Sleep Affirmations

200 Phrases for a Deep and Peaceful Sleep

JENNIFER WILLIAMSON

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introduction

Imagine closing your eyes to the day, enjoying a good night's sleep, and waking in the morning feeling totally refreshed—mind, body, and soul. The positive sleep affirmations in this book will help you do exactly that by visualizing and inviting the restful energy that will lead you into a peaceful place.

Every declaration, whether you're speaking it out loud or thinking it to yourself, is an affirmation. "I can't sleep" and "I love sleep" are both affirmations, but the first one highlights what you don't want, while the second one asserts what you want more of. Mindful affirmations are catalysts for your desired experiences. They ferry you across the river so that you don't have to struggle upstream all on your own. The sleep affirmations in this book are carefully crafted ferryboats, intended to help you sail smoothly off to sleep.

As your affirmations become more mindful, your energy will start to resonate more deeply with the experience you want—in this case, peaceful sleep. Thankfully, you will have these two hundred soul-affirming, mind-liberating truths to support and guide you. Every affirmation is infused with quiet hope and is ready to impart the blessing of peace. Simple and insightful, these messages are easy to read and delightful to fall asleep with.

Consider this book to be your sleep companion. Consult its gentle guidance when getting ready for bed, or use it to lull yourself back to sleep in the middle of the night. Follow along in sequence, or flip to any page for your nightly passage—find what works for you. The only requirement is your willingness to receive the compassion and understanding that this book offers, through an open heart and mind.

how to use these affirmations

A quiet mind, a relaxed body, and a loving heart all work together to pave positive new pathways. Designed with your best sleep in mind, each affirmation in this book shares an easy-to-absorb, holistic message that speaks to your entire being. If you're ready for better sleep, this book can get you there.

Declare with conviction that you are ready to enjoy the peaceful sleep you've been dreaming of. Holding this book in your hands is a testament to your readiness, and the words you're reading will show you a better way. Sleep doesn't want you to struggle; sleep asks that you release the struggle. Now that you've affirmed your willingness to try something new, the fight to fall asleep is about to be transformed into something much more enjoyable.

Every page shares digestible inspiration that's both open to interpretation and rooted in wisdom. You might read the same affirmation three times, and each reading will spark new healing according to the season of life you're in. No matter what's happening in your life, the intention remains intact: you are encouraged to release the struggle, to receive the wisdom, and to enter the mindful state of peace that invites sleep.

Incorporate this book into your nightly routine, and pick it back up to help you fall asleep after waking. Though the affirmations read well in sequence, you are free to select your nightly reading by turning to a random page. To make sure these affirmations work for you, keep in mind the following suggestions:

- Repeat one affirmation nightly. If tonight's affirmation doesn't resonate with you, or if you're not ready for the message, simply flip to the next (or another) page.

- Take 5–10 minutes to repeat the affirmation. Take your time and let the message sink in.

- Start by reading the words out loud, if possible. If you can't or don't want to speak the words out loud, repeat them silently to yourself.

- Once you've placed the book back on your nightstand, let the affirmation reverberate in your mind. Loosely ponder what you remember and love most from the message—it might be one sentence or one word that sticks with you. (Many of the affirmations rhyme for easy remembering.)

- Anchor the affirmation in your body with the mindful placement of your hands. Placing your hand on your heart or belly, holding your own hands, and cradling your face are all self-comforting mechanisms that help to establish the affirmation internally.

- Embody the energy of the message. Say it—really experience it—with great feeling and awareness. Go beyond the words themselves and focus on the imagery they elicit.

- When distractions arise, return to the affirmation. In this way, every disturbance becomes another chance to enjoy the affirmation's deep sentiments.

- Affirm with sincerity and conviction. For any affirmation to work, you must believe it is true for you. This is why each message leaves room for personal exploration; no matter your beliefs, remain receptive to the energetic quality of the statement.

- If you encounter resistance, simply be aware. In the process of using a new affirmation, old, negative, or contradicting beliefs might arise. This is not a sign of failure. Resistance to something new is natural. "I'm not worthy" and "Nothing works" are just old thoughts. Give yourself compassion, and give the new affirmation space to grow. It's all part of a larger practice.

