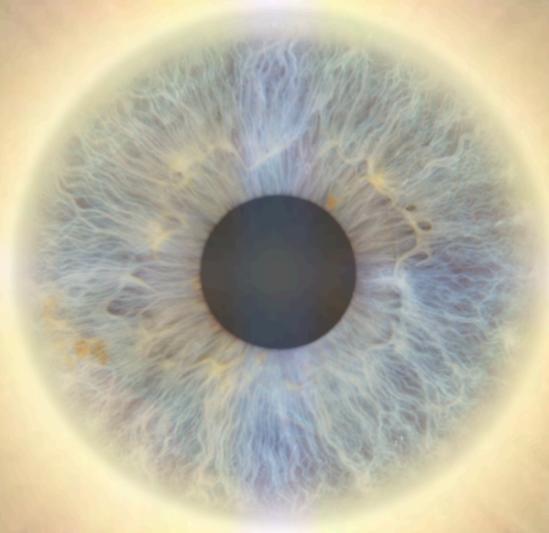


GUIDING LIGHT



—∞—
THE INSIDE OUT - WHERE LIGHT
AND SOUND CREATE WORLDS

LIGHTS,
CAMERA,
ACTION -
THROUGH
SLEEP, WE
AWAKEN

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**"Oh, tell me where your freedom lies
The streets are fields that never die
Deliver me from reasons why
You'd rather cry, I'd rather fly" - Jim
Morrison**

The doors to the unconscious are waiting. The gap is getting wider and wider every day. Here, we explore the scientific, spiritual and deeply mystical reason as to why we sleep, what sleep is, why it is important for our growth and how to sleep the best sleep possible!

It is said, that Men are the Keymasters of the cosmos and Women are the Gatekeepers but when we fall asleep, the one that opens the doors and wanders in and out of places and spaces that the waking version of us deems so strange and unfamiliar are the versions of us that are all those things, for outside of this realm of **'time and space'** exists another world that we are always connected with. We just are not conscious of it

ACKNOWLEDGEMENTS

As I started out this mini book on the profound details of sleep and the world of dreams (something we ALL do), I was also in the works of a book I wanted to write called [LIGHTS, CAMERA, ACTION](#) (Link included so you can see where I was going with that - more of a philosophical query) and as I started writing this piece, originally titled 'Life is but a dream' I actually came to realise that the 2 pieces needed to merge as they were talking about often the same bits and pieces so, here you have a 2 in 1 - Sort of like life itself where we are Asleep and Awake! I hope you love it and find inspiration across the many topics covered!

GUIDING LIGHT

Odd to say at the start of a book but, SWEET DREAMS FRIENDS

DISCLAIMER

I really feel I have to start this piece by putting my hands up and stating that, as a philosopher first and foremost, it is in my being to question, observe and query the world around me. I am a very light hearted, funny kind of person. Those that know me consider me the group clown, often using humour to lighten the load or to make the heaviness of life someone more bearable but, this piece goes deep. At times I have read over my thoughts and queries and actually had to have a word with myself because the nature of this query is DEEP!

DEEP DEEP DEEP

So, I hope you will consider this as you go through the pages. Although deep it is intriguing. It is inspiring, thought provoking and hopefully enlightening but it's no sunday light read.....JUST SAYIN!

INTRO

Hands up if you have any idea what on earth goes on and why when we go to sleep? Like, why do we do it? Why do we need to do it and what on earth is a dream?

When you actually sit down with yourself and spare a thought on the complexities of SLEEP and DREAM STATES you could be forgiven for thinking 'What on God's good earth is that about?' as there's no straight forward, conservative way of having this conversation without it sounding absolutely 'off the wall' and completely far out that yes, for good reason (our limited brain function for one) we tend to switch off the abstract, outlandish considerations of the phenomena of sleep and move along in our

'subdued awakened slumber' - As we will see, consciousness and the subconscious mind and sleep go hand in hand, so, let's prepare to crack some codes, get a little weird and really figure out how to get some good sleep so that we can really max out the journey and for all you insomniacs out there, have bedtime become the most favourite part of your day (or night!)

We were just closing off on 2023 and we sat round the table and all asked, 'What do the themes of 2024 look like and why?' - Now, when we ask this question, we are looking at these themes more metaphysically and energetically rather than logically, as with any shifting in time and space, it happens in it's own way, according to the laws of nature and our surrounding environment and yes, sure, we can dig deep and look at it from a viewpoint of classical physics and science as we always have for 'reliable' sources of data and info but, if you understand this field of scientific work and theoretic practice, then you will know that over the last decade, most of what we thought we knew in the field of physics according to all we considered fact is now being questioned by those in the field and with alarming consequence.

THE SCIENCE

Let's be clear and please understand that in science, the definition of calling something a **FACT** comes from an observation that has been repeatedly confirmed and for all practical purposes is accepted as "true." Truth in science, however, is never final and what is accepted as a fact today may be modified or even discarded tomorrow. Now, we are having to reconsider much of the work we thought we understood as concrete and look at things, especially for our future in a whole new way and with a very different set of eyes on the ground (and up / down in the **space around us**)

Before I move further into black hole theories, let me just spend a moment with the **SPACE AROUND US** and on the topic of reductive science based theories, consider exactly that:

TIME AND SPACE

Imagine, you are you, here and now but, could there be another version of you, let's say, in a parallel universe or reality which therefore means that they are there, not here and we are separated by space and time although entangled in this experience without consciously knowing it or being able to reach out and touch it but, the particles that connect us are all here in the now otherwise we wouldn't be able to become entangled in the first place. We wouldn't have that connection therefore, if one affects the other, there's no distance being crossed, therefore, could it be that there is no such thing as time and space? There is such a thing as an experience but there's no such thing as a thing unto itself. It's a way of experiencing reality, it is not a place unto itself

As a somatic psychologist and philosopher, I have said for a long time now that the concept of healing is nothing more than becoming aware of one's own experience and the more divine it reaches, the less we need to pick apart at the layers and the frames, parts and pieces because we are never separated and always whole

Scientists are looking for the unified theory of everything and the way they go about finding their answers is via reductive practice which picks apart the 'anything' to try to find the one underlying fact so that they can make sense out of it. Well, then if that's the case, they have to reduce time and space as well in order to prove their singular theories correct. If you're going to play a reductive game and look for a single principle, time and space need to also be included in that equation.

When you reduce space into one singular expression you end up at a singular dimensionless point and when you reduce time that way, you end up with a single timeless moment So, the single dimensionless point could otherwise be thought of as HERE and the single timeless moment could also be thought of as NOW

THE HERE AND NOW IS ALL THERE IS (When we're awake and conscious)

In order to have the BEST experience in the 'HERE AND NOW', all you need to do is connect, awaken, be aware of your presence and feel the experience.

THAT IS ALL!

Ok, so getting back to 'THE SCIENCE'



There's a very interesting documentary on Netflix that talks about exactly this. In **FACT** there are a few, but this one in particular, **'Black holes and the edge of all we know'** speaks of how the laws of physics come down to experimentation, observation and theoretics and by predicting the laws of nature by working backwards through time, we can identify patterns and put together a 'logical' interpretation of our historical timeline and then predict where we're going based on said results. If those laws however break down, it breaks away our limits of knowledge and leaves us boundless to our own understanding of our history and memories, which Hawkins himself states clearly, could then be nothing more than illusions.

Hawkins and his works are looked at here and given what he tells us about the nature of the universe and 'how it works' if Hawkins is correct then the nature of the universe can spit out anything at any time, and the laws of it are in fact RANDOM. There aren't really physical laws that govern the entire universe. This is every physicist's nightmare and what we are seeing play out in REAL TIME, whatever that means anymore, and upon this ENERGETIC alternative, we have to then consider that what we thought we knew that lead us to have firm belief in who we are and where we are and more importantly, where we're going is left up to nothing but absolute random faith and chance.

TIMELINES

It's very possible that consciousness creates the planets as much as it is influenced by them. Fractal patterns. As above, so below. As within so without.

Building on the Timeline Theory, it can be posited that human existence is not confined to a single, linear experience. Rather, man exists in multiple states across various timelines. The physical

body, while rooted in one primary timeline, simultaneously exists in numerous others. Our body is the vehicle transporting us across this multiplicity of existences and suggests that our consciousness, or spirit, is not bound to a singular timeline but traverses and interacts across a vast spectrum of realities.

I think and feel that for the most part, most of us, whether we want to admit it or not are becoming more accepting of this as a possible reality experience and the very reason for this is 1) Timeline merging, 2) Our fields of consciousness expanding and 3) Reality stretching us into new and different places that only a few mere years ago would have seemed just too far fetched or incomprehensible but are now in 2024, becoming accepted norms ie: Multiverse theories, AI inclusion, Robotics, Gender gaps etc

All of those factors are representative of TIME and SPACE where there has been a shift in both, proving that we are flexible, moldable, adjustable, adaptable and able to move ourselves into spaces that don't look anything like the 'GOOD GIRL AND BOY BOX' we were taught to be in and not look outside of. The reason I bring this up is to highlight to those that think or believe that

- This reality is all there is (That would suggest it never changes and I think we can safely say now that that is not the case)
- Death is final (Again, if this experience is shifting us through time and space and we are the ones illuminating the projection, that is possibly not the case either)
- Planet Earth is our only home (If time and space are non reductive, then time and space shifts forwards and backwards millions of times a day and we are constantly moving energetically and vibrationally between different parallel versions of ourselves in physical bodies and different versions of earths as we use the projection to create our

reality experience eg: Mandela effects + circumstances such as, 'I had a dream (in the wakened moment) of wanting to plant some olive trees and knowing how long olive trees take to yield, it put me off so I never did it but, 3 years later, there are fields and fields of olive trees close by where I live that were never there before' - An example of creating new realities based on desired experiences and outcomes shift our world hence making it appear different in our 'frame' of reality

Ever wonder why people say 'The eyes are the windows to the soul'? The eyes are EVERYTHING! I literally mean that. I am the apple of my eye. The toroidal around the vortex.

Life is a reflection. What you see reflects your soul.

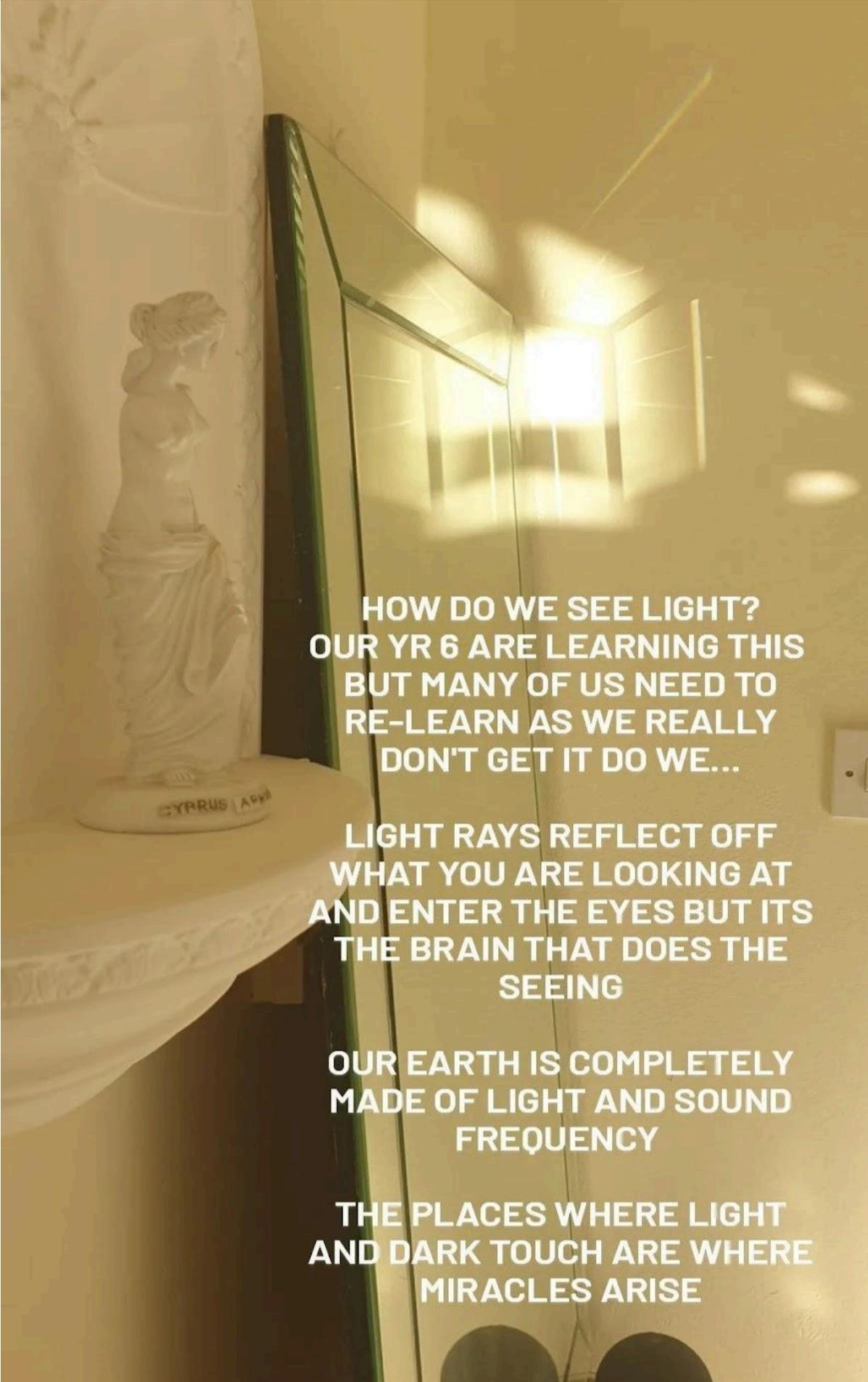
As within/so without it's not about the eyeball although it's a clue. I wrote earlier on my social media about how I am in the full swing of hosting various body brain connection workshops. The thing we find upon deepening ourselves in the journey is a particular reckoning to one's own spirit. The spirit is the light. You start to see it!

