



Preparation for the *Shafaw (II) Healing Sessions*:

Assuming being free of ‘*Hypnotic Charges*,’ so you can stop the chattering mind and stop the journeys to places no longer there is the most important/serious task, and for better and faster results:

- 1- **The Healee** must be committed to the process. *Except ‘emergencies’ the session may not be cancelled.* example:
 - a. I had to take my child to school, well, please find someone to take your child to school.
 - b. My car did not start...please get a taxi.

Cancellation *seriously* affects the rest of *Shafaw (II)* sessions. Each series is 9-sessions.

- 2- **The Healee** must agree for more sessions than the ones already scheduled in case charges continue surfacing ‘*en mass*’. In such cases we usually come up with extra early AM or late evening sessions to *facilitate* the progression of *Shafaw (II)*.
- 3- **Healees** must be reasonably rested the night prior.
- 4- **Healees** ‘*must*’ **stop** *Shafaw healing sessions* as well as *other healing modalities*.
- 5- **Healees** ‘*must*’ **stop** all meditations the day before *Shafaw (II)* session. *Qigong & Yoga* are considered moving meditation. It is ‘*Best*’ to allow charges to continue surfacing. meditations mask the charges.
- 6- *A Shafaw* meditation, “*The Bungee Cords*,” is thought and recommended. That is the only meditation allowed **after** each session.
- 7- **Healees** must take a multivitamin or a *B-Complex* in the morning of the *Shafaw (II)* sessions.

Because of close proximity between *Shafaw (II)* Healers & the Healees and Cancer Healees who usually are nauseated when they come to *Shafaw Clinic*:

- 8- **Healees** must be showered and fragrance free. For those who receive *Shafaw (II)* via phone, they ought to be showered and fragrance free as well.
- 9- **Healees** must eat small amount of food. *Shafaw (II)* will not progress if you *smoke, eat onion or garlic before your sessions*. Also, please avoid ‘*Alcohol*’ and *pain killers*. It will be interesting for the ‘*Healee*’ to notice that the pain disappears with released charges.
- 10- **Healees** must wear fresh fragrance free clothing, free from pet hair and pet smell. One may have one set of clothing just for the *Shafaw* sessions.
- 11- **Healees** must allow ample amount of time after the session to process and ‘*be*’ by themselves before they drive. We recommend at least half an hour after the session. Also, for the entire day after *Shafaw (II)* avoid operating sensitive or heavy machineries.
- 12- **Healees** ought to wear newly washed clothing and after each session wash the clothing.

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