

## Spiritual Surgery, Casa, EFT eyesight

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I got spiritual surgery at John of God last week - and since then have been working on letting go old beliefs that no longer serve me. One of the ways I do this is with the Work of Byron Katie - this is very powerful stuff for breaking up old beliefs that are no longer useful or even true! So I am glad that Sandra is giving a workshop at this Wednesday Gathering on The Work (see below)

I was with about 50 other people getting spiritual surgery at the Casa last Friday morning - we all sat in a room near to John of God and the entities started working on us. I felt energy scanning across my body several times. I focused on staying in my heart space during the procedure which I think lasted about 20 minutes (but not sure to be honest as my eyes were closed and I was a bit spaced out afterwards!). Afterwards I bought some blessed water to drink for the next 8 days while recovering and carrying that hoe I felt my abdomen as though it had been cut open - perhaps not a good idea to carry items after surgery even if it is spiritual! Then 24 hours of rest - I slept a lot. I felt like I was detoxing. I felt much better the next day but still took it easy for the week. I worked on the issues that I had asked for help on myself too (eyesight, abundance, femininity, healing/manifesting skills).

I noticed my eyesight changing after a few days - then I decided to stop using my Opto-K contact lens - to act as if the healing would fully work.

And my sight has got much better! I have been using Carol Look's EFT eyesight MP3 [http: //www.attractingabundance.com/eft/improve-your-eyesight-with-eft/](http://www.attractingabundance.com/eft/improve-your-eyesight-with-eft/)

and there is sure a lot of old emotional baggage I was carrying around in my eyes (and probably rest of my body too) - I recommend checking that out if you are interested as it is only \$27 and clears a lot of stuff! I have also been re-reading The Secret book (which is much better than the movie if you saw that a few years ago) and reminding myself of all the Law of Attraction stuff. I have also been reading Peace is the Way by Deepak Chopra [http: //www.chopra.com/peace](http://www.chopra.com/peace) which is about creating world peace by transforming ourselves inside - he has some great insights on where violence comes from in our world and some challenging thoughts on 9/11 and the war on terror. Recommended.