The Alice down the rabbit hole is a reference that often comes up in our sessions and someone once asked the group, 'But what is found at the end of the rabbit hole?' - and one of the participants said "It's actually a mirror that appears to be light at the end of the tunnel but it's actually the light within you expanding in the reflection" - We we're all speechless and sat there in silence for a moment.....Let that sink in.

If anyone is interested in listening to one of my older podcasts on LIGHT then please head [here](#) as it gives an idea about the eyes,

reality and light and sound. At the end of the day, that is all there is. It is what we are! And further along, we shall also explore the eyes in LIGHTS, CAMERA, ACTION!

I remember a couple of years ago in a year 6 science class we were teaching them about light and I posted a pic on my instastories (exact pic below from my archives) relevant to what we had been learning that I thought would inspire those that look at my stuff. You know, yr 6 science...Stuff of 'facts' we tell kids etc and one of my family members who I shall not name and shame but YOU KNOW WHO YOU ARE (haha) messaged me and said 'You don't half talk some mumbo jumbo'! How I laughed! I was talking basic physics and laws of the universe. The kind of stuff that's 'WHY WE'RE HERE' but again, as I mentioned above, when you stop and sniff the flowers, sometimes the 'stuff' is just too much stuff so best stop sniffing and just drift on by....



**HOW DO WE SEE LIGHT?
OUR YR 6 ARE LEARNING THIS
BUT MANY OF US NEED TO
RE-LEARN AS WE REALLY
DON'T GET IT DO WE...**

**LIGHT RAYS REFLECT OFF
WHAT YOU ARE LOOKING AT
AND ENTER THE EYES BUT ITS
THE BRAIN THAT DOES THE
SEEING**

**OUR EARTH IS COMPLETELY
MADE OF LIGHT AND SOUND
FREQUENCY**

**THE PLACES WHERE LIGHT
AND DARK TOUCH ARE WHERE
MIRACLES ARISE**

So if light and sound, vibration and frequency are what make up TIME AND SPACE, then the timelines we experience are entirely dependent on our own energetic frequency

In this intricate web of timelines, if a person is fully engaged in one timeline, their presence in another might be akin to that of a non-player character (NPC) in a video game. In such alternate timelines, they may appear to be present but operate in a more automatic, less conscious manner.

This phenomenon is similar to everyday experiences like driving a familiar route and arriving at the destination without a conscious recollection of the journey. Here, the body functions on autopilot, a sort of automated mechanism that can be likened to a 'matrix organism'. This is why it's important to NOT TRY TO CHANGE ANYONE to become more awakened or more switched on because each version of each of us exists within a perfect prism that is operating as such for a reason. Wherever there is light, there is always a shadow too

Quote below by a beloved colleague, Sirius B

“Within this framework, the human spirit or consciousness acts like a 'ghost in the machine', freely moving and existing within this Matrix, yet not entirely of it. The spirit's ability to transcend beyond the physical limitations of one timeline and engage with multiple realities suggests a deeper, more profound connection with the universe.

This expanded understanding redefines the concept of self, existence, and reality. It implies that every individual is a composite of various instances of themselves, each playing a distinct role in

different timelines. The spirit's journey through these timelines is not just a passage through different states of being but an exploration of the vast expanse of human potential and the myriad paths of existence that stretch beyond our conventional understanding of time and space.

The Timeline Theory and its concept that we are multidimensional is not a theoretical suggestion, but a definitive understanding of human existence. In this framework, different states of consciousness, such as dreaming, meditation, or daydreaming, are not mere psychological states but actual engagements in alternative timelines. Dreams are real experiences occurring in a separate timeline, and meditative states allow access to a different reality beyond our physical one. (Below we will explore brain waves and how to access lucid states and astral frequencies)

Phenomena such as *déjà vu* and *jamais vu* are understood as concrete evidence of these parallel timelines intersecting. *Déjà vu* occurs when there is a convergence between timelines, allowing memories or experiences from one to momentarily appear in another. Conversely, *jamais vu* represents a momentary disconnection from the primary timeline, indicating the fluid and interactive nature of these parallel realities.

This model redefines the concept of time and existence, asserting that human life is a multi-dimensional experience spanning several realities. Each state of consciousness aligns with a specific timeline, contributing to a complex, interconnected multiverse. This is not a speculative idea but an absolute aspect of human existence, reshaping our understanding of consciousness, reality, and the very nature of time and for once, we are starting to collectively understand or at the very least accept this to be the case!

Just for fun before we move on, as a lover of the spirit world and for those of you reading this and perhaps wanting to participate in this coming SPRING SUMMER 2025 HUMAN ANIMAL BOND WORKSHOP where we will look at spirit animals and the natural world, you can find details of the workshop online at <https://humanology.online/master-class-series/> but, as we are MULTIDIMENSIONAL experiencers, Cats.....well, cats are INTERDIMENSIONAL!

Cats don't "sleep" as much as we think.

In fact, cats are interdimensional creatures who often go to places we cannot. Their eyes are also able to detect wavelengths of light that we cannot receive, allowing them to see energy souls, elements, and more. Just like dogs are our protectors in the 'real world', cats are our protectors in the astral realms. The energy world. This is why cats were considered sacred in ancient Egypt

Just might like to point out at this stage that my husband was always against us getting a dog. 5 years ago, he simply had no choice. Me and the girls bought home Lola, our beautiful golden lab that is now my husband's very best friend and our beloved guardian. Later, he absolutely forbade us from getting cats. 9 months ago, again, the girls and I were out and this little ginger girly asked us to take her home. We tried hard to hide her but got caught out fast. He didn't get a choice, it was 4 against 1! A man should never tell a woman not to bring home animals! What did he really think would happen?

And the very reason every household should have a dog and a cat (mine are best friends) is so that you are protected in both the waking and the sleeping worlds! We're all good and sorted!
Ok, moving on....

THEMES

So, all that said, if we can't look at it logically for a hopeful black and white definition and FACT to interpret '**WHAT THE THEMES LOOK LIKE**', how else are we meant to look at them?

THE CLAIR'S

Over the last decade, what we have also noticed, is a rise in the number of people that have accurately forecasted events that have played out using their intuition as energetic guidance and forecasting. By this I mean, a deep rooted and firmly grounded sense of inner psychic intuition.

Clairsentience (The clear ability to feel the energy around you and the most common out of all 4 Clairs) Clairvoyance (The clear ability to visualise what is around you through visions and codes) Clairaudience (The clear ability to hear what is around you through messages and voices) and Claircognizance (The clear ability to intuit the world around you from your instincts) Doesn't this sound utterly crazy?

Something so woo woo that holds no logic or fact based substance whatsoever but, have it be stated very clearly also, we are all a part of nature and as made clear above, nature acts on her own laws. Some of them make sense, some of them are random so, unless we can either prove these CLAIRS to be factually false, we have to take their strengths and powers very much in to consideration as, they have over the last few years happened to forecast things that have occurred through our historical timeline with very accurate results in terms of

a) What it is they are trying to deduce (A tentative statement about the natural world leading to deductions that can be tested.

If the deductions are verified, the hypothesis is provisionally corroborated. If the deductions are incorrect, the original hypothesis is proved false) and

b) Analysing the results to determine whether their deductions were valid or invalid based upon the findings. What do we mean by this?

LOGIC

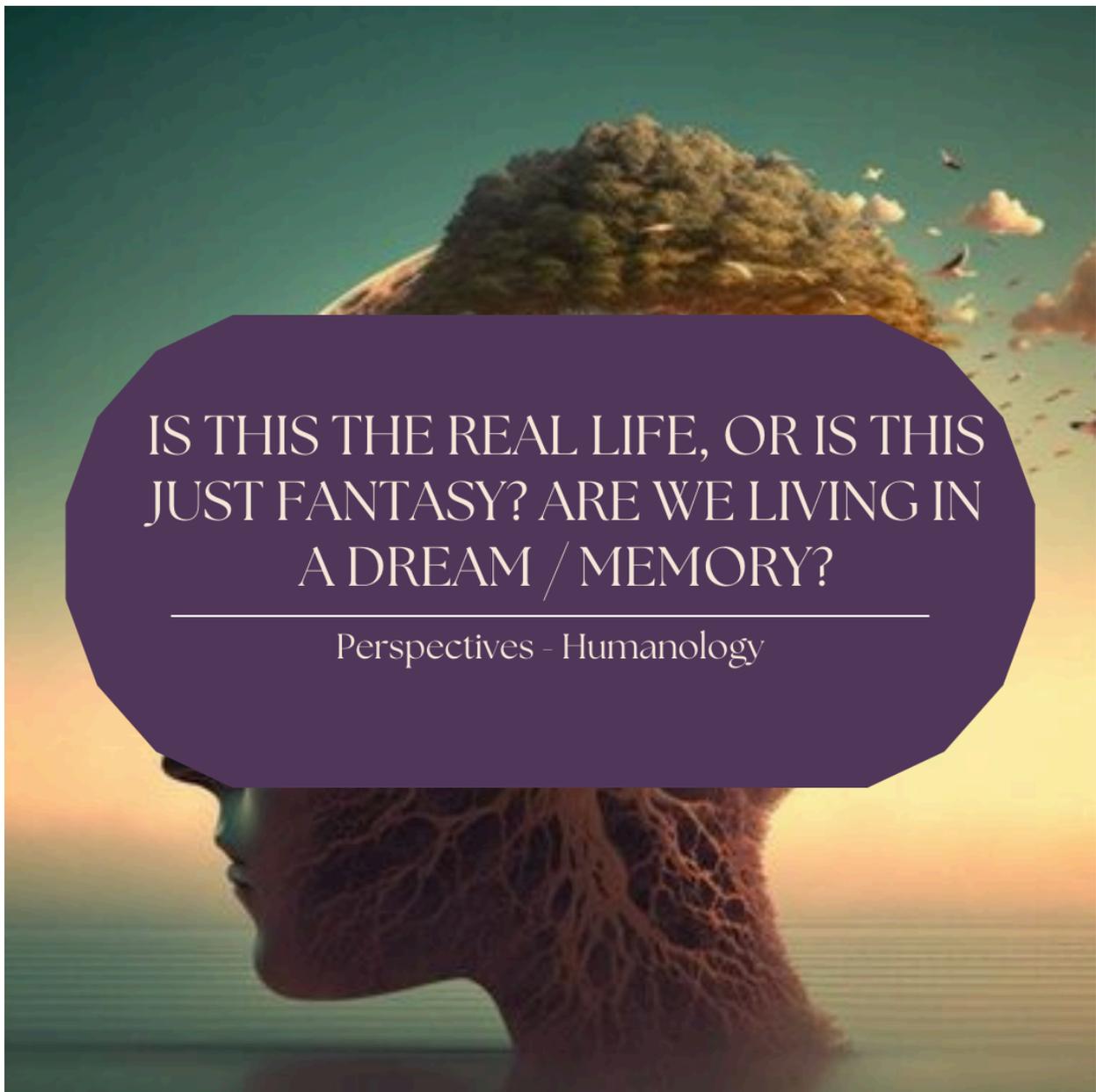
But we also know that logical findings cannot fathom fact. Why? Because no such fact exists. Everything is changeable. Adaptable. In a constant state of flux and flow. It would come to suggest then that perhaps the best way to measure the facts and theories about absolutely anything at all would be to look at them from ALL angles and to stop claiming one way is right while the other way is wrong as we as humans have been conditioned to do and what we clearly see now is that neither is right, neither is wrong and both are right and wrong simultaneously.

CLASSICAL LOGICAL WESTERNISED METHODS OF EXPLORING SCIENCE AND INTUITIVE, ALTERNATIVE SPIRITUAL WAYS OF EXPLORING SCIENCE both hold weight and value as they both bring something different to the table but while different, one thing they are doing that is the same is examining the same thing under the microscope.

The universe and all that exists within it. How we reach those results, well – Let's not separate science from spirituality as they once happily co-existed. Let's not separate anything from anything. Let's put it all together and work as a whole and then, perhaps we might get somewhere?

Why have I mentioned this and given you such a huge rambling introduction from the science and the spiritual world with regards to the theme of SLEEP?

Well, there's a shift under way.



