



## GUIDELINES FOR PREPARING FOR REMOTE SPIRITUAL SURGERY

We suggest that on the scheduled day and time, you read a page from The Gospel According to Spiritism or a book that brings you a lot of peace and lie down (in prayer, meditating or listening to peaceful music) or, if possible, try to sleep.

Don't worry about feeling the presence of spiritual friends, offer your heart to Jesus. Some sleep during the scheduled time, this is also normal. It is natural to feel some different sensations such as drowsiness, dizziness, tiredness. If this happens, retreat into prayer, remain calm and confident in Spirituality. Do not fear, we will be supported by Spiritual friends.

If possible, leave a glass of water next to where you are and after 8:30 am, drink the water, as spirituality will place all the medication necessary for your treatment there.

The day before spiritual surgery it is important to remain vigilant with your thoughts, seek trust, using prayer; do not drink alcoholic beverages, do not smoke, do not have sexual intercourse and do not lift weights, avoid any and all red animal meat foods (including blood-based foods such as "brown sauce"), use a healthy diet (fruit-based, vegetables, cereals and white meats such as fish and chicken);

The complete work is provided completely free of charge.

After the remote spiritual surgery, follow the guidelines:



GRUPO DE ESTUDOS SÉRGIO



YOUTUBE SÉRGIO CHERCI



INSTAGRAM SÉRGIO CHERCI



TIKTOK SÉRGIO CHERCI



FACEBOOK SÉRGIO



## GUIDANCE AFTER REMOTE SPIRITUAL SURGERY

After Spiritual Surgery, some care is necessary and important.

During the next three days after Spiritual Surgery, it is important to seek a calm routine, not to consume alcoholic beverages, not to smoke, not to have sexual intercourse, not to do high-impact physical exercises and, if possible, to avoid lifting any type of weight as much as possible. .

In addition to taking care of your day-to-day activities, avoid any and all red animal meat foods (including those based on blood such as "brown sauce"), use a healthy diet (based on fruits, vegetables, legumes, cereals and white meats such as fish and chicken).

During the next fifteen days, before going to sleep, take a glass, a jug, a disposable bottle or any other glass or plastic container you have – and fill it with water and place it next to the bed where you rest. At this moment, pray for the help of Jesus and the entire spiritual team, asking that they can deposit the medicine most suited to your needs in your water. At the end of the prayer, cover or cover the container to ensure that nothing falls into the water during the night. When you wake up in the morning, drink water on an empty stomach before breakfast. Avoid leaving it near electronic devices.

At the time of your prayers and communion with God and Jesus, ask for the help of Dr. Ludwig and Dr. Bezerra de Menezes.

Taking advantage of the opportunity, we have made a WhatsApp group available for those who wish to receive studies and lectures on Spiritual Medicine and Spiritual Healings developed by the medium Sérgio Cherci, just click the button below to join.



Wishing you lots of peace and light in your path.



GRUPO DE ESTUDOS SÉRGIO



YOUTUBE SÉRGIO CHERCI



INSTAGRAM SÉRGIO CHERCI



TIKTOK SÉRGIO CHERCI



FACEBOOK SÉRGIO