

# INTELLIGENT SLEEP



1<sup>st</sup> International Spiritist Youth Weekend  
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## What happens when we sleep?

- “Sleep frees the soul partially from the body.”
- “Through sleep, the incarnated spirits are always in contact with the spiritual world”
- “A dream is the memory of what your spirit saw during the sleep”

## Question 401. Does the soul rest during sleep as does the body?

“No, a spirit is never inactive. The bonds that tie it to the body are relaxed during slumber, and as the body does not require its presence, it travels through space and has direct relationships with other spirits.”

*The Spirits Book by Allan Kardec*

## Steps for Intelligent Sleep

Step 1: Preparation - Take a few minutes to intentionally prepare to sleep and intelligently make use of the time destined for rest of the body.

- ⇒ Have good thoughts. Read an edifying book or a short message.
- ⇒ Keep a glass of water that good Spirits will magnetize during the night to help you rebalance your energies once you wake up.

Step 2: Prayer - Connect with God and the High Spirits right before going to sleep.

- ◇ Direct your prayer to God. Read a prayer from a book or do an spontaneous prayer.
- ◇ Thank God for your day. Revise your day.
- ◇ Ask God and your guardian angel to help you have a productive night of sleep. While your body rests, may your spirit:
  - ◇ Take classes in the spirit realm;
  - ◇ Get advice from your guardian angel;
  - ◇ Be of service to others;
  - ◇ Be in the company of good spirits and receive help for problems of the body and the soul;
  - ◇ Reconcile with your enemies.

Step 3: In the morning - Thank God for one more day, one new opportunity to live and progress. Drink the fluidified water.



## References:

1. THE SPIRITS' BOOK, Book Two - The Spirit World. Chapter VIII - Emancipation of the Soul— Sleep and Dreams.
2. The Spiritist Review - Journal of Psychological Studies - 1858, December. Dissertations from Beyond the grave - Sleep