TURNING OF TIDES

A turning of the tides where perhaps you've noticed through what is going on in the world outside of us that the chaos and catastrophe that is erupting all over the world is reaching a crescendo point. Wars, money, power struggles, illness, viruses, lockdowns, food shortages, AI, solar flares, floods, earthquakes, climate change and so much unrest. Maybe you have noticed but not really tapped into the deeper questions from a 'metaphysical and metaphorical' reason as to why.

Maybe you have noticed but your gut intuition is telling you not to pay attention and instead of looking at the outside world, it is guiding you in? There is a lot to consider but, the consequences of all of the above is doing something to us. As the world changes around us, so do we. And whatever that will look like in the future, well I guess we will find out but, until then, one of the things that's for certain is that while there are such enormous energetic shifts occurring, our bodies need to rest and 2024 is the year for

DEEP DEEP REST!



DREAM STATES - ENERGIES OF OUR
SUBCONSCIOUS MINDS

“The brain is wider than the sky, but put them side by side, the one the other will contain with ease and you beside. The brain is deeper than the sea, for hold them blue to blue, the one the other will absorb as sponges’ buckets do. The brain is just the weight of God, for heft them, pound for pound, and they will differ, if they do, a syllable from sound” – Emily Dickinson

MYTHS, GODS AND GODDESSES

As a psychologist, the exploration through the famous works of other psychologists has always been of great intrigue. Sigmund Freud and his many theories about many things, some highly controversial, but his works on dream states and the psyche are absolutely fascinating!

As someone that used to be scared of the dark as a child and that refused to ever sleep in my own room, the topic of sleep was always a trigger for me but when I started going deeper into the theories on sleep and dream analysis by Freud, it literally transformed my understanding on why we sleep and also my understanding of myself because sleep is the one thing that helps us develop, heal and grow - Know thyself

It must also be mentioned, and whether you are a monotheist or a polytheist in your views on the matter it doesn't really make a difference and I will explain why, but when looking at the Gods and Goddesses that represent SLEEP and our subconscious mind, Psyche, the Goddess of the soul, who had to endure 4 trials in

order to die and become resurrected (a story with strong vibes of Pandora where upon completing her 4 trials she was gifted a box she was instructed to never open) and HYPNOS, God of sleep, Son of Nyx, Goddess of NIGHT and twin brother of Thanatos, God of DEATH, was a gentle deity that helped people rest in order to gain their strength and rejuvenate

'Quote by <https://dreamsandmythology.com>'

It's not by mistake that Hypnos and Thanatos are considered twins. Greeks understood that there's a fine line between sleep and death, at least in the way humans can perceive these concepts.

In mythology, both of them seem to rule over the same realm. Hesiod mentions that warriors would die only when they were overcome by sleep, highlighting the two sides of the same coin.

Socrates, in Plato's apology, compares sleep and death in this passage:

"For the state of death is one of two things: either it is virtually nothingness, so that the dead has no consciousness of anything, or it is, as people say, a change and migration of the soul from this to another place. And if it is unconsciousness, like a sleep in which the sleeper does not even dream, death would be a wonderful gain. "

Sleep represents a stage of liminality, a sneak-peek if you will, to the other side, while death is the permanent, dreamless sleep.

Like their mother, Nyx, they were worshipped in the background of other cults. Although, Spartans did have a cult of "Sleep and Death", given their warrior culture and the intimate relationship they developed with Thanatos from an early age

So, having looked at the archetypes, deities and egregores that give identity to our emotions, actions and experiences aka, Nyx - night, Hypnos - Sleep, Psyche - Soul, this does not take away a complete connection to source although we are giving power to these entities energetically I believe it is only so that we can form an identity to the deeper concepts of these experiences in a way our human mind can comprehend but in reality, all human beings should in principle be unitarian to source, not the many faced Gods. They do, however help us to expand our consciousness through them playing their roles and helping us awaken to deeper fields of consciousness

Neptune, God of the Sea and water is also representative of our dream states as anything relating to water and vast penetrating depth is directly associated to our subconscious mind, with the ocean a literal representation you could say, to the undiscovered and uncharted parts of our mind that we have yet to explore!



One of the things I love to explore and many fact seekers roll their eyes at me but, astrological charts can really pull up some deep symbolic reference to our archetypes and behaviours. As someone that has a fairly deep understanding of these archetypes and meanings (I studied a lot of Jungian archetypes throughout my psychology modules) I know that the reason I am so into sleep and dream states is because I have my neptune in my twelfth house.

The house of the subconscious, inner knowledge and psyche.

On August 17th, 1959, 2 brothers, Santo and Johnny released probably one of the most dreamy tunes aptly named 'SLEEPWALK', a super unique guitar instrumental where a mere 7 days before its official release, the planet neptune went EXACT sextile with Pluto at exactly 1 degree. The opening degree to last until its transit into lover lover venus on October 10th.

To provide reference, Pluto Sextile Neptune is a powerful aspect that combines the transformative energy of Pluto with the dreamy, intuitive nature of Neptune. This aspect brings together the realms of the subconscious and the spiritual, leading to profound personal and collective growth through means of channeling slow, soft and etheric waves of deep flow. Deep enough to reach places and spaces we aren't often permitted to visit in our fast furious current world.

That same year, The Everly brothers released their hit record '[ALL I HAVE TO DO IS DREAM](#)', Franky Avalon freakishly enough released the absolute dream song [VENUS](#) literally when Neputne and venus conjoined, Bobby Darin released the epic song [DREAM LOVER](#) that same August and Phil Phillips released [SEA OF LOVE](#).

TALK ABOUT A NEPTUNIAN DREAM ERA.

The golden age of dream weavers, literally hypnotising us through some of the most innocent, wavy music of all time!

[SLEEPWALK](#) is a tune I often listen to when I need to travel back (or forward) to a state of being that is reminiscent of an ethereal, celestial dreamscape where one can lose themselves in the abstract, vagueness of subreality. Escapism at its finest! I urge you to give it a listen, and while I am referencing such delightful tunes let's not forget to mention a similar themed one that gave me the title of my book:

[LIFE IS BUT A DREAM - THE HARPTONES](#)

It is said that humans only use up to 10% of our brains (I'm not a brain specialist so don't quote me on that I'm being vague but common), it is also said that more than 80% of our oceans remain unexplored. The figures kind of match enough to perhaps consider that the ocean is in fact our brain, a fluid, pressurised expanse.

I live in Cyprus and although I grew up in the fields of Yorkshire, the sea holds so many secret codes for me. I have my very own cave where I walk my dog every day and I am a self-confessed thalassophile, which in Greek means a lover of the sea where only 2 months of the year do I stay on solid ground! Mermaid vibes ahoy!

Last November I wrote a post on twitter (Will attach below just so you can see how cute my dog is :) but in light of the conversation we have had above, where we have deep dived into the 'TIME SPACE' theoretics, I wrote about how floating in the sea and looking out at the horizon where below me is 'nothing' and out there is limitless where all I can see is the 'firmament' has me more and more convinced that this 'space' they speak of is in actual fact our ocean

. Out there in the sky and beyond? maybe , but out there in the everything above and below, YES! I'm feeling that!

I did say at the beginning that there's no way to dumb down these conversations. There's no way to talk about this kind of stuff without getting right out there and waiving your freaky flag. I don't care. Perhaps it's the fact that I go out and stare at and swim in the ocean every day and LOVE going to sleep that I'm able to talk like this. It's infected me! It's pulled me under!

<https://x.com/KatSomatics/status/1727549175594721582?s=20>

SO WHAT NEXT?

The old saying 'No rest for the wicked' is one of the most accurate sayings in this day and age. Where we are being pushed to work, work as hard and fast as we can for the wicked beast system (and those that support that beast system are known as the sinners. The fallen wicked) so it can print print print more money. Money being the currency we all live on. The current of the sea that is our current wave. The sine wave we all, man, tree, beast live by in this moment in time. So don't dare rest or else it might all come to a crashing end!

But what happens if we don't want to be wicked? What happens if we are too tired from that old world that much like the classic world of science we have come to learn is not fact it's fiction? That much like what Hawkins claimed through his findings, It's not real, it's an illusion. Money isn't real. It's just printed paper and lots of 1's and 0's formulated through the mathematical universe and used against us as a power code to get us to be wicked. 'Money is the root of all evil' is the reason why none of us have ever been able to rest and heal but....

IS THAT ALL ABOUT TO CHANGE?

We hear of a new currency system. One where if we let AI come in (and yes that scares many) but as mentioned above, with the left and right come good and bad and you cannot have one without the other hence, there is no such thing than good and bad, there just IS so, in welcoming AI to come and take over most of what we as humans do, where let's be honest, we act like robots but aren't robots, then we can crash the system and go chill in a meadow

and watch the clouds go by? Or something like that. I'm merely playing out an idea...



WHAT HAPPENS TO US WHEN WE SLEEP / DREAM?

Perspectives - Humanology

AI

What's the only difference between humans and AI? AI can do everything that we can do, if not better except one thing....It cannot feel. It is not sentient. However humans, we are! Hence why we need to sleep. We need to rest, dream, develop our imagination, heal, go deep within ourselves, tap in to the world inside us that much like the poem by Emily Dickinson says, is **FAR GREATER AND WIDER** than the world outside of us, but most of us have no idea about that because we have been stripped of our essence and spirit and taught to train for the corporate world that leaves us feeling empty, soulless and WICKED! But guess what doesn't get tired?

AI. Guess what doesn't need to rest and heal? AI. So could it be that, in the right hands, this new innovative way of merging human with machine could actually, on a higher timeline, work out to be in our favour?

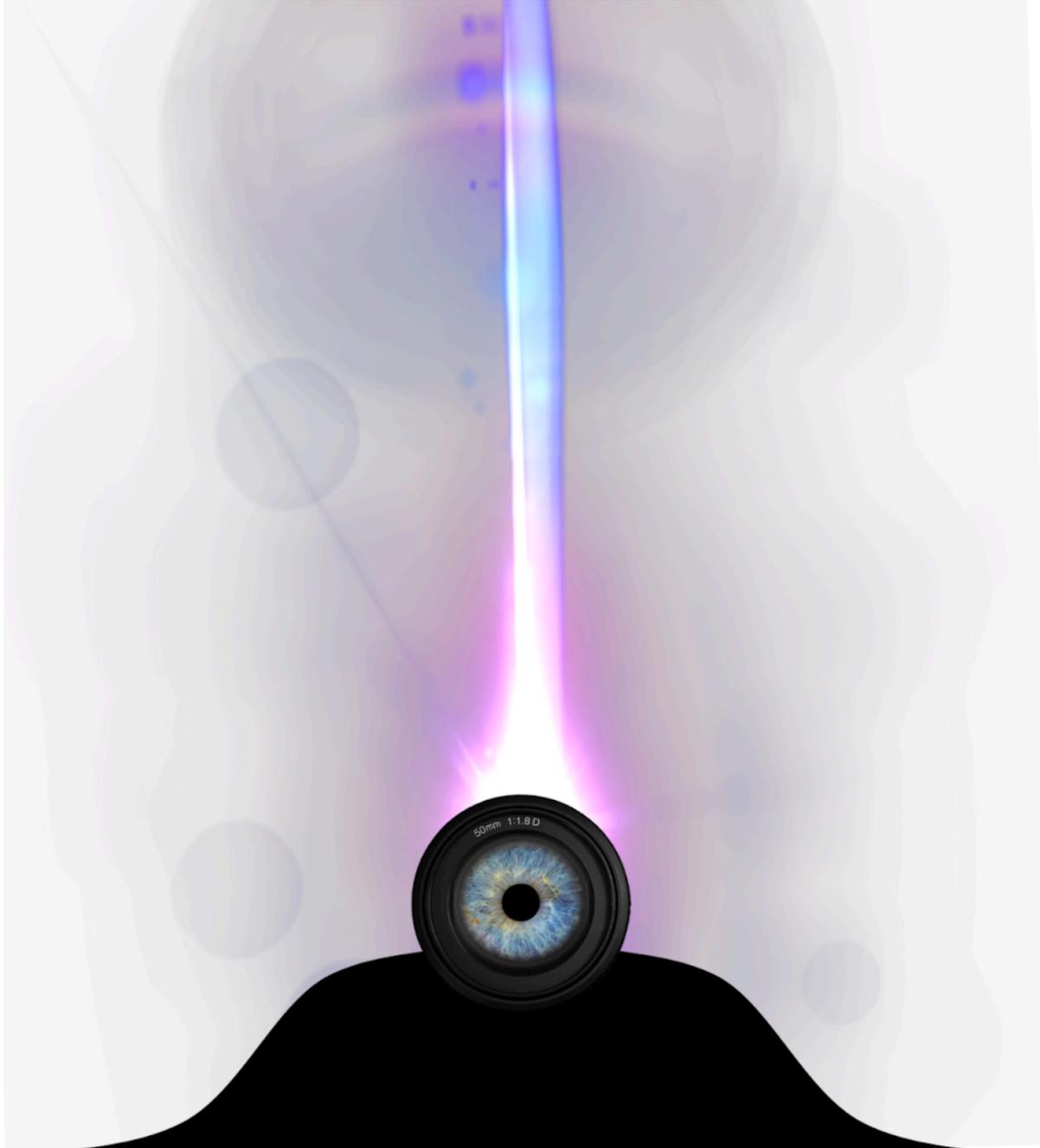
I know how scary that sounds. I've read about the utopian visionaries and how ultimately their ethos is destined to fail because of human greed, power and corruption but, just for a moment imagine an earth where we didn't need to work ALL day EVERY day because we have high tech that 1) can do the manual labour far better than us 2) Doesn't need to get paid and 3) doesn't get tired, need to go on maternity, have depression, needs a lunch break, has to go in for an op.....

