

# A NIGHTLY PRACTICE: FOR A GOOD NIGHT'S SLEEP

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50 % OF BEING A PEACEFUL PERSON IS LEARNING SELF CONTROL IN THE MIDST OF STRESS AT HOME AND IN THE WORKPLACE. THE OTHER 50 % IS LEARNING TO RELEASE THE FEAR AND WORRY CAUSED WHEN OUR EMOTIONAL BUTTONS HAVE BEEN PUSHED BY EVENTS OR RELATIONSHIPS IN OUR LIVES. WHEN FEAR AND WORRY KEEP US FROM BEING ABLE TO HAVE A GOOD NITE'S SLEEP, THE FOLLOWING PROCESS CAN BE USED TO RELEASE OUR TENSIONS AND STRESS, TO RETURN BACK TO A STATE OF TOTAL PEACE AND SURRENDER CONDUCIVE TO FALLING DEEPLY ASLEEP.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask: *“On a 0-10 scale, if 0 = the peace of an angelic little baby sleeping deeply and peacefully in its angelic mother’s arms (pause and see the baby), in sharp contrast how ‘un-peaceful’ do I feel in mind and body, as I open up to the pressures and effects of all that I’m dealing with, past, present, and to come?”*

*Then rate how un-peaceful you feel in mind and body on a 0-10 scale = X*

**Step 2:** Using this number, fill in the blank to create the following sentence ...

“I’m feeling a X un-peaceful”

**Step 3:** Repeat this sentence over and over ...

*Try to place everything that’s challenging and stressful in your life in front of you. Stay connected with the feelings all of these things bring up. Repeat the above sentence over and over, until either at least a minute passes or the “X” level of un-peacefulness fully subsides.*

**Return to Step 1:** *Continue with these steps until you’re happy with how much your stress, anxiety, worry, or fear has subsided, or until you return to total peace.*

*... It may be helpful to remember the adage ...*

“What I am willing to face will erase ...

What I try to avoid just keeps me annoyed!”

## **A Spiritual Solution**

When we finally breakthrough to feeling totally at rest and at peace, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner peace. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

### **So How Can We Regularly Get A Good Nite’s Sleep?**

We know life is likely to present us with challenges every day, so how can we stay peaceful enough to get a regular good nite’s sleep, in the midst of all the challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely achieve this again as adults, finding our way back to regaining our ability to surrender nightly to be able to relax enough to have a deeper and better quality sleep, if we take a few minutes time daily to do clearing practices.