As you practice these positive, mindful affirmations, you'll participate in the creation of what you truly want. When you relax into your creative power and embrace what's possible, sleep will become an effortless extension of your nature.

Nighttime is my time to heal.

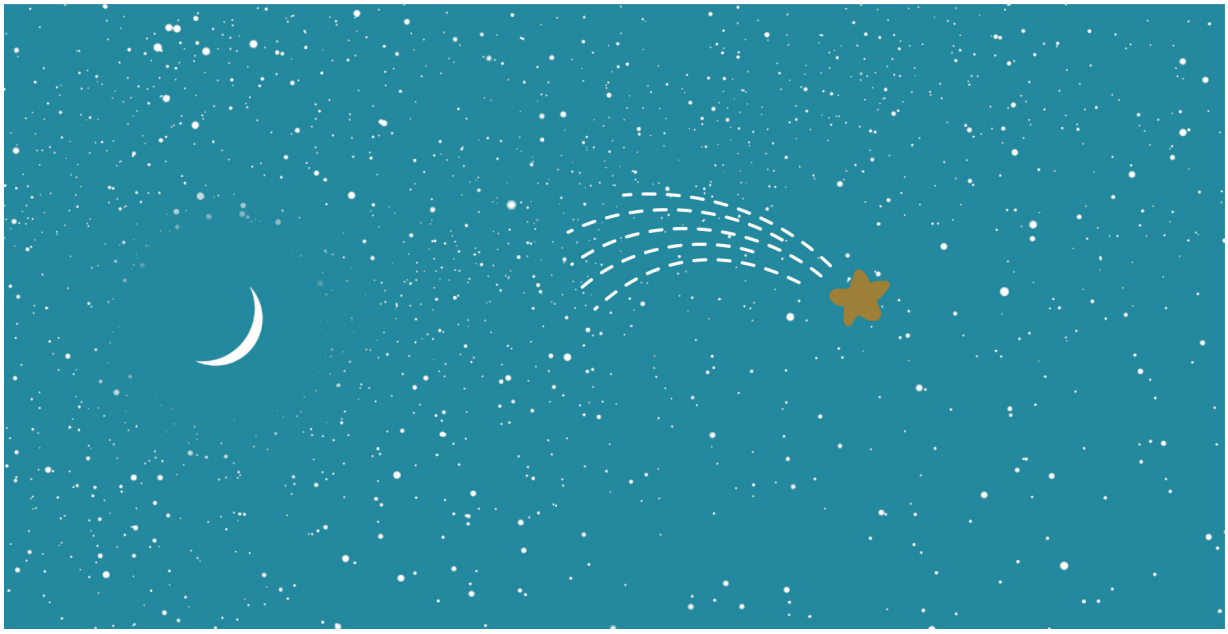
As I hand over my thoughts to the healing night, they are carefully held for me. I entrust my worries, fears, and hurts to the universe, and all is taken care of for me. Sleep is coming to restore me back to full vitality.

I have done my best today, and I am willing to forgive the rest.

My best is always good enough and everything else is worthy of forgiveness. I am willing to try this belief: I have done my best. I forgive the rest. Now it’s time to let go.

