Restful INSOMNIA
Your First Steps to Deeper Rest

We all want to keep our lives vibrant and balanced. We do our best by managing stress, connecting to our bodies, and being kind to ourselves.

And getting that little thing called sleep.

But in this go-getting, stimulus-filled culture, sleep is another "thing" to *get*. Even medical advice about sleep has the same perspective: Just follow the right sleep habit rules, and you'll get your hours. Unfortunately, that doesn't always work.

SLEEP ISN'T A THING

Sleep is an experience, a verb, a process (although we're hopefully unaware for most of the time we do it). It starts with rest...flowing into deep rest...which moves into the stages of sleep.

While we all pretty much know what sleep is, it's mysterious. Still, we do this (or try to) every day. Why? Because our bodies need to stop, renew, and simply be—which helps us go, expand, and do!

There are several stages of sleep, but basically the more the brain slows the waves down, the more it renews. Sleep is a miraculous gift to the body, mind, emotions, and life.

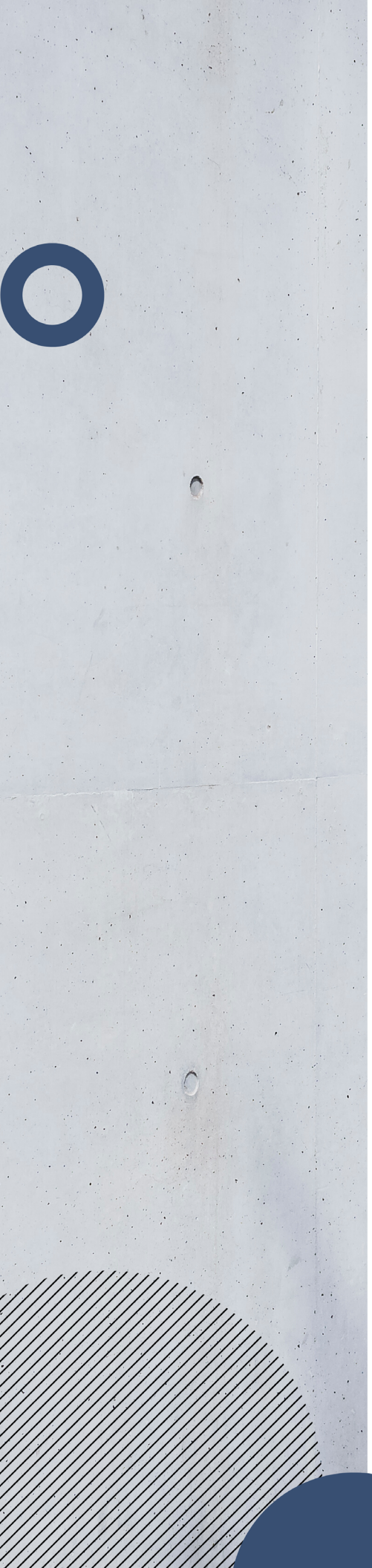
But there is one tricky truth that gets in so many people's way with sleep:

YOU CAN'T MAKE YOURSELF SLEEP... BUT YOU CAN DEEPLY REST.

Sleep is about letting go. When you try to make yourself sleep, well, you have a goal. So your conscious mind continues to check on your state of mind, emotions, body sensations, to see if you're asleep now... or now... or NOW already!

And you're not, because you're checking to see if you're asleep!

Sleep isn't a thing to get. It's a process, a continuum from wake to sleep that starts with deep rest.



IT STARTS WITH REST

Keeping the body still is a place to start. This "quiet wakefulness," is more renewing than, say, cooking a dinner party. But if your mind and emotions are going 80 mph, it can be annoying, or frustrating—and nowhere near as restorative as deep rest.

Deep rest is more than just a nice feeling—it provides amazing benefits. While it's not quite sleep, it makes a difference in your health, emotions, and mind. Deep rest means you'll have more *you* on top for the next day. It also greases the entryway to sleep itself.

DEEP REST IS SIMPLE, BUT NOT ALWAYS EASY

On the one hand, rest is the simple process of letting go on deeper and deeper levels. But it's not always easy: Your body might not be moving on the outside, but inside things are in high gear—work's budget projection, pain in your shoulders, or worry about politics. Those are obstacles to rest and sleep. During my chronic insomnia almost 20 years ago, I discovered the gifts of deep rest, and also the barriers to getting there:

- Chasing sleep
- Needing a perfect environment
- Being out of touch with the body
- Caught up in a yammering mind
- Drowning in emotions
- Unable to quell loneliness and isolation
- Disconnection from the true self

THE OBSTACLES CAN BE OVERCOME

While the obstacles can be hard, they're not insurmountable. I've discovered and developed the *7 Pathways to Rest*, a program that teaches perspectives and tools to help you become more confident in your ability to let go into rest. When you can move to deep rest, it makes a huge difference, night and day:

- Reduces anxiety
- Gives you options to renew at night even when sleep hasn't arrived
- Provides energy and productivity for your next day
- Welcomes sleep.

ONE THING YOU CAN DO TONIGHT...

Start by being kind to yourself. It's easy to get swept up in this this go-getter world, with thoughts, plans, and anxiety. Listen to this 20 minute audio:

Your First Steps Towards Deeper Rest

—to guide you to those restful moments. It's a different kind of relaxation experience, that helps you return to yourself and generate moments of rest that build on each other. It's helped many let go of the day and renew (and welcome sleep) at night.

I hope you enjoy it.

Click the arrow to listen now

IF YOU'RE CURIOUS ABOUT CHANGING YOUR NIGHTS AND DAYS, HERE IS A GOOD NEXT STEP.

The struggle to sleep and have energy for your life can be draining. At night you can feel trapped over lost sleep. Maybe you get up and do something or feel drawn to the double-edged lure of medications. During the day you feel reactive, barely make it through the day, and forget who you really are or want to be. If you're interested in discovering another path—actually 7 pathways to rest—sleep, and living the life you miss, let's talk.

During a free consultation, we'll talk about your unique struggles, what's worked and what hasn't, and what you miss when your days are exhausted. I'll also share a way to help you feel more restful at night and/or aligned with your days. I'll let you know how my program works, and if we agree we're a good fit, we can move forward together. It's easy to sign up on my calendar for a time we can talk. I'm looking forward to it.

MEANWHILE

Be kind to yourself. The more you appreciate the blessings, gifts, love, and care in your life, the more you can be with who you really are (accepting your whole and imperfect self). Then it's easier to rest at night, welcome sleep, and be more fully present in the life you want during the day.

Wishing you sweet nights and vibrant days!

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