



MONDAY TEA & TALK Cultivating Deep, Restful Sleep

Sleep is one of the most crucial factors in creating a life of enjoyment and ease. It is an opportunity to release ourselves from the stress of daily life and return to Source.

Our brain goes through a cleansing process carried out by the glymphatic system which carries fresh fluid into the brain primarily during the period of deep sleep. This fresh fluid is mixed with waste-filled fluid surrounding the brain cells which is then flushed out of the brain and into the blood.

Sleep deprivation is so debilitating that it is used as a form of torture. We need the revitalising power of sleep to recalibrate, rejuvenate and return to our most functional and best selves. This helps to eliminate brain fog, affording us clear, concise thought processes and inspired new ideas.

Unfortunately, today's lifestyles and diets do little to accommodate our sleep habits. While some stress can be helpful, an overload taxes our nervous system leaving us physically, emotionally and spiritually drained.

Ask yourself honestly how much care you give to your sleep routine. Do you even have one? Is your room a tidy, clean sanctuary where you feel at peace to retire to? Do you have clean sheets on your bed? Is the lighting dim and warm? Do you read or have another means of winding down before hitting the pillow? Are your relationships harmonious and peaceful or are you taking deep wounds and hurts into your nighttime reveries?



Every aspect of our lives is experienced by our physical bodies. All the emotions that remain undigested during the day will need to be processed while we attempt to sleep. Any stress, aggravation, heartache, disappointment and so forth will rise to the surface of our unconscious during the night in an attempt to be resolved.

Similarly, heavy meals will sit upon our stomach, being digested which can prevent you from falling into a deep, revitalising sleep. Rather than resting and restoring, your body will be working hard to process your nourishment.

For many, evening time is when we pour ourselves a drink, light up a joint or engage in some other habitual tendency to mitigate the tension of the day. While this may initially help us to relax, these self-soothing behaviours will



Any addictive practices prevent us from dealing with root of our issues and in time, will compound our problems.

Here are some tips to help you regain control of your life and improve your sleep:

- *Avoid fizzy drinks - these are not only high in calories and sugar, they are literally a poison.*
- *Make breakfast and lunch your heavy meals while eating lightly during the evening. This will afford your digestive system a good, solid opportunity to process your meals and reestablish homeostasis.*
- *Refrain from overloading on caffeine, especially after 12 noon. This will give your adrenals a chance to rest and allow your body to be free of this stimulant as you approach sleep time.*
- *Create a haven of your bedroom. Leave your window ajar so that fresh air continually circulates.*
- *Avoid horror movies, the news and anything else that stimulates your nervous system or causes you distress before bed.*
- *Honour yourself. You are the most important person in your life. Treat yourself with dignity and care. This will offer you a peaceful heart and mind which is the foundation for all goodness in your life.*
- *Exercise. Our bodies require release and movement. Stagnation is not only a real sleep destroyer it can be fatal. Do your vigorous exercise in the morning. Qigong offers an exceptional means of winding down for the evening while providing circulation and healing to your entire body, mind and spirit.*

When we take excellent care of ourselves, we are also taking the best care of those whom we love.

Everything begins and ends with you. What you give out, you get back. Are you willing to begin acknowledging your importance? Are you willing to give yourself the care that you deserve?

So many of us are waiting for someone else to show us how valuable and lovable we are when in fact, we always receive what we radiate out into the world.

If we want to live in a beautiful, peaceful world, we need to BE this. When we are war with ourselves, we are at war with the world.

You may find yourself initially uncomfortable with making changes. This is natural. Keep going! Discomfort gives birth to expansion. If we keep doing the same things, we'll keep getting the same results.

You hold all the power in your life.

