

Preparation for Surgery Script

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Read this "ideal" script at least twice a day for several days to a week prior to surgery and continue for some time after surgery. You don't have to believe it or remember it, just read it aloud or silently many times. Even though initially you may not want to think about your surgery, strongly encourage yourself to read this script and you will become more at ease with it as you continue. If your mind objects to some of these concepts, simply cross them out or replace them with an "ideal" statement of your own. Research has shown that we can boost the healing process by giving our minds and bodies specific instructions for rapid recovery. I am always pleased and no longer surprised when people report back to me just how much they experienced exactly as written in this script that they were not expecting!

I am calm, comfortable, and confident. I breathe deeply at all times.

I am hopeful and trusting in Goodness at all times. I am hopeful and positive about all that is happening.

I have many people supporting me, loving me, and praying for me at this very moment and at all times.

I am ready for a peaceful night's sleep.

When I awake on the morning of surgery, I feel very good. I am ready for the process of healing and recovery.

As I take my shower, I smell the fragrant, cleansing soap. I feel the soapy smooth suds all over my body. This feels comforting and good. I am clean and free.

I put on freshly laundered clothes and as I inhale and exhale deeply, I notice that they smell so clean.

I see myself in the mirror and I feel relaxed and even more confident than I had expected.

I have my belongings ready to go with me to the hospital. I have some things that bring me comfort and enjoyment.

During my drive to the hospital, I notice the very light traffic pattern, the perfect weather conditions, and the easy, comfortable drive with extra time to spare.

The sky is gorgeous blue with white puffy clouds. It is a beautiful day.

I notice the robins and cardinals in the sky. Their sweet music fills the air.

My companion(s) is(are) calm and understanding and show(s) their love by a gentle look in their eyes. Their look comforts me and helps me know they are with me every step of the way.

At the hospital the courteous receptionist greets me so pleasantly.

The friendly, kind, and compassionate nurses prepare me for the surgery, which is a necessary process in my regaining of perfect health.

The nurses and I exchange pleasant smiles and friendly conversation.

I breathe deeply and gently. I am relaxed, confident and comfortable. My whole body relaxes into the comfortable chair.

I trust my excellent, skilled, and thorough surgeon.

I trust my experienced and intuitive anesthesiologist.

I trust my knowledgeable, compassionate and comforting nurses and technicians.

Everyone who touches me does so with skill and love.

God inspires and guides all who take care of me -- the physicians, the nurses, and the technicians. Their angels and my angels watch over them and me and guide us all for the purpose of perfect health and healing.

When I think of _____ I know she/he is sending me love, prayers and angels to comfort and protect me at all times and in every situation.

As I proceed through the steps I use my imagination to see my loved ones' comforting smiles and hear their gentle words of encouragement.

I feel the hands of the friendly nurses who pat my arm and tell me I am doing just fine. I am told that I am in good hands.

I smile knowing that I am in the very best of hands--that of my good and loving God who takes care of every detail in my life. I am completely open to Divine intervention in my life. I welcome all experiences for the good they bring and the Divine purpose they have in my life. I am filled with hope and trust. I can surrender completely knowing that all that happens is for the ultimate Good.

The operating room is a place where miracles happen. In fact, my body is a place where miracles happen!

The anesthesia goes only to those parts of my body that need it.

The anesthesia keeps me comfortable and quiet. I am safe and secure.

The anesthesia leaves my body completely when the time is appropriate.

Blood vessels contain smooth muscles that contract or relax to alter blood flow. I maintain adequate blood supply in my body during surgery because blood moves away from my area of surgery to other parts of my body. After the operation, blood returns nicely bringing nutrients for the healing process.

The surgery goes quickly, perfectly and easily. All are amazed at the ease and success of the surgery. The healing process has already begun!

Exactly when the time is right, I awaken easily and completely. I am alert. I remember what I am supposed to remember. I feel wonderful!

My breathing and respiration are comfortable and perfectly normal.

My lungs are clear because I cough as needed to clear my lungs.

My heart rate is right on target. My blood pressure is normal.

All my vital signs are normal and perfect!

My nurses and doctors commend each other and me for the wonderful job they have done.

They are so happy with the results and it fills me with relief, thankfulness, joy, and peacefulness as my recovery to perfect health and well-being begins.

The operation is a complete success!

All of my muscles in my area of surgery are completely relaxed as I come out of the operation. This enables the blood to flow easily into the area healing me and allowing medications to bring instant and continuous relief.

I am totally relaxed and comfortable at all times. Especially the muscles in the area of surgery are relaxed after surgery and stay relaxed for rapid recovery.

My stomach is calm and content. My digestive system begins to function normally right away.

My appetite is satisfactory and the food is delicious. My stomach and intestines process and move nutrients appropriately soon after surgery.

I heal from the surgery quickly and completely. My immune system is strong and protects me at all times. My antibodies and white blood cells are robust and active in doing their job carrying away unwanted matter. My tissues remain completely healthy as they heal quickly.

My recovery to perfect health is comfortable, rapid, and complete.

My loving family and friends rejoice at my rapid return to perfect health.

My prognosis is for the best of health.

I now thank my remarkable body for healing so well! I thank my heart, my lungs, and my spleen, my liver and pancreas. I thank my brain, my nervous system, my digestive system, and my immune system. I thank my reproductive organs, my muscles, and my bones.

I thank and send love to every cell in my body for helping me through this time and for giving me all the gifts that they were created to give me.

I even thank the enduring soul of any parts of my body that were separated from me by surgery. In spirit and light my body is whole, complete and in radiant health for all time.

Throughout my hospital stay caring hands tend to all my needs. They hold my hand when I need it and they comfort me so gently.

As I get ready to go home, I thank the nurses and physicians who have cared for me so well. My loved one comes to take me home. Everyone who sees me tells me how good I look and healthy I am.

I am now whole, healthy, strong and free, just as I am meant to be!

I am so richly blessed. I use my health and strength to do God's will and to give myself to Divine service. My hope and trust are unceasing! God's love for me, ***just as I am***, is infinite and eternal!

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Additional Resources

- Bennett, Henry L. and Elizabeth A. Disbrow: "Preparing For Surgery And Other Medical Procedures," in *Mind/Body Medicine*, edited by Daniel Goleman and Joel Gurin, NY: Consumer Reports Books, 1993.
- Bradley, Edward L.: *A Patient's Guide to Surgery*. Yonkers, NY: Consumer Reports Books, 1994.
- Huddleston, Peggy: *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*. Cambridge, MA: Angel River Press, 1996.
- Inlander, C. B. and Ed Weiner: *Take This Book to the Hospital With You*. NY: Pantheon, 1991.
- Rodgers, Linda. P.I.P. Surgical Audiotape Series (70 Maple Avenue, Katonah, NY 10536, Telephone: 914-232-6405).
- Sobel, David and Robert Ornstein (Eds.): *Mind/Body Health Newsletter*, Vol. V, No. 2, The Center for Health Sciences, Cambridge, MA, 1996.