

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