

Affirmative Contemplation



At Bedtime and for Insomnia - Sweet Dreams

I close my eyes to the limits of form

I open the door to the bigger part of me

I let go of my day, knowing it was good

I acknowledge the seed of good within every moment

And every event of my day

I devote my attention to that good

No matter how obvious or how hidden

I align myself with the bigger part of me

I return to my center of love.

I turn my gaze to what is beautiful to my eyes

I turn my Self to love

I am one with the cycles of nature

As the sun rises and sets and rises again

As the tide washes in and flows out and returns again

So my consciousness flows through its cycles of waking and sleeping and waking

I am carried softly and naturally by the gentle tide of sleep

In its great turning and flowing

Lifted by the moon

I gently turn and flow and lift into sweet moments

Of ease

I release my burdens

I lower my bags to the earth and let my spirit soar

All the restraints and commands that I repeat in my day dissolve in my dream

I am free

My true nature lives here

As I relax and let go

I find a soft smile hidden in my face

As I release my tensions and judgments

I find profound love hidden in my heart

No matter where my mind may take me I am at home

No matter how my body may feel

I am comfortable

No matter what may have happened in my day

I am whole, happy, and restored in my natural cycle of sleep

I am one with the nature's big cycles

I lift my legs from the earth and align with the stars

The moon is my earth in the light of my dream

All is well

In the morning as the tide of my consciousness returns

The cycle flows on

I can let go and let it carry me in

Waking and sleeping and waking and sleeping

It is a much bigger cycle than it appears from my two eyes
as they open and close and open.

I feel honored to ride the wave of day and night and day

I relax into the rhythm of waking and sleeping and waking

I trust Mother Nature to carry me safely

In her loving arms

Into the beautiful night and back again to the bright new day

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