It's an efficient, reliable, cost effective way to free up our time so that we can focus on creating communities that can spend time doing fun things like travelling, spending time together, connecting, communicating, creating art, expanding knowledge in sciences and tech, exploring nature, writing books (yes, we know AI can also do these things but they shouldn't, WE SHOULD)

And then, imagine on this earth, how you might feel? You'd be way more relaxed, fulfilled, satisfied, joyful, connected. Imagine the kind of sleep you'd be able to get where you wouldn't wake up in sweats every night panicking about EVERY LITTLE THING on your to-do list and you'd wake up in the morning raring to go!

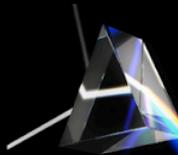
Yes, it's very possible that on one earth, that could very well become a reality, if it isn't already. The opposite of that :(yeah, well that's a reality too...Be careful what you wish for! Attention grows where energy flows!

ALL THOSE FLOWS AND WAVES! SEE HOW ITS ALL WATER



LCA

Lights, Camera, Action
BY KATHRYN ASHER



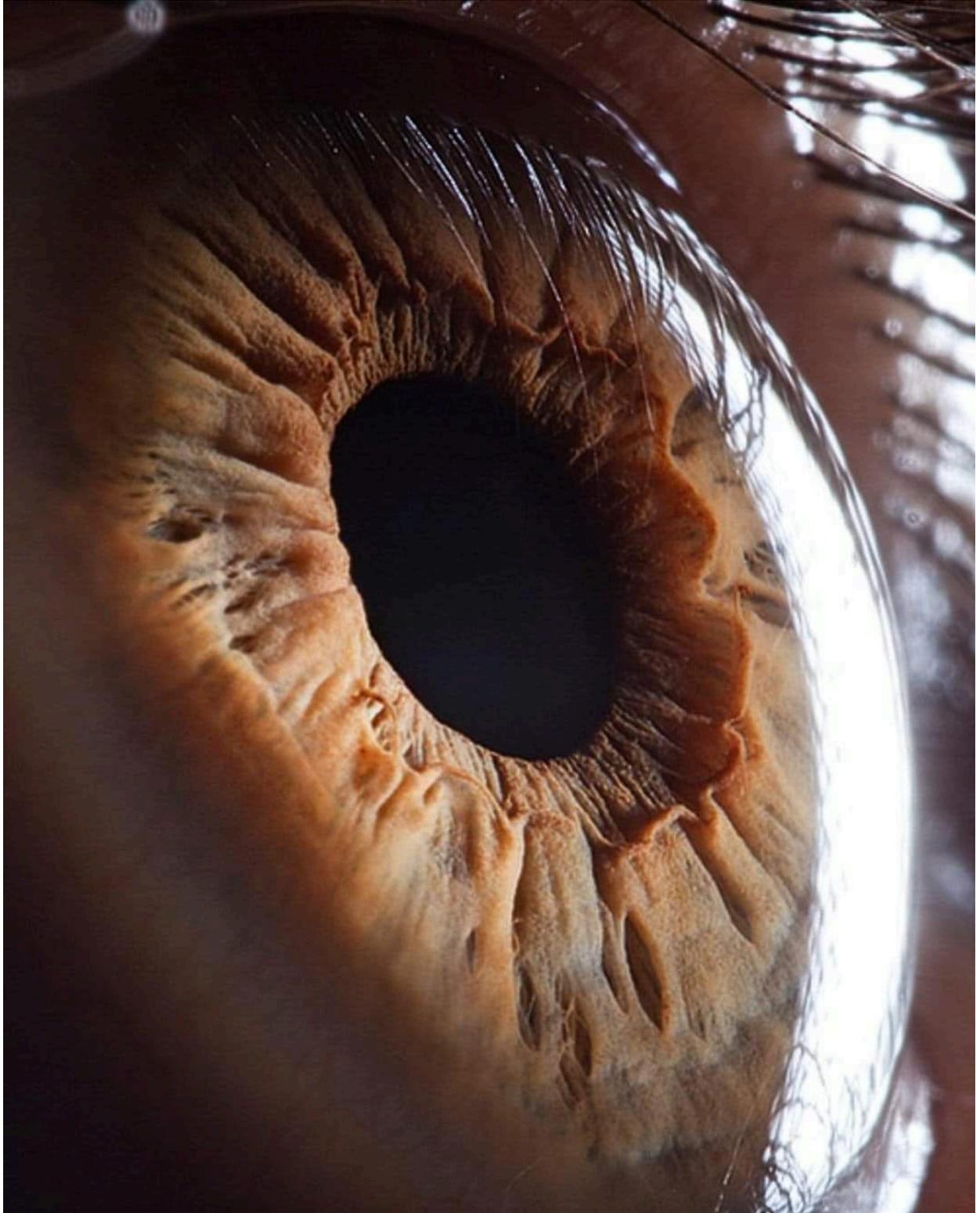
LIGHTS CAMERA ACTION

EYES

“The light of the body is thine eye. If therefore thine eye be single, thy whole body shall be full of light” Matthew 6.22

EYES – EYE AM! To most, our eyes see and observe the world around us. Sure, but there’s something deeper going on. Light, all that light that enters your eye is then decoded by the brain and projected into a light hologram inside your mind. So it could be said that while you’re looking out and bringing in the outside world for your brain to filter and process, you’re also looking in, because everything is mind.

Now the mind and brain are not 1 and the same. The mind is a radio receiver / transmitter of individual capacity and also collective influence and the brain is a SUPER COMPUTER of neurological signals from light, sound and electric impulses. The entire world outside of you is generated by the world inside your mind. Your brain is constructing a holographic reality within your mind and is projecting it outward through the eyes which is why when you enter into REM state, your eyes move rapidly to send all of the clips, frames, takes and details of every image from your mind and processes them through the converging optic nerve that connect the eyes to the brain.



Have you ever noticed how when you look at the eye from a side angle view or a birds eye view, the eye resembles the universe?

The firmament surrounding it. Pretty funny hey! So the eye, containing photoreceptors, lenses and shutters is pretty much exactly the same as a camera and the REM stage is the shutter speed processing of what light information has been observed and absorbed throughout our waking states. The reason we need to make sure we allow ourselves DEEP SLEEP is so that we can allow for a deeper and sharper visual experience.

And, furthermore, what happens if the LIGHT somehow changes and the codes become stronger and higher in frequency? Well, that could very well explain why due to certain high class solar flares that we've been experiencing lately, it could contribute to a big part of the reason we might be more susceptible to deeper or more prolonged need for rest. New photonic light taken in by our bodies and brains will change the calibration of our very being on a biological and physiological level that, very simply put, means we have to sleep more!

I am a firm believer that in order to experience proper sleep, the deep, restorative and profound kind where wherever we go seems utterly real, if not more so that our waking lives and where upon waking, we feel alive, energetic and ready to take on the world - Well, as I mentioned at the very beginning of this book, and the reason why I decided to merge 'Life is but a dream' - book of dream worlds and sleep with 'Lights, camera, action' is that, in effect, they look at and speak of the same things.

I couldn't go two ways and talk about much the same without repeating myself for the sake of making points about something that could be contained all within the same pages

When we speak of the eyes, light and how our brain processes our visuals from throughout the day during the dark of the night (more on that below), we have to then think, that the majority of

what we experience throughout the day must fill us with enough stuff to process otherwise our brain, when it comes time to process must think 'Jeez, another mediocre night of mundane processing. This butterfly needs to get out and live a bit more' - So, we've looked at the light, we have looked and will continue to look at the camera (oscura - in the back of your brain) and so now, let's consider the ACTION

ACTION

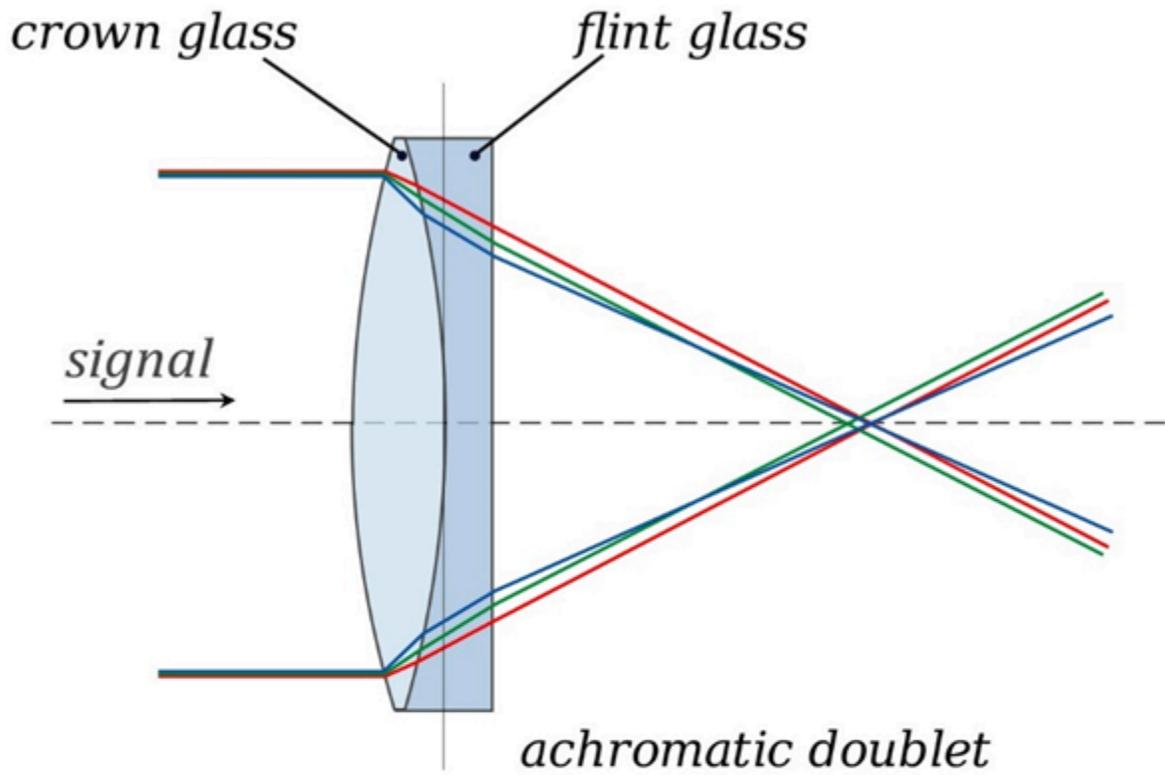
It is my consideration as a philosopher that the world we live in, is a projected simulation created by us, for us to enjoy the experience. Now listen, this is a philosophical query, not a scientific one but to extend a little further and allow for a deeper perspective on this, let's take a look here:

The simulation is holographic. There is no such thing as material matter. It takes energy to cast something into fully visible 'solid' form (still a hologram). So as shown in Kirlian photography (spectrography) below, that shows the aura of things, you can see that even if you cut part of a leaf away, there is still an energy you normally won't see with your eyes that casts out the 'solid' form of that thing within the simulation that clearly appears through the camera. That part of the leaf is "gone", yet the energy field of that shape is still there

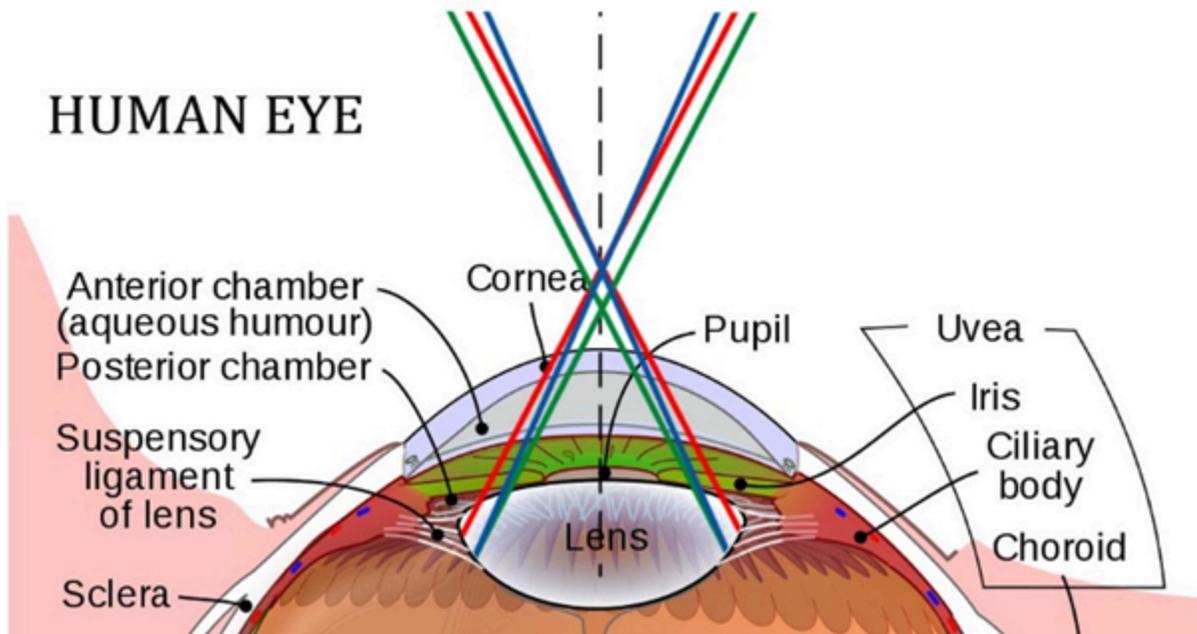
Simulation is merely a modern frame of reference. Light at varying frequencies becomes sound, then what seems solid matter. This is a construct. A beautiful, quantum holofield of spiritual construction AND YOU ARE IN IT! AND OUT OF IT

IN OUT IN OUT SHAKE IT ALL ABOUT!

