

Prepare For Surgery & Life

I do not intend to give you a textbook answer as to how you are to prepare. Instead, this is an invitation for you to settle in to the peaceful healing mode that exists when you choose to trust and relax your body, mind and spirit.

Letting go of the unfairness of it all is huge. My summary line is " We are where we are." The travel analogy is when you make a wrong turn and wind up in an unknown place. You can sit and wallow in the unfairness or you can ask directions.

Wherever you are as you read this, I would invite you to find a new way to approach life's challenges. Fear is emotionally devastating. It also effects us physically, mentally and spiritually. I recommend releasing it. You might say that "I can't." Well you may think that it is true but I think that you are really saying "I choose not To release fear."

I invite you now to take your focus off fear, have a little trust and try some things that are new. Follow along with me now:

1. Use all the family, friends and other support systems that you have to determine that what you are doing is the right thing for you.
2. Do all the diligence that you feel is appropriate regarding the time, place, doctors etc.
3. Do all the diligence that your surgeon has suggested. If you have a disagreement with the doctor, negotiate a solution. Please don't "yes" the doctor and do what you want.
4. Relax.
5. If #4 is difficult, then get active in taking charge of your subconscious systems by directing your conscious time in the most advantageous way.
 1. Pause and reflect on the many blessings that Have been given to you. Are you grateful?
 1. If you are, offer a prayer of gratitude in accordance with your religious beliefs or if you need help, here is one of my favorites:
"Thank you God for everything that you have given me,
And everything that you have taken away,
And especially for all that I have left." (anon.)
 2. If you are not, please know that you have the power to change your mind and your life at any time.

2. Think about your surgical team and about how you would like each person on that team to have a really great successful day. If you are comfortable with prayer, offer a prayer for them and their families.
3. Visualize, picture or think detailed thoughts about the outcome that you would like to see after the surgery. See the desired outcome clearly and offer thanks for the success.

THE INVITATION IS TO WORRY NOT BUT MAXIMIZE PRAYER, PEACE, LOVE, FAMILY, UNDERSTANDING, ACCEPTANCE AND THE KNOWING THAT THOSE THINGS MAKE LIFE WORTH IT!

Last Minute Checklist

1. Relax
2. Trust
3. Pray for your Surgical Team

Poem

When you are ill!
One thing to do still.

Take the time right away,
Pray your Doctor's Health to stay.

Doctors need time to work on you,
Your prayers work on doctors too.

The Greatest Physician is God the Almighty!
If you want his help, just ask him!