



SURGERY PREPARATION

1. Speak with your surgeon about the “cleanliness” in the operating room.
 - ◆ Talking about me, the patient, other than operating procedures needs to be positive.
 - ◆ All other talk (chatter) needs be held to positive and up lifting language.
 - ◆ No talk about sports teams, financial issues, gossip or comments negative in nature.
 - ◆ If music is played have it be classical, upbeat and healing.
 - ◆ If possible have it pre-approved by you, the patient. I had 4 Seasons and Indian music.

2. If this is in your belief system, have angels watching over you at all times and supporting the surgical team, nursing and hospital staff.

3. Blood transfusions – before, during and after surgery
 - ◆ Need to be cleared of all negative thoughts forms and disharmonious vibrations from the donators.
 - ◆ The blood also needs to be cleared of toxic chemicals, pharmaceuticals and other frequencies that may be detrimental to my health.
 - ◆ Once cleared it then needs to be charged with a frequency that is harmonious to my body. This frequency might include a frequency that aids in my rapid recovery, healing and other beneficial rates.
 - ◆ This can be done by the individual as the blood is being administered which is what I did or by others close to you who understand this philosophy and have the skills.

4. Before, during and after surgery begin the clearing of the pain fields.
 - ◆ These fields can be those that are the indicator of the need for surgery, pre-surgery work-up that cause you discomfort and those caused by the surgical procedures.
 - ◆ They could also include some fear in the patient along with family and friends.
 - ◆ Doing this reduces or eliminates the need for pain medication and aids in healing.
 - ◆ By reducing or clearing the pain field one reduces the trauma in the body and there-by speeds the healing process.
 - ◆ To better understand this technique request a copy of “Clearing the Pain Field” by Sue Trumpfheller. It will be available soon as an e-book.

5. Hospital food can be challenging. It is best if you not gripe or grumble about it but create it as a gourmet feast from the finest chef in town. Have family and friends join you in the environment of this feast. This way the food you consume will aid in your healing and not enter your body as a challenge. The most important ingredient in any food is love!

Let's toast to your health and well-being as you fill every cell in your body with love.

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PS. I also cleared all the negative side effects of medications without interfering with outcome.

Much of this work is done with intention with a pendulum as an indicator.