

# Daily Mind Matters

## Sleep

Use the following Daily Routine if you are feeling that you can't sleep or you know of a situation that will cause you to feel that you can't sleep in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

### Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

### On Waking

Make your cup of tea or follow your immediate routine.

## Daily Meditation - Sleep

*(Maximum duration 15 minutes)*

### Meditation - Sleep

*Find a place where you will be undisturbed for 5-15 minutes.*

#### Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

#### Stage 2

Maintaining a gentle breath, silently say:

- *"I breathe in and create a safe space for a restful and rejuvenating sleep."*
- *"I breathe out and release all feelings and thoughts that keep me awake at night."*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

#### Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *"I give myself permission to sleep deeply and peacefully through the night."*

Repeat the saying for as long as you feel comfortable.

## Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you (to be unable to sleep) as a tiny speck on the horizon:

- Silently say: *"This situation is not real, it no longer affects me."*

Repeat the saying for as long as you feel comfortable.

## Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel peace and tranquility flooding through your body.
- Smile as you open your eyes and end the meditation.

## Midday Affirmation

*Find a place where you will be undisturbed for 1 minute.*

Silently repeat this meditation phrase:

- *"Every breath I inhale peace and tranquility."*
- *"Every breath I exhale releases all my thoughts and feelings that prevent me from sleeping."*

Repeat 3 times.

## Evening Review

*Find a place where you will be undisturbed for 5 minutes.*

Reflect back on your day and identify any moments of not sleeping.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of not being able to sleep.

And then silently affirm:

- *"I no longer accept these feelings and thoughts that prevent me from sleeping as being real."*
- *"They are not a part of me."*
- *"I let them go."*
- *"I am peaceful and calm and ready for a good night's sleep."*
- *"I 'will' myself to be peaceful and calm in everything I do."*



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