PROJECTION LENS



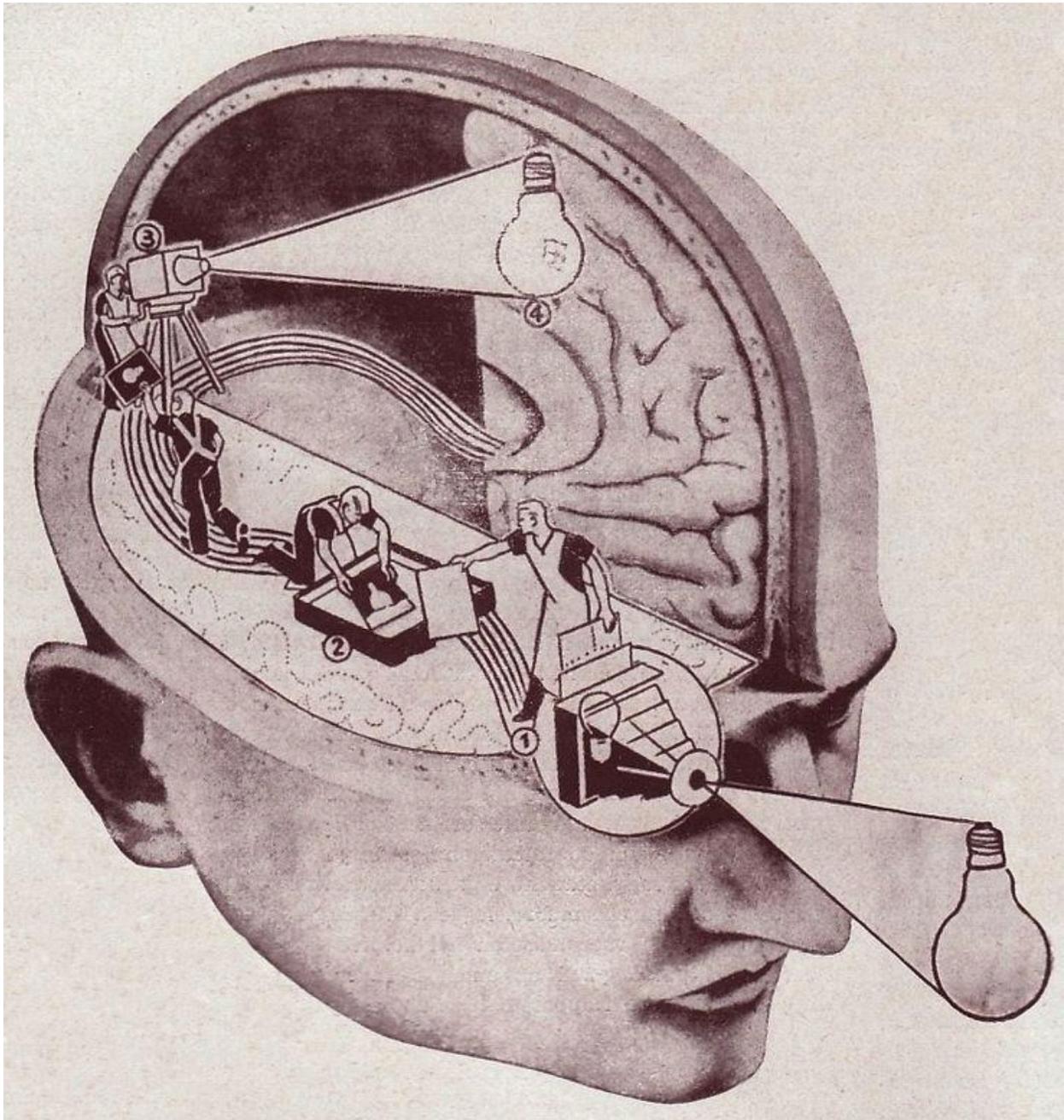
HUMAN EYE



So if we are the creators within our holographic reality, and all creation comes through light sound perceptions and the left right mergence then the way in and out of worlds are through portals?



And in order to assimilate these worlds we adhere to create, one must first become an observer? And are most of our observations actually done during sleep state? A self-aware sentient entity that exists beyond the boundaries of space and time



As mentioned above, if TIME AND SPACE are nothing but a sophisticated illusion that allows us to create our projected realities out of time and space, then what else allows for the experience to be born?

LIGHT and SOUND!

Boom, and with that, we CREATE! Who knows if it was created by us for us or by something else for us but and according to Genesis we see how and it also ties into the time and space continuum theories so, if by the FORCE or SOURCE we have this grand stage by which to live our our fantastic experiences that WE GET TO CHOSE at each moment, then given the props, tools, resources etc that we have at our disposal to move ahead in this cosmic play or great proportions, we then have the obligation and responsibility to PLAY OUR ROLE! TAKE TO THE STAGE

Shakespeare did indeed say “The whole world is but a stage and the men and women merely actors” So, what are you going to do to create your great experience?

WE HAVE THE LIGHT
WE HAVE THE STAGE
.....
WE NEED THE ACTION!

It is our purpose to bring about our desires and manifest them into reality! If you're reading this because you joined in with one of our [HEALING WORKSHOPS](#) or you have read the DEAR CHILD book,

then you will know that there is an entire chapter dedicated to
MANIFESTATION

And if you really want a BLOW YOUR MIND perspective on who is the ultimate KING of manifestation - Well your boy Jesus Christ only got crucified because he knew exactly how to manifest and the leaders of this world could not have any of us know about this. His teachings got silenced by the pharisees and the parasite leaders of this counterfeit world because he was going about teaching people how to **RISE UP AND TAKE THEIR POWER BACK** so they could manifest worlds through the blending of the oil and water (he was the original water bearer)

Again, why so much mention of water throughout this book and its importance in how we manifest worlds....It comes from being awake and making motion out of our living states and it also comes from how we live in our asleep state too

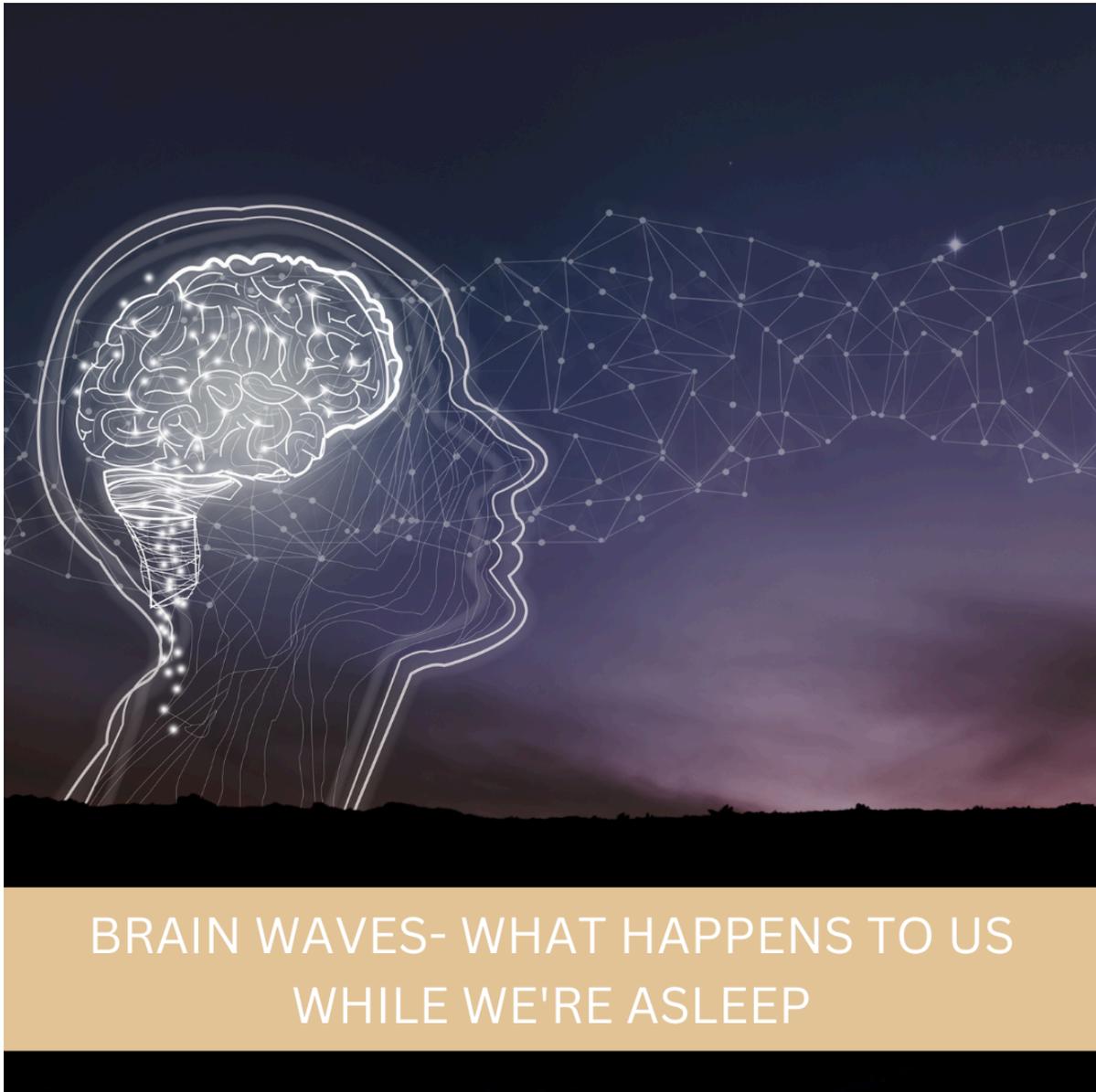
It is my belief that is JC truly did exist as the scribes proclaim he did, then the message of Jesus was to blend the two, awake and asleep, night and day, heaven and hell and bring it all into oneness through the rising of the spirit. How do we do this?

I can't answer that but I can give clues

Jesus's last words upon his crucifixion was "Forgive them father for they know not what they do" - What he meant by this is that we are all unconscious of our thoughts, feelings and actions. We are not awake enough to know. But I think we're on the precipice of changing that....

BUT LET'S NOW GET AHEAD OF OURSELVES!

