



# *Sleep*

*Your Personal Portal to a Universal Union*

*Part 2 of the Self-Care Series*

Sleep is absolutely essential for physical health and conscious sanity. In addition, sleep brings you into an effortless Union with the Divine. Every night, during deep dreamless sleep, you have an intimate reunion with the Self that is boundless.

***Deep sleep is effortless Union with the Divine***

The significance of this is that the extraordinary transformational forces currently streaming through you and all of humanity have the same purpose: to reunite you with a Universal Love and Consciousness. The intention of these Evolutionary Forces is for you to come into this Union *consciously*.

While coming into a Universal Oneness sounds fantastic, the reality is that letting go of your familiar self can be daunting. The egoic self is defined by its need for control, yet control prevents it from unifying with a Higher Love and Power. It is the ultimate dilemma. All suffering, strife and conflict is caused by the sense of being separate and vulnerable. Yet, the *only* cause of separation is trying to protect, reinforce and promote the egoic self. What to do? Let sleep show you the way!

While the ego may be mortified at the prospect of surrendering to a Universal Love and Power, sleep graciously and effortlessly brings you into that Union.

***In deep sleep, Life is experienced as pure formless perfection,  
free of limitation and conflict***

You don't remember this Union because the ego-self is completely absent in deep sleep. However, even if you are unable to remember it, every dimension of your being – from the physical body, to consciousness, to energy, are all harmonized and revitalized by this reunion with Source.

***Deep sleep is a taste of, and precursor to, being fully awake to that Union***

In other words, sleep brings you into an unconscious Union, while Awakening is consciously *choosing* to let go of the separate self in favor of complete Oneness.

Lack of sleep is devastating to the mind and body due to the absence of reuniting with Source Energy. This demonstrates how prolonged identification with the separate ego, disconnected from Source, naturally results in disease and insanity.

***Humanity is currently in a collective state of insanity resulting from having  
been too long separated from its Divine Essence***

In the same way that an individual can go mad through sleep deprivation, humanity has gone mad through Divine-deprivation during its waking state over eons.

However, this is not a mistake. We are not doing anything wrong. Like sleep deprivation, the inner and outer trials and tribulations are emphatic messages to *consciously choose* to come into Union.

***Much of the conflict, disharmony and ill health in individuals and the world  
today is both the result of resisting that Union, as well as a compelling  
invitation to let go of the old self and finally come Home to Love***

REM sleep and light sleep are also essential for overall physical, mental, emotional and

energetic health. Light sleep and especially REM sleep involves processing and integrating the day's challenging experiences. Dreaming during REM sleep can also facilitate the release of old trauma and outdated patterns. Actually, there are many types of dreams, from the prophetic, to being byproducts of brain processing, to reflections of egoic fears and desires, to connecting with Spirit Guides or beings in other realms, to entering Higher dimensions of consciousness.

Therefore, *all* aspects and stages of sleep are essential for the renewal of your body, mind and energy. This restoration prepares you to reengage afresh each day with the sublimely challenging and awesome adventure of Awakening.

Having established the profound significance and beneficial aspects of sleep, it is equally important to mention that the potent and insistent Divine Forces now streaming through the planet and every human being, can disturb normal sleep patterns. The unfamiliar nature of these Energies can be unsettling which can interrupt falling into deep restful sleep.

Although Unconditional Love is the ultimate blessing, it is completely alien to the ego which finds these unfamiliar Higher Forces to be very disconcerting.

***The body and mind do not recognize that these Energies are completely Loving and transformative in the most positive way possible***

In other words, just when deep restorative sleep is more important than ever, these Energies can also be disruptive to sleep. A common occurrence is to be awakened repeatedly throughout the night for no discernible reason. Other side effects of these Higher Energies are inability to focus and being uncoordinated and tired. (This subject will be covered more in depth below.) Knowing this can bring comfort to the discomfort. Rather than worrying about interrupted sleep or a decline in memory, you can instead view it as side effects of opening to Higher Energies.

Disregarding cues to take it easy and forcefully plowing ahead is a way of resisting these Transformational Energies. Even looking for a powerful technique or antidote to overcome the effects of these Energies may also be a form of resistance. Remember, you chose to incarnate at this specific time, knowing full-well that you would be participating in this evolutionary leap. You were relishing it . . . and now here you are!

