

Instructions for [REDACTED] Starting May 24, 2015

Nudity

[REDACTED] is to be naked all the time. When around the grandmother, she is to explain that God instructed her to be nude all the time when she is in the house. When she gets to California, she is also to be naked all the time, unless it is cold. Cold means under 70°, The cold does not refer to air conditioning. If it is on and she feels cold, so be it.

When working outside around the house or going to the motor home, she is to be nude. If she goes to the mailbox, she may wear flipflops or sandals and a shirt.

Work

While here, she is to work:

- Hand wash the cars using the garden hose and towels. While washing:
 - She is to wear a very, very small, triangle-shaped thong bikini bottom.
 - At its widest point it is to be 1½ - 2" wide with strings on each corner.
 - She is not to wear any top.
 - She may wear crocs to protect her feet.
- Mow the lawn. While mowing, she is to protect herself by wearing:
 - Long pants and a protective top
 - Good shoes
 - Gloves
 - Safety goggles
 - Mask
 - She is to learn how to walk down to the shed, watching her steps for snakes.
 - ✓ She is to open the door and slowly roll out the cart, then take the mower out.
 - ✓ If she sees a snake, she is to know that rattlesnakes are afraid of people. They will only bite in self-defense or when provoked.
- Vacuum the house
- Copy and print DVDs, etc., etc.

Clothing

She is to get:

- Skater skirts 6" – 8" long that expose part of her butt cheeks.
- Sheer/see-through tops
- Highest available stiletto heels

She is to wear only a completely sheer shirt (no camisole) and a very short skater skirt that exposes the bottom of her butt cheeks. She must also wear the highest stiletto heels we can find.

Carmen is to take her to the mall and let her walk there for 2 hours to get blisters and feel pain. She needs to let people gawk at her to humiliate her and feel the pain of walking to remind her about the severity of what she has done.

Grooming

She is to get make-up at Ulta Beauty and be taught how to use it. She is to wear:

- All types of eye make up: eye shadow, eye liner, mascara
- Lipstick
- Nail polish
- Her hair is to be long, loose, and brushed out

Whenever we go out to the grocery store, mall, Costco, etc., she must get herself ready to go by wearing these things.

Diet

She is to eat:

- Beef (hot dogs, hamburgers)
- Chicken
- Turkey
- Duck (food from cows and fowl)
- She is to drink coffee each morning and soft drinks
- She must not to heat oils to cook onions or garlic.

Entertainment

- She may use her cell phone only while being supervised, whether to talk or text.
 - She is not to have it with her, but must ask for it.
- The iPad is only for games or texting (under supervision).
- She may use the house computer.
- She may watch TV in the motor home only, not in the house.
- She may go to a movie with Carmen
 - She may not go by herself, but must be chaperoned.

Ernie said that after she has been here for a while, MAYBE she will be allowed to take a car and go somewhere, but it will take a while. For now, Carmen should take her.

Subject: Fwd: Instructions

From: [REDACTED]

To: [REDACTED]

Date: Friday, January 15, 2016 9:03 PM

[REDACTED]

Begin forwarded message:

From: [REDACTED]

Date: January 11, 2016 at 1:15:14 PM EST

To: "[REDACTED]"

Subject: Fw: Instructions

Reply-To: [REDACTED]

On Sunday, May 24, 2015 11:38 PM, For My People <email@formypeople.org> wrote:

Dear [REDACTED],

Ernie has asked that I send you the instructions that are attached.

Take care,

Isabel

Attachments

- 20150524 Instructions for [REDACTED].docx (14.61KB)