Let's have a look at what happens at the time we head off to sleep...Zzzzzzzz



BRAIN WAVES

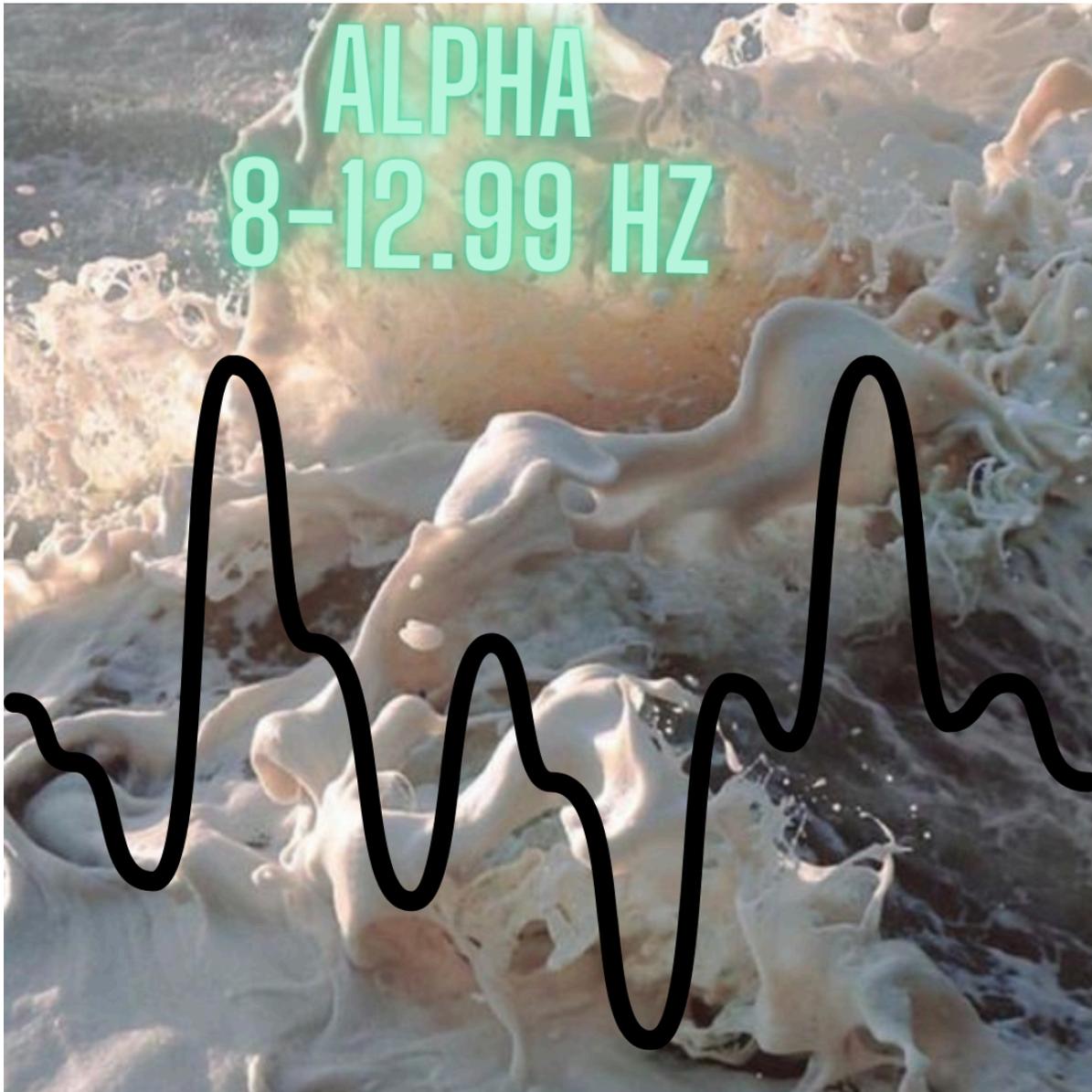
The brain **WAVES** are much like the outside waves of the ocean and the sky. Electromagnetic waves in our bodies and minds match the waves that are occurring outside but inside, on a much deeper level. Sleep affects almost every type of tissue and system in the body – from the brain, heart and lungs to metabolism, immune function, mood and disease resistance.

Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity but while we know all of this and IT IS IN ACTUAL FACT, FACT, the fact that everyone needs to sleep is obvious otherwise we simply wouldn't do it but the biological reasons as to why we do in fact sleep and require sleep still remain a mystery

The sleep waves:

As you drift off into the ocean and sky of your own mind, your brain passes through 4 stages (that we know of) The first three are considered **non-rapid eye movement (NREM) sleep**, also known as quiet sleep. The fourth is **rapid eye movement (REM) sleep**, also known as active sleep. REM standing for RAPID EYE MOVEMENT, and why do our eyes move so rapidly? Well, this in itself is a massive topic that is so deep and so far out that it probably requires its own PODCAST / BOOK ETC but, let's just say that our eyes are not what we think they're for. Most would claim that we use our eyes to see. You would be neither right nor wrong.

ALPHA



This is the state of conscious relaxation whereby your body and mind start to relax and prepare for sleep, but it is also possible to tap into the alpha states while you are awake and there can be huge benefits to doing so.

An "alpha state of mind" is what scientists associate with "right brain" activity, or our subjective senses of imagination, creativity,

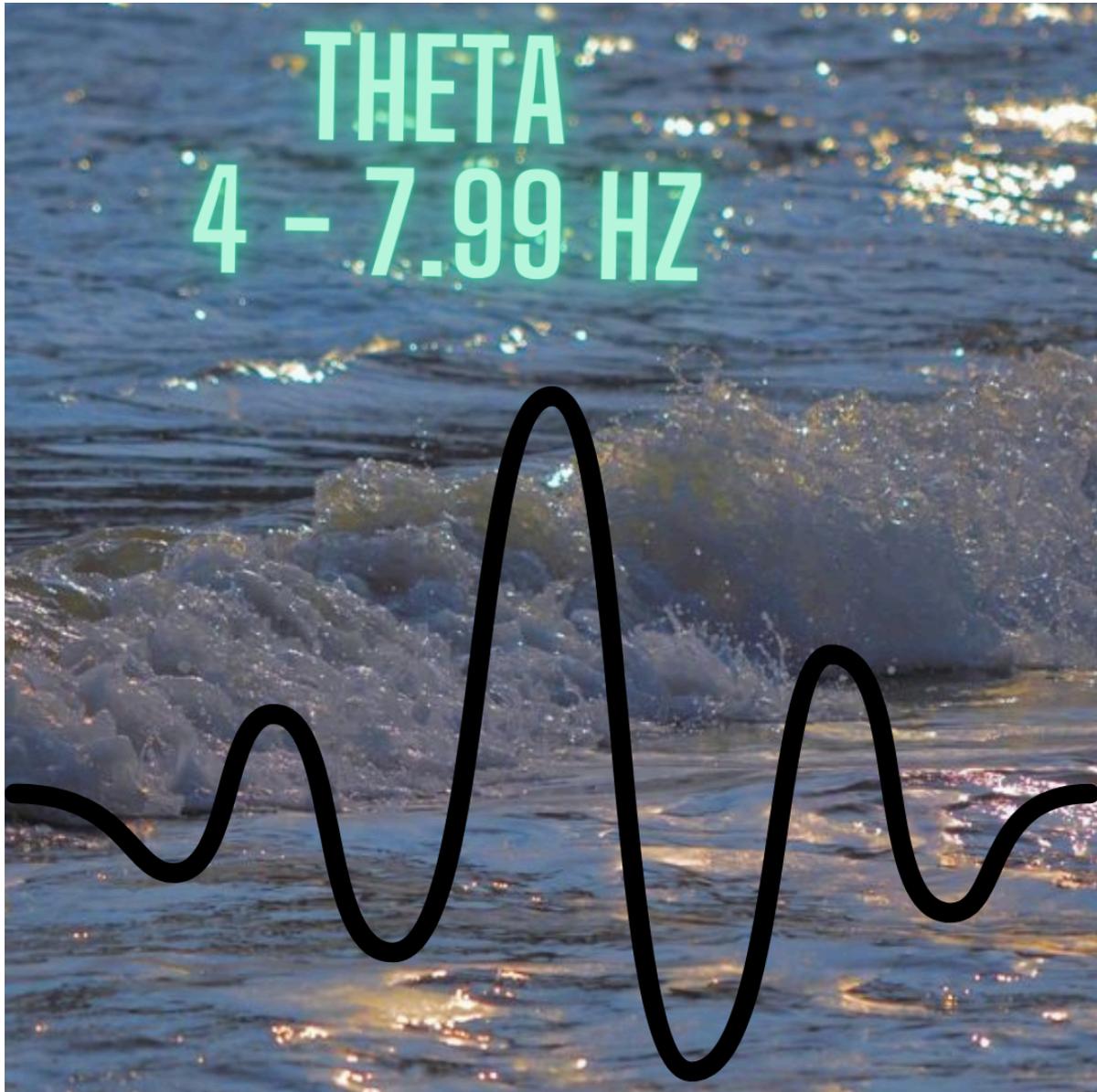
memory, and intuition. When you are actively awake, you are typically in a state of mind known as Beta, with brain wave activity between 14 and 30 HZ. When your brain wave activity slows down to between 7 and 14 HZ, you are said to be in an alpha state. It is considered a "relaxed" state of mind that allows you to be more receptive, open, creative, and less critical.

Edison and many other brilliant thinkers considered a daily ritual of accessing an alpha state of mind essential to their work. So next time you're told off for daydreaming or 'switching off' remember, you're actually doing far more productive intelligent work by simply tuning into a different part of your brain hemisphere!

For decades, we have been conditioned to 'not lose focus' and to 'pay attention' to what's going on in the 'real world' but actually, the alpha state is one we naturally go into when we daydream, meditate or do any form of inner practice work or self-hypnosis that takes our minds into the back room (aka the occipital region of the brain or the camera oscura - the dark room)

The occipital lobe is the smallest lobe found in the back of your head and although it is the smallest it is one of the most important parts of your brain as it is how your brain processes signals from your eyes. Everything that you absorb and take in throughout your day whether it be 'real' or imaginary will be sent to the back room for processing. It is the key thing to how you sense and perceive the world so, when we are told to not daydream or enter states of meditation, we are denying this lobe any actual function. The info you give this part of your brain can literally transcend your reality....Food for thought!

THETA



Theta State is a state of very deep relaxation; it is used in hypnosis and during deep meditation. The brain waves are slowed down at a frequency of 4-7 cycles per second.

Theta brain waves can be considered the subconscious for they govern the part of our mind that lies between the conscious and

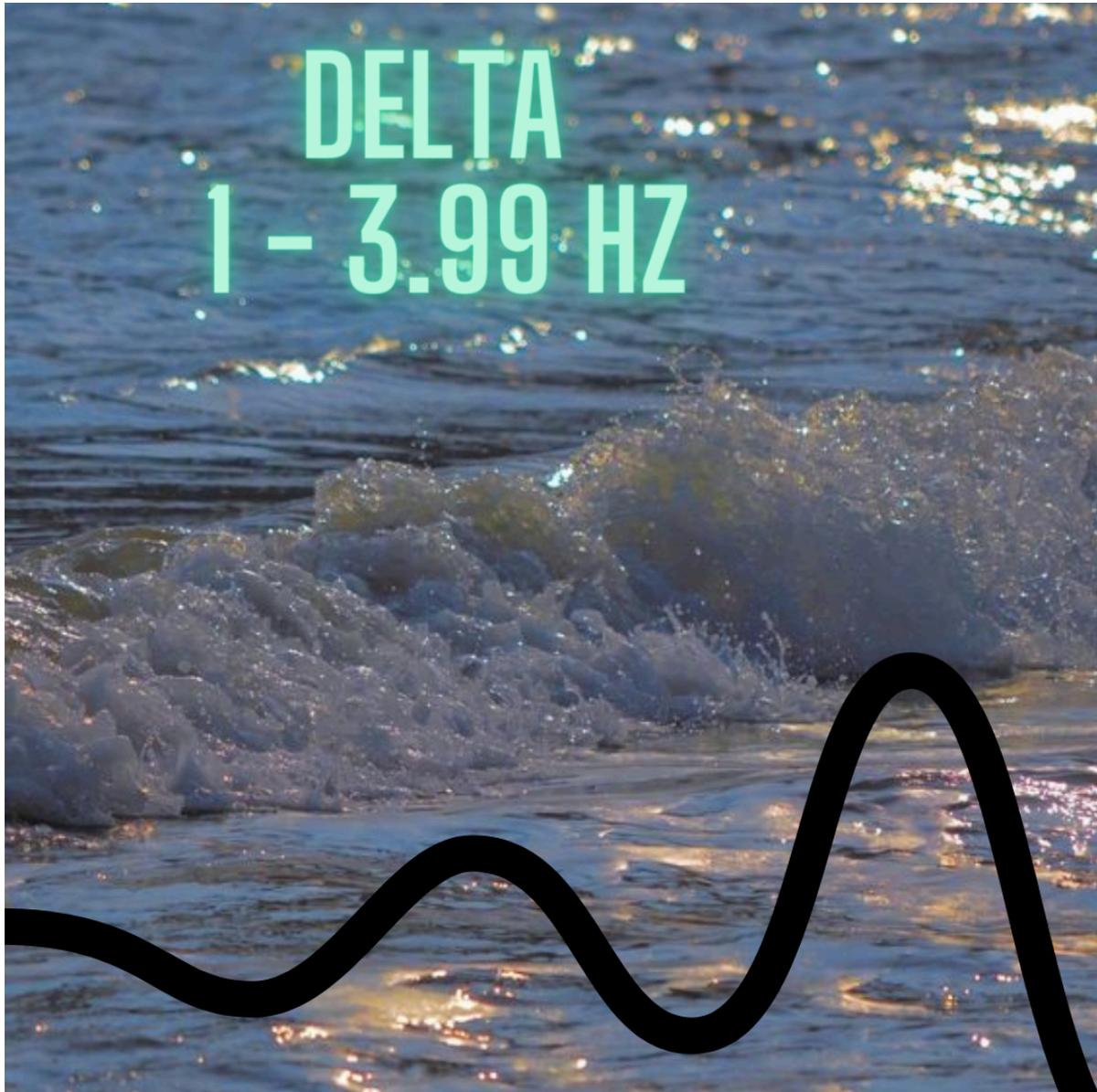
the unconscious and retain memories and feelings. Also direct your beliefs and your behaviour, these waves are the portals between the hemispheres and worlds in our brain

Theta waves are always creative, characterised by feelings of inspiration and deeply spiritual.

Theta is the first stage of the phase when we dream. It is a very powerful state and can be compared to that kind of trance that you can find children in when they're playing video games.