***An accurate awareness of the grand metamorphosis in which you are participating will shift to anxiousness to awe, judgment to gratitude, impatience to letting go, trepidation to trust and willfulness to willingness***

You are being carried through this metamorphosis. Your job is not to try to control and figure everything out, but just the opposite. Rather than succumbing to the programmed fears of the mind, your job is to choose to surrender to a Higher Love and Power. Sleep can show you the way . . .

Here are some practical recommendations for deep restorative sleep:

- **Prioritize Sleep**

What used to be an essential but mundane aspect of life, is now a cornerstone of making the most of these supercharged times of Awakening.

*Deep sleep places you in the state of surrender where the Divine can freely infuse and awaken within you*

If 7 hours in bed was sufficient in the past to get enough high quality sleep, now it may take 8 or even 10 hours. Be willing to adapt to the calling of these special times. Tune into the guidance of your Higher Self so that you can become a clear conduit, rather than being motivated by habit or routine. If you feel drawn to sleeping for longer periods, honor that impulse.

*Getting enough sleep will support the willingness and fortitude necessary to participate in this great evolutionary leap*

- **Creating A Sacred Sleep Chamber**

Make sure the space in which you sleep is clean, clutter free and has good air quality. An air purifier such as the *AirDoctor* may be helpful if you suspect that there are impurities such as dust, mold, or air pollution, including VOC's which are the fumes emitted from synthetic or chemically treated bedding, carpet, furniture and drapes. In addition, according to the *AirDoctor* website, its "UltraHEPA air purification technology was independently tested and shown to remove 99.97% of live airborne SARS-CoV-2 (COVID-19) from the air."

The following link will allow you to purchase the AirDoctor at a significantly discounted price (I have no connection with the company):

<https://www.airdoctorpro.com/purifiers>

The few items you have in this sacred space should be soothing, grounding and reassuring. A few spiritual books that engender a feeling of absolute trust may be perfect. But be wary of having too many or too heady books. Stones that have a calming effect can energetically invite you to a state of deep surrender. Avoid crystals that are very activating. Soft music or nature sounds can be helpful. However, for some, silence is the sweetest sound for sleeping. Sleep music is often helpful if you live in a noisy area, in which case finding the sounds that are just right for you is well worth the effort. My favorite sleep and healing music is *Liquid Mind* because there are no bells, percussion or sudden crescendos, only smooth soothing harmonies. But music is such a very individual preference, so follow your own taste and inspiration.

*You are building your personalized cocoon of transmutation where you feel nurtured in a crucible of absolute safety, comfort and care*

In this inviting comfy sanctuary, surrender into Loving Union occurs naturally and effortlessly.

Sumptuous surroundings and calming colors can soften the hardness of a challenging day. Organic or GOTS Certified sheets, bedding and clothing are a real plus. Also look for Greenguard Gold Certified furniture and products made with CertiPUR-US foam. Make sure that everything is soft and soothing to the touch. A mattress made from pure latex foam may provide the perfect balance of support, softness and stillness, but it tends to retain heat so be discerning if you live in a warm climate. (I live in a warm climate and a latex mattress with a thick breathable wool topper works perfectly.)

- **The Healing Power of Darkness**

Complete darkness during sleep is important since light can reduce levels of melatonin. Melatonin is the “master commander” of all of the rejuvenating processes that occur in sleep. Refrain from watching LED screens or having bright LED lights on an hour or two before going to bed. Black-out curtains or blinds are a must if there are bright street lights outside that seep into your sacred sleep chamber. Consider taking a melatonin supplement 30 minutes to an hour before sleep. Melatonin gradually begins to decline in the teens and is dramatically lower by age 50. As always, do your own research. Also appreciate your uniqueness by honoring whatever you experience, rather than relying entirely on external authority.

- **Sleep Supplements**

There are many natural teas, herbs, supplements and essential oils that can be used to help with sleeping. You can easily look these up online. I will share some of my favorite sleep supplements that support the natural sleep cycle in a more holistic way.

**Magnesium** is my favorite sleep supplement because it really isn't a sleep supplement. It is a key mineral involved in cellular, organ and tissue function and repair, as well as immune function. It also happens to promote relaxation for sleeping! As with melatonin, many aging adults have deficient levels of magnesium.

There are several different types of Magnesium. Magnesium Oxide and Citrate are inexpensive but can cause loose stools. Magnesium Glycinate does not have that effect but costs more. Magnesium Threonate is even more expensive and is used for supporting brain health because it crosses the blood brain barrier.

