**Napping: Sleeping and Waking**

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*Off to sleep*

Eyelids close, shoulders relax

Breathing deepens… and slows

Storms calm, head clears

Breathing deepens … and slows

Gently, slowly, open heart

Breathing deep, living light

Inhale … hold … exhale

Repeat … repeat … and repeat

A tickle inside

Almost a laugh

A feeling upwelling

Breathing out

Falling… falling… sleep

*Waking*

Eyelids flutter

Light sensed

Breathing deep

Stillness becomes isolated movements

Gently, slowly, eyes blink

Mind gradually begins to think

Peace, rest; this is best

Stretch, move … blink once more

Stretch again …

Eyes open …

Life welcomed

Thoughts return

Wakeful … peace-filled

Rested … lighter … ready

It’s time to rise