

PREPARING FOR SURGERY (MT-1)

It is well known that the body's ability to heal itself and reduce pain can either be stimulated or suppressed by a person's mental attitude. The program, *Preparing for Surgery*, is designed to help people scheduled for surgery to create a mind-set that will stimulate to the greatest degree the body's own pain reduction and healing systems in order to promote the most rapid and comfortable recovery possible.

It is recommended that you also use the program titled, *Developing a Relaxation Response*, along with *Preparing for Surgery*. This program is designed to help you develop cue-controlled relaxation, the ability to trigger a relaxation response by simply placing two fingers together. This program can help reduce the effects of stress during medical procedures. It can also be played any time you wish to relax. In addition, it has been very useful for people who are having difficulty falling asleep.

HOW DO I USE THIS PROGRAM?

This program works best if it is listened to daily for at least one week prior to your scheduled surgery. You can start earlier if you wish since the more you listen to the program, the better it works. You can listen to the program in one or any combination of the following four ways:

Nighttime:

The most convenient way to use *Developing a Relaxation Response* is to listen to it at night just before going to sleep. Simply start your MP3 player, then assume your normal sleeping position. You may find yourself falling asleep fairly quickly so you do not consciously hear the program. This is fine. The time just after you fall asleep is an excellent time to "reprogram" your mind.

Daytime:

Daytime listening can be done whenever you a time and place where you will not be disturbed. Many people like to combine daytime and nighttime listening.

Subliminal:

The program can also be played while you are engaged in routine chores such as washing dishes or working at a relaxing hobby. While you focus on the task you are doing, the recorded program works in a subliminal manner as it plays in the background.

During Surgery

If your hospital and doctor permit it, listen to *Preparing for Surgery* during surgery. This is a time you are especially receptive to the positive messages in this program. This will also help to mask any negative comments made by hospital staff. It is recommended that you set your player to "repeat" or "continuous play" during surgery. This enables the program to continue to repeat during surgeries that last longer than 25 minutes.

Inexpensive ear buds or headphones can also be very useful for times when listening to the program might disturb others. Since these programs tend to produce drowsiness, they should never be played when the operator of a moving vehicle can hear them.

We would enjoy reading about your experiences with this program. You can leave your comments at www.rpeurifoy.com.

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