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L Manion



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encountered and acted upon by young people *Montgomery Ward* Montgomery Ward,1924 *Catalogue* Montgomery Ward,1928 *The Path To Sleep, Exercises for an Ancient Skill* Lincoln Stoller,2019-11-23 Sleep is a set of states of mind Insomnia describes the condition in which you cannot reach or cannot stabilize yourself in them Insomnias in general as well as other sleep dysfunctions are the result of mental dysregulation your inability to support your mind s natural states transitions and functions This book works to retrain your mind The Path To Sleep consists of written and spoken words It contains a series of twenty four guided visualizations that you can download from the internet that carry you in thought image rhythm and frequency into a range of other states of mind These are not simply different ideas or perspectives they are different realities You are a different person in these different states Many people especially those with sleep dysfunctions do not are rarely or cannot even imagine being someone other than who they are This makes the work in this book especially difficult or confusing for the very people who need this work the most If you find yourself becoming lost or confused that s exactly where you should be Let the material unfold without your guidance and control Learning to intentionally let go is a prerequisite for allowing your identity to dissolve which is what sleep essentially is Sleep is a form of metamorphosis you cannot control You must let go of all that you are and create a completely empty space for other selves to arise The Path To Sleep presumes no knowledge on the readers part and does not require you to understand or remember any of the information it presents Its works to improve your sleep through reforming your control of your thinking leading you to less control and more flexibility You cannot achieve this by trying just as you cannot fall asleep by trying Falling asleep staying asleep and experiencing the material in this book all require that you merge into a different state of mind The book presents exercises to develop and strengthen this ability and as your mental abilities improve so will your patterns of sleep This book it is actually a training tool views sleep as an activity controlled by your higher mind Your higher mind is an elusive thing that resides in all things connected to you sometimes conscious and cerebral but more often chthonic celestial implicate or ancestral It is always present and listening but hears many voices besides your own Many you would not recognize as having any language at all such as your body This book speaks to your higher mind and that s why it should be read to you Do not struggle to understand the material in this book and to a large extent I do not want you to understand it This work trains your subconscious You must be able to lose consciousness in it Your consciousness exists to orient you but it cannot perform healing The limitations of your understanding are the sources of your problem you cannot fix these limitations you must move beyond them Your consciousness has brought you to this book but it cannot learn what is in it This book is best understood when you are in a trance state and your conscious mind is relieved In this state your sensible mind is free to leave and you will not mind this book which works to avoid making sense Those who need this book the most may find it makes no sense In that case do not try to understand it experience it Experience yourself in terms of rhythm frequency and resonance This is the consciousness you need for sleep from the Preface of Path to Sleep *Polysomnography for the Sleep*

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