

Sleep Focusing - Sleep process

The sleep process takes about 1/2 hour.

1. Relaxation Exercise

2. Focus on the breath - Sit up in bed

-take 10 long breaths; then 15 medium breaths; 20 quick breaths

allow thoughts to disappear by focusing on the breathing.

3. Focus on the feeling about about not sleeping: Stay sitting - become aware of the feeling you have about not being asleep. Take time to allow it to be there. Welcome it without getting involved in it - keep a bit of distance from it. You could use the phrase, "I'm noticing something inside me that is". Then try and describe how it is.

Say hello to it

describe it

Write down what it is like

4. Focus on how awake you are right now: Lie down on your back and relax but do not go to sleep. Focus on how awake you are right now.

Imagine the light in the room has a dimmer switch with numbers 0 - 10. If you turn it up to 10 that is fully awake, if you turn it to 0 that is asleep. Now take a moment to imagine turning the dial to the number that represents how awake you are right now. You need to be a bit more awake for the next step. While lying on your back, open your eyes. Notice what number you are on when you are a bit more awake.

5. Focus on being awake:

This is the hardest step. Finding the sensation of being awake is not easy. It is like noticing the surface of a mirror rather than what the mirror is reflecting. Reading page 3 of Locana's article gives a really good description of how to do this.

- What is being awake like right now?
- What sort of awokeness am I feeling?
- What is the quality of this 'Awake'?
- What is it's texture?
- What is the whole thing of being awake like?
- Where is awake in me?
- Whereabouts is awake around and outside of me?

Here you are looking for an image or metaphor of what 'awake' is like. Some of our images are seeing light flood in from a high window in a cathedral, noticing a wound up spring making a clock tick or machine whirr. You need to find your own description - try a few out.

6. Focus on what comes between you and getting to sleep: Go into your normal sleeping position. You could also imagine hovering above the bed - lying on the bed is being fully asleep - how high are you hovering. Notice what comes between you and going to sleep

7. Letting go of the intention of getting to sleep: Take a moment to notice where the dimmer switch is now. You need to give up any intention of going to sleep. One way to do this is to decide that where the dimmer switch is now is good enough.