Ever wonder how people walk on coals without getting seemingly burnt? THETA

DELTA



Delta is our lowest level of brain wave activity. It is SUPER RARE to stay conscious during this wave state as it is when we are doing

the DEEPEST REM sleep. Any lower than this and we'd be literally brain dead. So when we are in need of deep healing or restorative repair work, our body will naturally go into this state in order to knock you out and get to work. The healing is SLOW. It is DEEP and it does not want to be disturbed! The other thing that many speak of with regards to this wave state are the GOD CODES. Regardless of your religious beliefs, accessing this state is where you receive the divine codes and communication with whoever or whatever you deem the creator!

Delta are the waves we ride in on...and ride out. While Theta are the access realms between the worlds, Delta are the waves deep enough to carry us through. They are the waves that transcend. Babies spend their final days chilled out in the womb in delta state and spend the first year primarily in Delta while asleep and with Delta linked with production of human growth hormone, serotonin, DHEA and other incredible biochemical magic our brain and bodies co-produce it's no surprise that a baby in its 1st year will go from dot to bruise in no time!

If you want to also look into how you can further access and deepen your Delta journey (and I'm talking brain waves not air travel) binaural beats and isochronic tones are really great ways to access these waves through sound healing!

BETA + GAMMA

While I'm focusing on the sleep waves, I cannot finish off a wave collection without giving a shout out to our awake conscious wave states BETA AND GAMMA. These are higher Hertz that start at 13 and get up to 30Hz and much like our heart rate, the higher it climbs the harder our body and brain is having to work.

I must stress that as proven by Einstein and many other academics and intellectuals, you can do wonders in the lower states. Sometimes they are what make all the difference, but we've been so misled to believe that optimal function is high function. PUSH HARD = WINNING couldn't be further from the truth. PUSH HARD = BURNOUT.

If you're in a constant state of stress, this will affect your sleep, your hormones, your muscle tone, your brain state, your heart health. SLEEP IS CRUCIAL - So it would make sense that it could be one of the things that can hugely combat stress and help alleviate stress related symptoms!

GET TO BED!

But let's look at the SLEEP states and how it all connects – So we go from Alpha...The slowing down where we tap in to the back room (The camera oscura aka the dark room aka, our subconscious mind and our subconscious mind starts to activate – You know, that part we hardly ever use because we function on a measly 7-10%) and then we prepare to transcend deeper in to the wave pool of our own ocean

NREM + REM

- 1) NREM stage 1 – Your brain slows down, your heart and breath slow, your muscles relax and your eyes stop moving. As the brain is still fairly active and is only just transitioning from awake consciousness to unconscious sleep, it is almost like the boat that is setting off from land over bumpy laps of shore tide waves, helped by the wind until it can pick up speed in the wider ocean away from the shallow waters. These waves close to shore are your alpha waves, medium amplitude waves that

come from the frontal lobe where most of our daily activities and functions operate from. Speech, behaviour, identity, movement, attention, concentration, reasoning etc so it takes a while to drift away from the busy party on the shore and in to a state of deep wave rest

- 2) NREM stage 2 – During stage 2, you further slow down your breathing, your heart rate regulates and your body temperature drops. This stage attributes for half of the entire time you're asleep as your body and mind prepare to collect all the data, info and moments throughout the day (what will be unique for us all depending on our experience) and then processes and filters it through the lower rhythmic waves so our brain can start to fully develop memory consolidation and therefore make sense of our conscious unconscious. Stage 2 and 3 waves are Primarily Theta and at the latter of stage 3 move towards Delta. Theta is the soft, gentle lapping between the shores and the deeper sea the further out we go. We don't need to use our sails for stage 3 as there isn't much wind or force. We're just gently gliding! (Or in the words of Pink Floyd, a distant ship smoke on the horizon. You're only coming through in waves)
- 3) NREM stage 3 – During stage 3, we enter into the delta brain waves. The slowest type with the lowest amplitude (wavelength). They are primarily active in the brain's right hemisphere during stages 3 and 4 of sleep and the deeper you fall into your slumber, the deeper these waves roll in. Besides favouring deep sleep, there are other benefits to staying in this wavelength for as long as possible as often as possible and that is because once in this state, it involves the hippocampus function, which is what consolidates the short term to the long term memory so those that can access these deeper waves for longer will be able to access and channel deeper memories.

Hence why deep sleep is important and not be too asleep while we're awake. This stage is probably the longest sleep stage averaging up to 50 minutes where you're in the depth of the ocean and all around you is a 360 of blue. You are UTTERLY still.

- 4) REM stage 4 – **LIGHTS, CAMERA, ACTION** – You are at shutter speed! Your brain is switched on and it's having a party! Your body is in the deepest state of relaxation and is immobilised and your eyes are moving rapidly. Exactly as in NREM, you start to channel some deep memory consolidation, this REM state is when your eyes and brain will process a lot of emotional activity and when emotional memories are stored and processed. It is absolutely crucial that we allow for this work for the benefit of both our brain and body connection as without this deep processing, instability and unprocessed emotions will end up being triggered through the physical body as stress symptoms stemming from lack of rest.

This part of the process is when you are doing absolute deep healing work and you are in a state of paralysis aka coma while it all takes place. You are not even on the surface anymore on your floating boat. You have been pulled under in to a black hole and you're deep within the ocean, the firmament (rooted in the Latin etymology meaning 'to hold firmly or to support, the mind) that firma-ment belonging to your eye, the iris and the pupil, have now sunk into the abyss (the back room) and the poles have shifted while you are in the stages of deep exploration of the sleep state realms. While awake we are on the outside, while asleep we are on the inside. How magical is that!



On an esoteric viewpoint, the waves also represent as follows:

BETA – EARTH

ALPHA – WATER

THETA – AIR

DELTA – FIRE

If you've ever watched the Tom Hanks movie **ANGELS AND DEMONS** it speaks of the mapping of the 4 points across the city of Rome to use as sacrificial power points to ignite powers from the aether (the fifth element) and then the movie with Bruce Willis **THE FIFTH ELEMENT** speaks of taking this even further and once the four-star points have been activated, the fifth element, the aether that carries the highest frequency of LOVE will level in to existence.

LEVEL UP

One thing to mention is the topic of sleep paralysis. Many people suffer from this and in case this is the case for you, I would like to make a strong argument for the consideration that this strange yet often disturbing event is actually an incredible thing.

As mentioned above, during REM sleep, your body is immobilised. It is put into this state to protect you so that if awakened, you don't end up rolling out the bed or thrashing around in a heightened panic. Your brain is on super disco ball mode so it has to put you under to process. This is a high functioning part of the body brain connection. And isn't it pretty amazing?

Anyhow, for those of you that experience this and end up waking but not being able to move, this is the reason why. It is otherwise known as an out of body experience or OBE. Often is the case that when this occurs, because your body is under whilst your brain is processing photonic images, what tends to happen when someone is having an awake OBE is that the photo images once the eyes open, rather than project inwards towards the brains back room, get projected outwards in to your bedroom and you might see, hear or sense strange things playing out as if it were really occurring in front of you but in actual fact, it is your eyes misdirecting the in - process images. It can be utterly terrifying if

you don't know what is going on and many people that have experienced sleep paralysis believe that they are being invaded by night intruders and because they cannot move then they start to hyperventilate and panic. But there is no need. It is just a normal part of the very bizarre process of our human functioning bodies and brains during these sleep stages and a very big reason as to why these stages and waves are so crucially important.

SLEEP PARALYSIS IS A VERY COMMON SLEEP ISSUE AND IS EXPERIENCED BY MANY OF US. PLEASE DON'T BE AFRAID IF THIS HAPPENS TO YOU!

So, now we have established these sleep states and why they are so good for us, let's now ask the questions, why is sleep one of the main themes for 2024 / 5?



DREAM A LITTLE DREAM OF ME - IMAGINATION (I MAGIC NATION)

It's a good question. And guess what? There is no logical or rational answer. There is only an energetic and sensory answer. One that is a wave all of its own.

FREUD

Now, Sigmund Freud might have done all the work to explain from a psychological viewpoint why we dream the dreams we do and

how it all ties together with the scientific understanding as mentioned above, but the theory that dreams are just random by-products of the brain's functioning during REM sleep is still maintained by some scientists today. There are still those on the surface of science that will merely tell you 'oh, it was just a dream' but according to Freud, **every** dream is meaningful, no matter how nonsensical it seems or how little of it we remember.

Instead of telling his patients what he thought their dreams meant, he invited them to say whatever came to mind in relation to each element of the dream, following their own trains of thought.

He encouraged them to relax their critical faculties, and to refrain from holding back thoughts that seem unpleasant, trivial or ridiculous.

He called this method **free association**.

The method of free association led Freud to the conclusion that *dreams are the disguised fulfilments of repressed infantile wishes*. In other words, they represent the unprocessed emotional trauma we cannot remember and if we cannot process these emotions via REM states then we cannot access their deeper presence and they stay with us, locked into our deep psyche

So if the light around us externally is shifting and more photonic light is entering in to our eyes, brains and bodies via M AND X Class solar flares, which according to 'space' news is very much the case then could it be that these flares are sending us into deeper sleep and furthermore, could it be that thanks to this sleep, it is helping us to emotionally heal in ways that for so long, we haven't been able to embody and initiate?

That now, thanks to this easier ability to rest and reset, we are consciously and subconsciously bringing memories to the surface to process, heal and release?

I don't know about you, but from my understanding of my community and networks and those I do a lot of deep work with, the last few years in particular has seen a rise and boom in the amount of people doing huge inner healing work and looking to tap into unprocessed emotional trauma. This has been an area of my work that has hugely taken off and is now becoming a mainstream concept that is no longer considered so woo woo.

Many are now realising that sleep, rest and healing is a thing that is if not more important than blasting out a day's work and getting such burnout they cannot sleep properly. Many I know of have called it a day with the corporate world (corp = dead) and have taken their power back to actually instil some of that mega hashtagged #worklifebalance and rather than stay up all night drinking and dancing the night away, they are clocking out early in favour of a decent night's sleep. Many have pushed their start times back or stated they cannot do over time because they no longer want to persecute their bodies and brains anymore for a system that doesn't favour them in return.

COME ALIVE

**“Come away, O human child
To the waters and the wild
With a faery, hand in hand
For the worlds more full of weeping that you can understand”**

William Butler Yeats



"The Fairies" - William Shakespeare

With so much 'distraction' in the waking world, where all focus is placed on PROFIT AND PRODUCTIVITY, we are as walking talking slaves to a system, robots in human bodies, disconnected from our soul.

As we have read above when looking at the Gods and Goddesses, call them what you like, archetypes, egregores, energies, deities, they are but mere protagonists showing us through word, history, poetry, art, literature, energy and dreams what a world could look like if only we were able to use our imagination, create the way that they create or rather the way that WE could create, that there are worlds outside of this one where feelings are put into motion, primordial energies connect to the force field around us, we can live a sublime existence akin to a golden age just like they did if only we could tap into something MORE, something higher than this mundane slumber state we're all slugging around in, painstakingly drifting from the 9-5 to the take-away to the gym to the bank to the post office to the mall to the date with the guy that's as dull as they come and he probably thinks you are too.....

Come on, your brain wants operatic clanking and symbols, fireworks and adventure, it wants you to become a circumnavigator, a pirate, a poet, a climber of mountains, seer of stars, songbird extraordinaire, ballerina / backflip artist, street juggler, creator of renaissance gold, pianist that remembers all the tunes without paper notes or eyes to see, lover of animals, talker to fairies, connector to source

The mundane lives we live are NOT connected to source. They are not why we're here. They are a trap. Yes, yes, no one is about to quit their jobs and risk losing their houses and homes to go live up a tree. I understand but, sometimes, it just takes a shift in mindset. A

tap into something deeper that exists outside of this fake world, aka it exists INSIDE the real world. The world inside of you! That world is begging you to visit. It can only come alive once you start to notice it's there!

If you've got kids, you have maybe watched 'The greatest showman' - Literally one of the BEST modern movies of our time where the songs speak of worlds inside of us and the magic of living our dreams

**"I close my eyes and I can see
A world that's waiting up for me
That I call my own
Through the dark, through the door
Through where no one's been before
But it feels like home"
Cause every night I lie in bed
The brightest colors fill my head
A million dreams are keepin' me awake
I think of what the world could be
A vision of the one I see
A million dreams is all it's gonna take
Oh, a million dreams for the world we're gonna make**

From the song 'A million dreams'

And this magic number - COME ALIVE

You stumble through your days

Got your head hung low, your sky's a shade of gray

Like a zombie in a maze

You're asleep inside, but you can shake awake

'Cause you're just a dead man walkin'

Thinkin' that's your only option

But you can flip the switch and brighten up your darkest day

Sun is up and the color's blindin'

Take the world and redefine it

Leave behind your narrow mind, you'll never be the same

COME ALIVE, COME ALIVE

Often as humans just doing the basic human, we don't really hear the lyrics. They're there in the background. We even mouth along but we don't HEAR them as in, pay attention to the words deeply enough for their meaning to hit us hard and go 'Woah' and even have a cry about how profound and life changing they could be. No, most of us aren't listening to music that's high vibe like this. We're listening to twerk rap and numb corporate dull tone. COME ON GUYS , we can do better!

