

# S.M.A.R.T.steps To Better Health



STEP 3: REST IN STILLNESS

ALLOWING THE MAGIC OF CREATION

WEEK 3



*"I am grateful  
for the stillness  
in my life"*

## "I quiet myself and *enlist* creation"

### The Magic of Creation

Now that you have prepared the soil and planted your seed, it is time to allow creation, which will not be denied, to do its thing. You can now rest. You should still continue to write in your gratitude journal, and perform your visualizations. To this we will add stillness...

#### 1) Get 8 to feel

**great:** Sleep has two main phases; deep sleep, and dreaming sleep (called REM sleep). We are not really clear on the real purpose of each, however deep sleep seems to be important in terms of maintenance of

the body, and the dream sleep, maintenance of the mind. You cycle through these phases throughout the night, increasing the amount of dream sleep and decreasing the amount of deep sleep as the night progresses. As you decrease your total sleeping hours, you sacrifice your dream sleep which makes it hard to remember things, learn new information, and be at peace (those with a sleep debt are more irritable).

#### 2) Increase the peace:

Silence is truly golden. "Noise" can have a negative effect on the body and some scientific studies note a relationship between noise and high blood pressure. Also, things that we expose ourselves to over the course of the day (news, radio, television, etc.) can serve as a distraction to where our internal compass is trying to direct us.

Try the following: 1) avoid TV before bed, 2) ride to work without the radio, 3) meditate for 10-15 minutes breathing deeply and not holding on to any thoughts, just let them pass through your mind. In total, try to add 60 minutes of silence to your day.

☒ get 8 hours of sleep

☒ increase the silence

☒ reflect

**3) Reflect** Look back at the stated items in your journal. Any patterns. What is the funniest observation, or gratitude? Care to share?



### STRATEGY

Just imagine you have a championship racehorse who has a big race tomorrow. If he wins you get millions, if the horse loses you get nothing. Would you make that horse stay up through the night or would you make sure the horse got a good night's rest. How about rest over the week? Most clearly see that rest is important for the horse. Why should it be less important for us to be at our peak?

