

sleep is one of the fundamental ways that we heal, repair and re-energise ourselves for a healthy, happy and productive life. When sleep is disturbed, it has a powerful effect on many levels. Without enough sleep, we tend to feel more emotionally erratic, overeat and struggle to think clearly and make constructive decisions. Without enough sleep, we do not recover as quickly from physical illness or injury and become more prone to illness due to a compromised immune system. Without enough sleep, we can even be affected spiritually, feeling more alone and disconnected from life, as though we are not really as grounded and at home in our bodies and lives as we could be. To put it plainly, lacking enough deep, restful sleep just doesn't feel very good!

Unfortunately, as any insomniac knows, once you get into difficult sleep habits, it can take some time to break them, to recover from the negative impact of insufficient sleep and, most of all, to prevent yourself from developing an anxious or worried attitude towards sleep, generally. You might start to build a whole belief system around the idea that sleeping is difficult for you and that it causes you stress and frustration, and that won't help matters very much. In fact, your attitude might unintentionally add more stress to a situation where stress is the last thing you want to feel.

The good news is that even a persistent sleep problem can be undone with gentleness, patience, time and a willingness to do some work. This will be the most relaxing and soothing work you will probably ever need to do! It involves reading this book, but the most important part

is listening to the CD. The hypnotic and soothing sound of my voice will help you at a deep subconscious level. With regular use (see the section below that explains how often to use this program), the comforting qualities in my voice will become qualities you feel inside of you too. You'll find it easier to sleep even without the CD playing. You just need to give yourself the chance to do the work for however long it takes for the change to happen for you.

It can be reassuring (though perhaps also just a little disturbing) that problems with sleep are not rare at all in our world. Modern life, for many of the population, lacks the stresses that our forebears used to deal with – the threat of being chased by a lion and eaten for his dinner, for example. However, there are other more insidious, pervasive and consistent stresses that can add up to – surprisingly enough – be even more negatively stressful on our bodies and minds. From dealing with traffic, schedules and financial matters, and the massive inflow of information from mass media on a daily basis (much of it unnecessarily manipulative and anxiety-inducing), to the near-constant buzz of technology, it's easy for stress to get the better of us.

Without the healthy break that good-quality sleep provides – a type of much-needed 'off switch' – ordinary daily stresses can take on an overwhelming quality, accumulating without the discharge that happens when we rest and wake refreshed. Many people try to deal with these overwhelming stresses by unconsciously zoning out in front of the television at night, or by withdrawing emotionally from their relationships and escaping into a fantasy world of online gaming or other addictions – none of which does much to improve one's energy levels or state of wellbeing. Rather than unwinding at night – and experiencing

the literal and life-enhancing darkness we need to stimulate the release of melatonin, which enhances deep and healing sleep – we have mobile phones and alarm clocks, noise and light pollution, as well as the distractions of a busy mind and a body bathed in electromagnetic radiation (EMR). It's completely understandable that we might need some help to overcome these challenges of modern (in)convenience and reconnect with the natural healing power of sleep.

my body knows
how to sleep
so easily and naturally.
i trust my body
to sleep well.

During a time of prolonged drought in Australia some years back, although I lived in the city at the time, where the immediate effects of this drought were somewhat removed, I had a client who lived deep in the heart of rural Australia. As I conducted a telephone session with this client, the ache of her depression and despair, her fear and doubt over the duration of the drought travelled straight down the phone line into my heart. I could see and sense the reality of what it was like for her – and many other farmers – to live with so much drought-induced destruction at their door each and every day, with no relief in sight. The death of her animals, the devastation of the beloved gardens that she

i have wise
and healing
dreams
that help
me every
night.

had nurtured over many years, the financial, emotional, and even spiritual strain – including her faith that things were going to somehow be OK – seemed so great as to be impossible for my client to overcome.

It was just after my session with this client that one of the local television stations, the ABC, aired a short and provocative type of 'infomercial.' I found it very moving. It simply featured a weathered male farmer speaking to the camera. He looked like he had lived, struggled and yet, somehow, also thrived on the land for a very long time. His eyes held so much experience, and his voice was quiet but authoritative. There's probably no one better qualified than a farmer – with the exception perhaps of an indigenous person – to speak with experience, humility and wisdom about the power of nature, given that their livelihood depends on it. He simply stated this: 'We need to trust in nature. She knows how to heal herself. Give her time and she'll do so.'

That simple message was so profoundly moving to me. His wisdom provided a sense of hope and gave relief from an underlying fear that something was truly wrong. When the drought eventually broke and people moved on with their lives, his words proved themselves to be true.

Was it easy waiting at the time? Not at all. And yet even that apparently unending situation of suffering and strain was brought to an end in due course, and new life sprang forth.

There are two reasons that I share this story with you. Firstly, as a reminder that no matter how difficult things get, there is a healing power within nature; she knows how to balance and repair herself. You are a natural creature. Your body belongs to the natural world and has this power within it. Your body knows how to heal a broken bone – now that’s something to admire! According to the farmer’s wisdom, you just need to give nature – in this case your own self – time to heal. In listening to this program, reading this book, applying what you learn here and having patience that is exactly what you are doing.

The second reason that I share this story with you is to let you know that sleep is one of the great ways that nature gets her chance to heal and rebalance us. The importance of sleep in all areas of your life cannot be underestimated. From health and weight to emotional stability and hormonal issues, from relationships, productivity and advancement at work, to your basic level of happiness and wellbeing, sleep is a major player. So if you are going to put some time and effort into giving yourself a chance to improve your sleep patterns, really go for it. Make a daily commitment to yourself. Give yourself a chance. Know that the benefits are many, and you deserve all of them.

You don’t have to feel too overwrought to relax, unwind and gain the quality and quantity of sleep you need to cure fatigue

i enjoy the
surrender
of sleep. i
like to let go
and relax.
it feels so
natural and
easy and
good.

of body and exhaustion of mind. You can have healing, deep, peaceful, restful sleep. You need to start by believing in that possibility. Part of you must already do so, or you wouldn't be reading this book. You'd have already dismissed it as impossible and ignored the help that is reaching out to you through these words and the accompanying CD.

One of the best things you can do for yourself now is be kind to yourself. Don't get mad or frustrated at your body and mind because you have had difficulty in getting to sleep in the past. Let your body and mind know that you love them. It might seem strange, but just try to send some loving kindness to your mind and your body, now. They help you live each day and do their best to thrive in a very complicated, often stressful and sometimes downright confrontational and challenging modern world. You need to say to yourself, "Hey, it's okay that things have been tough, and it's been hard to get to sleep. I've come this far in my life without going completely nuts – and that's something to be proud of! I am now going to learn how to relax and sleep more easily, and that will help me so much. I deserve it. I am a good person, and I deserve good quality rest. Everything is going to be OK." Now, just keep telling yourself that until you believe it (because it's actually true!).

