

Wayne's Blast from the Past

A Tale of Two Hernias



A couple of years ago, I had some surgery to repair a hernia on my right side. About 14 years ago, I had similar surgery on my left side. Okay, so those are the facts. And now for the riveting tale of two totally different hernias:

Fourteen years ago, although my growth was great, I had no idea of setting intentions, feeling good about what I wanted and letting the universe take care of all the little details.

I went into my first hernia surgery with a lot nervous feelings, buying into what the length of recovery was as stated by my doctor and also owning the amount of pain I would have after the surgery, again as stated by my surgeon in advance of the actual event.

The outcome, well you guessed it, almost a solid week of bed rest, very painful, and a long recovery. It was a couple of months before I could even do the simple task of cutting the grass. A task I really enjoy and was quite eager to get back to.

The second tale is of my surgery that I had in August 2005; same operation, just on the other side. From the very first meeting with the doctor, I knew this one would be different. I was not nervous in the least, and was actually having fun and joking with the doctor during the initial console.

The night before the surgery, I set out an intention that stated: The surgery will be done with ease and simplicity and that the recovery period would be quick and without a great

deal of pain. I fell asleep with wonderful feelings of hiking once again and having a lot of fun doing so.

Once again, you guessed it. The surgery went off without a hitch. A little over 4 hours at the hospital and I was on my way home. Sure I was sore, but what can you expect after someone invades your body with implements of surgery.

I had a minor blip on the radar (contrast), Friday evening as I started to bleed out around the incision. After a few hours in emergency and a wonderful connected, nurse and doctor, I was headed home again. Can we say simplicity and ease....

Saturday, I was down for the count but Sunday brought a great improvement and by the Monday, I was in full recovery mode. About a week later, I was out enjoying the sun and the smell of fresh cut grass as I mowed the lawn in perfect comfort.

My whole point is that 14 years ago, I really thought that I had grown as a human being and was ready for anything. Wrong!
LOL

Today, after working with LOA for a few years, I now know that I have really, really, really, grown and totally understand how we can influence the outcome of anything we do. I set out wonderful intentions, I had felt the good feelings on what I desired after the surgery and let the universe handle all the little details.

I felt strong and happy about the whole surgery after only three days and a bit... It is really true, what we focus on the universe provides. This is the law. *S* Thank you Mister Murdy, aka, the Universe and an even bigger thanks to Kat for taking wonderful care of me. Love you sweetie.

So, that is my tale of two hernias and how a simply little shift in how I thought made the second tale happen with simplicity and ease, not to mention a lot less pain. *LOL*

Till the next time.....

Peace and Love

[**Wayne Parker**](#)

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