Herbs. Open one container at a time and take until finished.*

*While on the herbs, about 2 months (or 2 ½ after surgery)*

***Do not - drink alcoholic beverages***

***Do not - eat hot pepper or spicy food.***

***Do not - eat Fertile eggs (normal eggs you buy in the store are OK)***

### **\*\* IF YOU HAVE MULTIPLE PRESCRIPTIONS FOR HERBS >>**

Post Surgery Herbs take priority. Take your Post Surgery in the order you received them. 1st Surgery, then 2nd Surgery etc. THEN you return to take what is left of your "regular" prescription herbs which John of God prescribed. When you receive your Post Surgery Herbs, stop the regular herbs and take the Post Surgery Herbs. If this is your second or subsequent Surgery, continue taking all Post Surgery herbs in the order received.