

SLEEPING TIPS

Captivating Thoughts

In the Name of Jesus, I command these thoughts to be cast down, to fully surrender to the obedience of Christ. I release these feelings of (fear, anger, loneliness, resentment, hopelessness, rejection, and disappointment...). I cast all my cares and worries upon you. I redirect my thoughts upon You, for you alone are Trustworthy. I choose to put my trust in You. I receive a full measure of (peace, comfort, hope, rest, safety, security, joy and love...).

Isaiah 26:3 You will keep in true peace those whose minds are stayed on you, because they trust in you
2 Corinthians 10:5b. ...capture every thought and make it give up and obey Christ.

Our Father Model (Sample)

Our Father, who is in heaven, Your Name is Holy. (You are Perfect in All Your Ways, You are Good and Loving.). Your Kingdom come. Your will be done on earth (in my/our life, health, thinking, relationships, even our sleep...), as it is in heaven. (Healing, Wholeness, Prospering).

Give us this day, our daily bread (needs) and forgive us our sins as we forgive those who've sinned against us. Help me forgive. Lead us away from temptations and deliver us from evil. For Yours is the Kingdom and the Power and the Glory forever and ever. Amen

Matthew 6:9-14 <https://www.biblegateway.com/passage/?search=Matthew+6%3A9-14&version=AMP>

Pray 91 Protection and Soul Healing for Others

Father, I pray 91 protection over _____. I pray healing for their soul. _____, be healed and prosper in your soul, your mind, will and emotions and body...

Pray over each person led to until asleep.

Psalm 91 <https://www.biblegateway.com/passage/?search=psalm+91&version=AMP>
3 John 1:2 <https://www.biblegateway.com/passage/?search=3%20John%201%3A2&version=AMP>

In His River

Use your holy sanctified imagination. Meditate on being immersed in His River of Living Water. I step in with my feet. The temperature is perfect and my feet relax. I go in deeper to my ankles and calves and knees. With each step, each part is more and more at ease. (*Continue in this manner, until in over our head*). I am completely immersed in You Lord. I let go and rest in You.

Psalm 63:6 When I remember You upon my bed and **meditate** on You in the night watches., Psalm 145:5, John 7:38



SLEEPING TIPS

Put On: The Armor of God, The Armor of Light, and The Lord Jesus Christ

I Pray always in the Spirit. I clothe myself in the Lord Jesus Christ and His Armor of Light.

I put on the Helmet of Salvation which guards my mind. I declare I have the mind of Christ.

I command my mind to think like Christ.

I put on the Breastplate of Righteousness which guards my heart.

I declare I am made righteous through Christ Jesus my Lord. He is my righteousness.

I think right, do right, react and respond right. I believe rightly.

I take up the Shield of Faith. HE is the Author and the Finisher of my faith.

I take up the Sword of the Spirit which is the Word of God.

I speak His Word to defeat the enemy. It is sharp and powerful.

I put on the Belt of Truth which girds me up and upholds me. He is my Truth.

His Word is True and Trustworthy.

I put on the Shoes of Peace. He is my Peace. I carry His Peace. I share His Peace.

The Lord is my Salvation, my Righteousness, my Faith, my Truth, my Light, and my Peace.

I am saturated in His Peace now, even as I deeply sleep. Amen.

Ephesians 6:10-18 <https://www.biblegateway.com/passage/?search=Ephesians+6%3A10-18&version=AMPC>
Rom 13:12b-14a <https://www.biblegateway.com/passage/?search=Romans+13%3A12b-14a&version=AMPC>

OTHER TIPS

Prayer Tap Audio App by Coach Paula – (7-Day Free Trial), Clients (30-Days Free), Contact abundantlifecoaches@gmail.com.

Miracle II Products – Soaps (External) & Neutralizers (Internal & External). *Noticed I slept more deeply and longer within days. Then I discovered that a Prayer Routine that would retrain my mind and body for sleep. And sleep faster.*

Make Room As Dark As Possible. | **Rhythmic Tapping** – During a Session, ask your Coach, how this works. | **Eyes** – Position Upward

Remind Self: I cannot solve this problem right now. It's time for Sleep. I can think this through better when I'm rested. I might as well Sleep. 😊

Heart Sync Focus - Heart focus and breathing method (*you've learned with your Pala Healing Coach at Abundant Life Coaches*).

Military Muscles – Tighten muscles and let go. Full body all at once or in sections (ie: above shoulders [*neck, face, eyes*], shoulders to waist, waist to thighs, knees to toes). Let go as though that section sinks deeply into the bed.

Literal Words Awareness – When it's time for sleep, rather than using words like 'fall' asleep or 'go to' sleep, which imply danger, or action, use: I cannot solve this issue right now. It's time to sleep. Sleep can help. I might as well sleep. I sleep now. I receive sleep.

Phone and Wi-fi Devices - Keep at least 6 feet away or in other room. 1-2 minutes on cell phone without EMF Protection **can slow the flow of blood and malform blood cells**, decreasing oxygen needed in **brain** and elsewhere. Shutdown all use of devices and tv at least 1 hour before bedtime. Seriously consider **EMF Protection** applications. *Ask your Coach. Also, research Blue-Light Effects.*

Sugar, Artificial Sweeteners, Aspartame, Dehydration, Alcohol, Caffeine, Medications. MEDICATIONS–Be aware, part of sleep cycle is specifically for healing the brain each night, when eyes move left to right. There are sleeping pills and medications that do not allow this part of sleep cycle. Brain cannot heal. Ask your doctor if there is a safer alternative. SUGAR, CAFFIENE & HYDRATION–Notice if you see a pattern with these: If too much or too late, or any consuming of Caffeine, Alcohol, Sugar (or things that turn to sugar after consuming), or low water intake that day, does it disrupt your sleep? WATER/HYDRATION–Note: Body may not like water source or brand you drink or the container it's in, and thus will not hydrate. Gulping fast? Doesn't hydrate. Electrolytes? May be needed (I like Dr Berg's brand, no fillers). Magnesium low? (I like Calm brand). ARTIFICIAL SWEETENERS can cause **Insomnia**. ASPARTAME–linked to Cognitive and Behavioral issues and possible Neurophysiological (Nervous System Dysfunction) symptoms like: *Learning issues, Headache, Migraines, Seizure, Anxiety, Depression, Irritable Moods and Insomnia*. Can decrease good outcomes for neurotransmitters, and levels of *Dopamine, Norepinephrine, and Serotonin*, known for Regulating Neurophysiological Activity.

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