

## The Power of Sleep

This is a companion article to the previous article on sleep published in the August 2018 newsletter. Please refer to the August 2018 newsletter article to understand the foundations, the following is a continuation of that article.

Our intentions for sleep and our ability to command our spirit, can have a huge impact to help make sleep more effective and empowering. Prayer is part of the power of using thoughts to command our spirit and to be in alignment with the heavenly host. In our waking state we are continually learning or have the opportunity to learn either for pleasure or as part of a bigger goal. We use the power of certainty that we are showing up the best we can to study, research and learn whatever it is we are focusing on. We do our part in our waking state to manage all the balls we juggle as well as be available to learn. With our commandment, we can continue to learn and be guided in our sleep. For example, here is a prayer or commandment that is a powerful template for whatever you may need.

“I command my body to restore, rebalance, reharmonize, regenerate, refresh while I sleep this night. While my body is recharging, I send my spirit to continue learning French (Calculus, prepare for the GRE exam, etc). I work with the heavenly host to continue my understanding and have within me this knowledge to be available to me when I need it in my waking state. I awake fully rested. Amen”

Use your own words as it is your commandment that makes your sleep support you. The commandment comes from certainty. This certainty is a result of you showing up fully in your day giving life your full attention and best efforts. Then divinely driven sleep will be able to support you.

Command your sleep to help you with your performance in a sport or activity where it is important to have your spirit be part of the experience. Command your spirit to scope out the field or the event prior to the actual event. Ask to be shown the environment and how you can show up in the most successful way. State that you remember in your waking state at the appropriate time what is known.

It is important that when you sleep, your frequencies are at the Heart Beat of the earth or lower (Schumann resonance at 7.83 Hz). Read the August 2018 newsletter to understand other tools to help support your intentions.

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