**Ashwagandha** in Sanskrit means “smells like a horse” (which it kind of does) and is reputed to bestow the power of a horse. This tonifying adaptogenic Ayurvedic herb is known for its ability to increase endurance and manage stress.

It also facilitates restful sleep without being a tranquilizer.

**L-Tryptophan** is a well-researched amino acid that has been shown to facilitate restful sleep.

**L-Theanine** is an amino acid known for its ability to reduce anxiety and help with insomnia. Its effects are usually subtle. Like the other supplements mentioned here, L-Theanine has health benefits beyond just assisting with sleep. For a fuller understanding of any of these supplements, please do more research.

**Amla**, or Indian Gooseberry, also used in Ayurveda, is a fruit that has many health benefits. It is very high in antioxidants, enhances immune function and helps with stress. It is also used for insomnia. It often comes in extract form.

**Milk Peptides** are short string amino acids that are more easily absorbed by the body which have been shown to promote sleep. One scientific newsletter proclaimed that milk peptides “could lead to new non-addictive sleep medication.” But you can just take the milk peptides in their natural form rather than wait for a synthetic drug. (Many people who usually do not do well with dairy products have no problem with milk peptides. But honor your uniqueness.)

**Quality is crucial.** Why ingest something that is supposed to be helpful that is actually harmful? Fraudulent substances and impurities are rampant in the supplement industry. Make sure that you purchase from a company you have thoroughly researched. There are organizations, such as *Consumer Labs*, that do extensive independent testing on a wide variety of supplements.

*Life Extension*, which consistently does well in independent testing, makes the following supplements: *Enhanced Sleep* (which has ashwagandha and milk peptides), *Bioactive Milk Peptides*, *Optimized Tryptophan*, *Neuro-Mag* (Magnesium L-Threonate) and *L-Theanine*. They also make *Magnesium Caps* which has magnesium citrate, oxide and succinate and, as mentioned above, is contraindicated if you tend to have loose stools.

- **Exhaustion and Disorientation**

*Honor disorientation, discoordination and exhaustion as natural side effects of a dissolving self*

Being forgetful and uncoordinated are signs that you are letting in Higher Energies that are dismantling your old self. They are invitations to lay low and to get out of the way of a Higher Power and Intelligence. As the old programming of the old self gets loosened many behaviors that were automatic will be disrupted.

*You are the caterpillar turning into mush before emerging as the butterfly*

Be wary of the tendency to become more forceful, aggressive or rigid when feeling disoriented, vulnerable or unstable. Do not drink extra cups of coffee to fuel your fight against the Divine. Do not double down on obsessing about world events or judging others as a way of resolidifying the old self. That will only result in more fear and strife. Instead, slow down, be flexible, be careful and caring and, above all, be Loving, especially with yourself!

***Taking naps and other forms of intentional down time are perfect openings for receiving Higher Energies. They also facilitate the integration and processing of such extraordinary energies***

- **Intentions and Prayers**

As discussed above, sleep's power to heal, renew and integrate is awesome, even miraculous.

***Rather than allowing the random and worrying mind to run wild before going to sleep, you can simply say a prayer or set an intention that will align you with the awesome healing powers that are active during sleep.***

For example, if you have a sore knee, you can set the intention, "I am completely open to receiving healing energies for my knee during sleep." Or, if you are in emotional pain, you could say the prayer, "I am willing to let go of emotional pain and welcome all blessings from the Divine."

The elegant power of these types of prayers and intentions is that you are aligning yourself with healing and blessings even before falling asleep. Higher Forces do not have to work at getting negativity out of the way before the deep healing can begin. You *are* going to enter into Union with the Divine during deep dreamless sleep, so why not intentionally choose to align with a Higher Love and Healing Power, to get the most out of it?

The best prayers and intentions are not demanding nor too prescriptive. They are more of a way of getting unconscious and habitual blocks out of the way. It is giving the Divine and Higher Beings permission to bestow upon you the fullness of blessings. It gives Divine Healing free rein. When your consciousness is in this kind of alignment, your sleep is even more restorative, and you are open to blessings far beyond a good night's sleep. An overall prayer/intention may be:

***"I am open to receiving all of the healings, awakenings and guidance that the Divine has in store for me during tonight's sleep. I invite this Universal Love to work Its Wonders in our Communion of deep sleep. In gratitude, I rejoice in the Blessings to come . . ."***