

Sudden Disease Outbreaks

Part 3: *Caring for Others*

In [Part 1](#) of this series, we explained how to prepare for exposure to the current outbreak.

In [Part 2](#), we gave tips for when you have been exposed and are sick or recovering.

Here, in Part 3 we will address how to use the Perelandra tools when caring for a loved one who is seriously ill, and what you can offer to a loved one who has died.

Rule #1: Keep it simple. You don't have to do everything listed here. Focus on what you already use from Perelandra, consider your own comfort level.

Rule #2: Respect the comfort level of the person you are supporting. If they do not wish to use any of the Perelandra products or processes, don't coax them into it. Remember, you want to help, not control their choices.



Seek medical help when needed. The Perelandra products and processes are not a replacement for needed medical help, but are to be used in conjunction.

For You, The Care-Giver



Don't dismiss the added strain of caring for a sick family member, particularly from your increased daily exposure.

Take one dose (12 drops) of [ETS for Humans](#) 3-5 times a day.

Take [Essence of Perelandra \(EoP\)](#) 3-5 times daily for maintaining your health and ability to be supportive.

They may be taken at the same time of day, waiting 10 seconds between each dose. Either take the needed drops from the dropper or use a clean spoon for each. Do not combine [ETS and EoP](#) into one spoon, keep them separate.



For added strengthening and support, take the five [Most Important Daily Solutions](#) right now (Virus, Bacteria, Respiratory, Lymphatic and Immune) twice daily. If you wish to use any of the other Perelandra tools to shore yourself up through the coming months, follow the guidelines in [Part 1](#) of this series.

For a loved one who is sick and quarantined at home.

If someone in your home is sick, they will need to quarantine from the rest of the family or household – sticking to their bedroom or a separate section of the home, and if possible have their own bathroom. You are going to want to eliminate any unnecessary exposure for yourself or others. (For more on how to set this up, see these [CDC guidelines](#).)

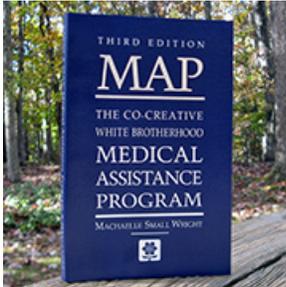
Read this now, before you might need it. Prepare yourself and your family. Tell them about ETS, EoP and MAP. Ask them if they're interested, and if they are, help get them started now. If they have not been hit hard, they will follow the guidelines in [Part 2](#) of this series.

The guidelines here apply when they have been hit hard, can't think or focus and won't be doing any testing, let alone keeping track of what day it is.



TAKE ETS AND EOP, OFTEN

Make sure they have their own bottles of [ETS for Humans](#) and [Essence of Perelandra \(EoP\)](#). Tell them to take a dropperful of each, one after the other, whenever they feel like it. (They are not going to want to count out the precise dosage, and there's no harm in taking a few extra drops.)



MAP: MEDICAL ASSISTANCE PROGRAM

First, for those who already work with MAP and know how helpful it can be: **Do not open a MAP coning for an adult who is conscious.**

They are capable of doing this simple process on their own. If they are interested, give them the [MAP](#) book now, while they're well and spending more time at home anyway.

For those already working with MAP:

Don't wait until you are in an emergency or crisis. Have the conversation now about what needs to happen if one of you gets sick.

Read and learn the Emergency MAP instructions now. (See [MAP](#), pp. 141-149.)

As soon as someone experiences symptoms (or thinks they are experiencing symptoms), they should open Emergency MAP and tell their team what they're experiencing. This is important. They will continue throughout the illness to tell their team what they're experiencing so MAP can really support them as they go through it. The Emergency MAP coning should remain open until they're well on the road to recovery and regaining strength. After Emergency MAP is closed, they'll resume a regular MAP session rhythm to address the illness.

If they are not working with MAP and don't want to set up their own team:

Again, don't wait until you are in an emergency or crisis. Ask them now for permission to open Emergency MAP for them should they become severely ill or lose consciousness. You must have their permission, and you must be with the person in crisis. You may not ever open Emergency MAP long distance. (See [MAP](#), pp. 145-149.)

If your loved one needs to be hospitalized.



If your loved one is hospitalized you will not be able to stay with them or visit them in person.

If they work with MAP, their Emergency MAP coning will already be open and supporting them before they go to the hospital. They will remain in Emergency MAP until they are well on the road to recovery and regaining strength. And after Emergency MAP is closed, they will resume a regular MAP session rhythm to address the illness.

Note: If you opened Emergency MAP on their behalf, you will be responsible for closing the coning once they are home and out of the emergency. You must be with them when you close the coning. Do not forget this step. (See [MAP](#), pp. 148-149.)

Remember to take your ETS and EoP doses throughout each day.
Keep up this valuable support at a time when you need it most.

For a loved one who has died.



This is a serious illness that, for many, requires a herculean effort to move through and overcome. For those who are already vulnerable, the added challenge is significant.

For those of you who lose a loved one, there is one last piece of Perelandra support you may offer to them within 72 hours of their passing: [The Post-Death ETS Process](#).

You will need to have a bottle of ETS for Humans with you. You do not need to be physically present with the person who has died in order to administer ETS. This is the one Perelandra surrogate procedure that does not require the two of you to be in the same room, or even in the same country. But you do need to have a personal connection and relationship with the person who has died.

Note: Don't try this process with someone you read about in the news, or a friend of a friend. You're a stranger, and instead of being helpful you will bother and confuse them.

You will find the instructions for this process in Chapter 17 of *The Perelandra Essences* by Machaelle Wright (pp. 195-198). We're also making the process available online [here](#).

If you have questions about these instructions, call our Question Line. We will quickly clear up any confusion and help you keep these tools manageable and simple.

Question Hot Line
1-540-937-3679
Wednesdays, 10-8 ET