Anyhow, back to the corporate world and the effects that sleep influence tools are having on the unfortunate majority of us that still exist in this counterfeit existence. We are starting to realise that we're being taken for a ride. 7 days in a week and we work 5 of them from morning to night for the sake of, again, profit and

productivity? Where's your time to LIVE? Hmmmm and realising that this stress and burn out is causing many to reach for a bottle whether that be alcohol to numb the pain of medication to help you sleep, this is not the answer. The answer is to TAKE YOUR POWER BACK and start truly living your life because the moment you do, you will sleep like a dream and your dreams, well, they might just come true!

So what are people actually doing to action this POWER RECLAMATION GRAB and focus on better sleep?

- Sleep analysis devices to check their states and rates - With the popular and pretty quirky [Oura rings](#) a firm fave
- Bedroom feng shui - Let's take this seriously - more on this below in sleep training
- No tech near the bed - NO ear pods!
- Eye masks on - Block out any light to increase your brain's own melatonin production!
- Sleep sound sheets - more on this below in sleep training
- aromatherapy practice such as cedarwood and lavender -more on this below in sleep training
- Synthetic melatonin - There are yet not enough studies to show us clear enough evidence that melatonin, especially long term use, is harmful but it is reported that the side effects are decreased body temperature, headaches, dizziness and daytime sleepiness (sort of counterintuitive really)
- Gentle exercises before bed - slow stretching whilst listening to some calming music / raise your legs up the wall for 5 minutes to assist blood flow to brain / Nidra chanting to wind down body brain via vagus nerve stimulation
- **NO ALCOHOL** - I'm sorry, it's a straight up no. Absolutely wrecks your hormones. As a 44 year old woman that doesn't

booze much and actually had a 5 year off hiatus, my 2 best friends and I that are alcohol free for the most part can tell you that in comparison to our other similar aged friends, we don't suffer from poor sleep or menopause 'symptoms' If you have to, stick to weekends and stop drinking enough time before bed, aka, lunch time drinking where hopefully by 5pm you've had enough and can by bedtime have a chamomile tea and some deep breathing and you've got your own melatonin lab in your own brain that will give you the very dose you need.

MELATONIN PRODUCTION

Want to know how? Well, it's that funky light again! Ditch your sunglasses and soak up those early rays. Getting sunlight in the morning and evening is THE BEST way to boost melatonin production in your brain. That light and its codes, as mentioned earlier, is what your brain loves to process during the evening, so don't cover your eyes all day with plastic black out glasses and stay sat in front of a blue light screen. Get outside and soak up the sun rays early so that your brain (not your body) can actually get to disco at night!

And not just melatonin, all the other hormones that are produced in your brain of an evening are exactly what come from the light source outside and a regulated body so, kick the stress along with the sunglasses and GET OUTSIDE!

If you're lucky enough to WFH please make it a given that instead of your commute, you spent that time soaking up rays. Live in England (shame, I am English, I feel you but still get outdoors. Go for your morning walk come rain or shine. It will still reach your crown!)

TIPS ON HOW TO AID THE BEST NIGHT'S SLEEP (AND IT STARTS THE MINUTE YOU WAKE UP.....)

We co-created a big post for a research project last year where we reached out to a number of hormone specialists in particular to focus on the impact of our daily lives according to the 9-5 cycle on womens cyclical health and the input that we got back with regards to hormones factoring in diet, movement, supplements, external forces and factors etc was HUGE!

I will link the post below and PLEASE NOTE that within that post is a piece on heavy detailed hormone production that might be VERY informative and useful for those of you, especially of a certain age that might be struggling with hormones and sleep concerns

You can find the post right [HERE](#) and I promise you, it is well worth a read!

EFT AND SLEEP TRAINING TECHNIQUES



IS IT ALL JUST A DREAM?

As an EFT practitioner (Emotional freedom technique) I focus a lot on how to bring traumas to the surface and process through the body brain connection. When looking at Emotional guidance techniques, one of the best ways to intuitively and simply tap into your body is through.....

LIFESTYLE ADD INS AND INCLUSIONS

- TAPPING IN to your body. Funny that! That body tapping on specific parts of your body, mainly in accordance to the TCM meridian points and pressure points, you can literally start to re-wire your central nervous system through activating the sensory fibres and neuro pathways that help to boost neuroplasticity, activate your brain responses and trigger the parasympathetic nervous system which carries information from your spinal column up to your brain via the VAGUS NERVE. I did a huge piece on this that is now featured in my book 'dear child' so please go check it out. You can find it [HERE](#)

When you wake up in the morning, it is a great idea to use some basic tapping methods on your face and over your body to connect the sensory body to the active mind. Any sensory experience on the skin has to be made sense of by the brain and by being present and connecting the two, you are reducing your stress and overwhelm significantly that when you sleep, will be processed hugely!

- Another thing we can do that also helps, is to take a morning shower post tapping and have a 2 minute COLD WATER BLAST as this stimulates your vagus nerve and will action your parasympathetic nervous system. It also helps to naturally tighten muscles, connect the body brain receptors and close pores that protect your skin from external damage.
- The use of essential oils as mentioned above is super progressive and highly effective! Oils such as peppermint and frankincense are 2 mega brain oils that cross the blood brain barrier and help to action the parasympathetic nervous system. They also have a soothing effect on the brain yet an energising effect on the body and help to create sensory

experiences that are rooted in nature, thus bringing us back to a natural state of relaxation and restoration! Rosemary is also a great brain oil! They are also super at helping to improve cellular regeneration and function!

As I write this, it is early February and we wrote our Jan and Feb newsletter for all of our members. I am not sure at what point within the year or what year within time you may be reading this, but I will share our January newsletter as it is FULL of natural remedies and plant / oil based go to's that you can use to help you relax, rewind and sleep. You can read it [HERE](#) but you can also check out any of our upcoming newsletters throughout the year [HERE](#)

DIET AND FOOD - Make sure you are well hydrated throughout the day. There is a lot to be said for making sure you get your water in you. Your brain loves water but you know how else you can hydrate that doesn't just fill you full of H₂O? FRUIT! The electric power of fruit is something your brain LOVES and is equally as hydrating as water. Don't forget to include as much in your diet as possible.

We have an amazing summer juice we have on the daily here in Cyprus and it powers your electric circuits like nothing else!

WATERMELON AND PASSION FRUIT JUICE (SOMETIMES I ADD AN ORANGE)



Watermelon is one of THE most hydrating fruits you can possibly eat and passion fruit (grenadella is total electricity food) The earlier in the day you can get these in to your system the better as, the next thing your body brain loves is to FAST

The best thing you can do to help access deep sleep is to make sure you eat your last meal early on. We tend to have a light breakfast around lunch time and then our family meal around 5pm with nothing but tea or water between then and bed time.

A GOOD NIGHT'S SLEEP STARTS IN THE MORNING

Make sure to get outside and walk in the sunlight as often as possible WITHOUT sunglasses and overly exposed skin. Our bodies

and brains love the Vit D from the sun and our eyes and brain love the rays of light codes! Soak them up!

Take breaks often and try to meditate. This can be for 10-15 minute increments throughout the day where you can go into your inside world and alter the waves that flow from within. When you have ended each meditation break, try to do some deep breathing exercises and on release, exhale the breath through a sound or hum. This further helps to stimulate the vagus nerve and balance the body brain.

And at the end of the day, make sure you have established a good WORK END routine so that you can activate a switch off between your active working mind body and your slow down period so that you can start to move into a more gentle and slower brain body pace.

END OF DAY ROUTINES - As you get closer towards the end of the day, make sure that you don't eat too late so that your body isn't working hard to process and digest and that you take time to do some slow floor exercises that can help to de-gravitate your body and leave you feeling lighter.

A salt bath is also great at the end of the day as it helps to withdraw toxins out of the body and start to put you into a state of relaxation, ready for a good night's sleep.

While bathing, see if you can listen to some relaxing music or some **BINAURAL BEATS** (though these are best done with headphones so pls be careful with electronics and water...) and then once out of the bath, you can finish off by doing more gentle tapping.

Another great thing to do, is to put your legs up the wall and sink your back into the ground and just relax there for a few moments.

This helps to improve circulation and reduce lymph flow stagnancy and will also help the blood to flow to your brain while you're sleeping.

BEDROOM - INVEST IN A GOOD MATTRESS! YOU MIGHT AS WELL, YOU SPEND HALF YOUR LIFE ON IT! [Here](#) are a few that we think are GREAT safe, ethical options. INVEST IN GOOD SHEETS - Make sure that your bedsheets are of good quality 100% cotton or silk and preferably not poly or synthetic material as these are irritants that alter your body temperature. See if you can sub cheap pillows and invest in goose down or other feather pillows.

FENG SHUI - Get creative! Make sure that your room is designed as well as could be possible. According to Chinese Feng Shui experts, they claim that you should avoid sleeping with your head to the North. Why is this?

Well, apparently, sleeping with your head in the north direction can affect the iron in your blood. Over time it will cause an electromagnetic resistance that causes overall complications that can put pressure on the brain. Now listen, don't laugh. There's a lot to be said for polar energy.

Just ask any airline pilot and they will tell you. The idea that the geographical direction in which we lie down to sleep influences our health has its origin in the ancient Hindu practice of Vastu Shastra. This set of Ayurvedic teachings aims to live in harmony with the energies that flow in the world, very similar to what the Chinese discipline of Feng Shui proposes – in fact, it is said that both have the same origin and yes, those energies also flow when we sleep.

The key is magnetism. Because its core is filled with iron and spins at great speed, the Earth has a magnetic field that goes from north to south. According to this philosophy, if you sleep facing

north, you make the positive pole of the Earth coincide with the positive pole of your body – located theoretically in your head – making both repel each other. This can cause nightmares and sleep disorders and wake up tired from the "internal struggle" between your body and the planet.

Some people further claim that this polarity can affect blood circulation and even raise cholesterol and as already mentioned above, your iron levels. On a spiritual level, Hindu tradition believes that when the soul dies, it leaves the body for the north, so sleeping in that direction is impure. It also suggests that entities are more capable of entering us via the astral realms through the north crown when we are asleep so, not to say you have to shift south but a direct north is a hard NO!

Also, make sure your bed is OPPOSITE the door and not behind it. Keep your room clear, decluttered and FREE of electrical devices.

Don't sleep with cupboard / wardrobe doors open and make sure that when you do sleep you have good airflow. Not too much, not too little. Try sleeping with a silk or satin eye mask to really drown out any light pollution in your room. Disconnect wifi if this is a possibility and avoid using screens at least an hour before bed.

TECH OUT

DO NOT sleep with ear pods in! Most of my friends confess to going to sleep listening to podcasts or the sound of people talking to be able to drift off. Let me tell you that is one of the WORST things you can do. Based on ALL the above with regards to sleep states, is it not now fairly obvious that your brain requires SILENCE and DARKNESS so that it can process the way it needs to so that you can function at your fittest?

One of the things I hear the most is “I can fall asleep easily but then after a few hours I am wide awake and can’t fall back to sleep” - If you rely on the sound of others to get you to sleep via wireless ear pods (terrible for your brains own wiring system) then you will wake up searching out sound because you are training your brain to always be on alert, needing to reach out for something to hear. Dudes, NO!

You need to be silent.

You need to NOT be searching for noise, distraction, anything to drown out the silence your brain so desperately needs. YOU NEED TO STOP with this and start to train your brain to go to sleep in the peace and quiet. Don’t like it? Scared of the sound of nothing? Tough Sh*t! Get used to it!

If you have to listen to anything at all, put a timer on your tv or radio so that after half an hour it switched out and listen to something like [CHOPIN NOCTURNES](#) or this compilation designed for [SLEEP AND RELAXATION](#)

Candle light and a book is a super soothing way to drift off over Netflix and the lights on. And if you really struggle to nod off, have a cup of chamomile tea while you’re tucked up and ready to drift to sea

CONCLUSION

This summary of sleep and the importance of why we spend half our lives seemingly in lands unbeknownst to us hopefully holds some codes for you to be able to better your sleep quality, reduce stress levels and tap into the deepest parts of yourself.

The science, spirituality and intuitive connections are there however they wish to show themselves but these are my little

nuggets of discovery that after years of exploring these deep wave energies have found their way into my heart and bedroom and hopefully yours too! There is nothing better than a connected body and brain and a rested, deep nights sleep so please, make a conscious effort to put in place some big considerations for how you can improve your sleep patterns and give yourself the pleasure and honour of tapping into the world beyond this awake one.

There is so much more to be explored and I truly feel that our 7-10% functioning brains grow and develop more while we are in the states of deep slumber so wherever possible, embrace that space and go within.

Sleep is the magic moment that binds our brain and our body together. The golden chain that attaches to our soul and dances between worlds. The ebb of the tides within us and the flow of the world outside us.

The place where our imagination sparks fire and magic that's embers are carried by the winds of the worlds and set into stone by the builders of our tribes and ancestors who whisper messages to us via the animals and trees. Go deep into your dreams. Root into them and find what you can and then fly back here into this world and share your stories

**Hold on to dreams, for if dreams die, life is a broken
winged bird that cannot fly**

SWEET DREAMS ALL AND MAY ALL YOUR DREAMS
(THE GOOD ONES ANYWAY) COME TRUE

x0x0

Kathryn Asher