

Remind yourself of the four steps for quieting the mind and getting back to sleep:

MINDFUL FOCUS TO HELP QUIET THE MIND FOR SLEEP

RELAX ALL OF YOUR BODY like you are floating on water...let go with all joints, let your body be loose and imagine floating on your back in water.... maybe imagine the sounds of the water, feel of water below and air above...

SLOW YOUR BREATHING like when you practice the coherence technique...Heart focus, Heart breathing and Heart feeling....and remember to let your breath be soft, quiet, just a very slow trickle –you hardly need much air when you are lying down- Breathe as slow and soft and long as you comfortably can, **WHILE** relaxing like floating....

WARM YOUR HANDS AND FEET: Imagine feeling warmth or heat with your hands and feet. Imagine the actual sensation of heat as if your hands were toward a nice fire, or healing glowing is coming from your hands and feet, or putting your hands and feet in warm sand on the beach...Imagine them getting hot and even sweaty, heavy and full with the warmth...

PUT YOURSELF IN A SAFE PLACE: A safe, uncomplicated place, like on a rock by a stream, in a favorite room or library, in God's hands (no worried prayers, just in God's protection for the night, if that works for you), in a safe protective bubble of favorite color...

Now the **KEY** with these quieting your mind and lowering your arousal is to keep the attention on these four steps only. If your mind starts to wonder and busy itself on other topics or drift to negative topics, imagine sending those topics to a box or bulletin board for some other time, and return to focus entirely on one or two of these steps...you can change what you pay attention to, but only to one of the other steps...or try to do all four at one time....and as your mind starts to drift, try not to stop the slow breath and letting go....you might even say stay awake to yourself and try to do it for one more minute...just note its's starting to work as you start getting drifty. At that drifty point it is easy to stop keeping your mind on what is working...try to stay on it long enough to drift on to sleep. And trust that even if you stay awake, this is one of the best ways to rest, almost as good as sleeping....and you just may drift on to sleep....ZZZZZZZZZZ