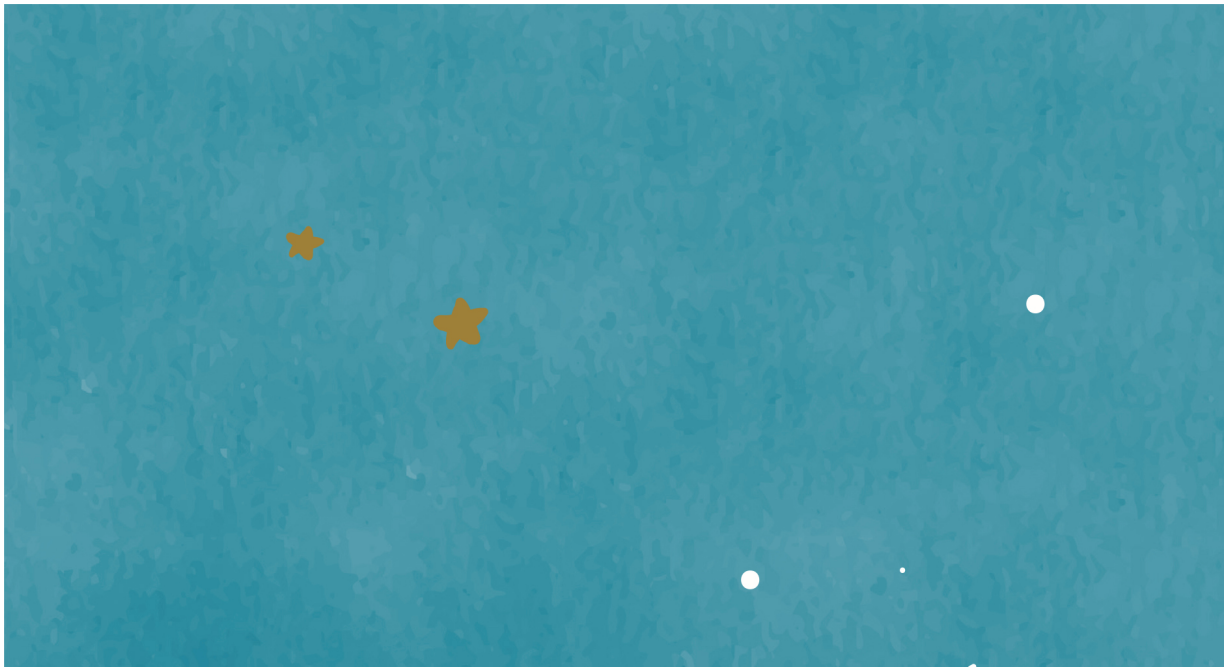
My breath is my guide back to peace.

As I breathe in peaceful possibility, I release any resistance to quiet in my soul. All is well and safe here; all is right and whole. Mindful, steady breathing carries me back home.



Sleep is calling me, and I must go.

My body listens to the whispers of night, telling me softly to be at ease. There is time enough for the day, and now it is my time to dream. The weight of the day is lifting as my thoughts are drifting toward sleep.



I Am.

Thankfully, my thoughts are not me. I transcend all mental activity, for I am pure consciousness. I allow thoughts to enter and leave me with ease; I let them be carried away like falling leaves in a gentle breeze. I lie back and allow, because I Am.

Dear Sleep: I love you.

Thank you, pillow, for cradling my tired head. Thank you, bed, for supporting my tired body. Thank you, blankets, for holding my weary self. I am grateful to be in this space, held in the arms of Sleep herself.

All problems have solutions.

Though I am confused now, I'll find clarity through sleep tonight. In the restful pause, space is made and clears the way for a brand new understanding. I move beyond what I don't yet know and trust that it will come to me when it's right.

I let my mind dream beautiful things.

I enter the chambers of sleep by allowing beautiful thoughts to cross my mind. Gratitude and patience displace any woes; all thoughts dissolve quickly into loving energy. The beauty I recall is a lullaby for my soul.

I can be easy on myself.

It is possible for me to give myself the courtesy of compassion. It is a practice, and I am willing to participate. Personal struggles are worthy of patience too. I am moving in a better direction now.

Everything is becoming easy for me.

From this point forward, I am free from having to struggle. No fight; only faith. All I have to do is release and receive, as many times as I need to. Sleep, and all of life, is becoming much easier.

My appreciation is a magnet for sleep.

I nourish a gratefulness that feels true in my heart. I don’t just think about it: I feel its soothing presence touching every cell, altering my chemistry, and making me well. My heartfelt appreciation is like honey for the mind, body, and soul.

I am connected to endless abundance.

There is an infinite pool of well-being available to me always. I now choose to tap into this boundless source of freedom. With effortless ease, all the splendor of life surrounds me and I am carried to sleep.

I don’t believe in my negative thoughts.

I choose thoughts that align me with peace. Any negative movement within is put to rest as I settle in for the night ahead. I let the movement naturally escape through my breath. Negativity continues to release even while I’m asleep.

I let my perspective be corrected.

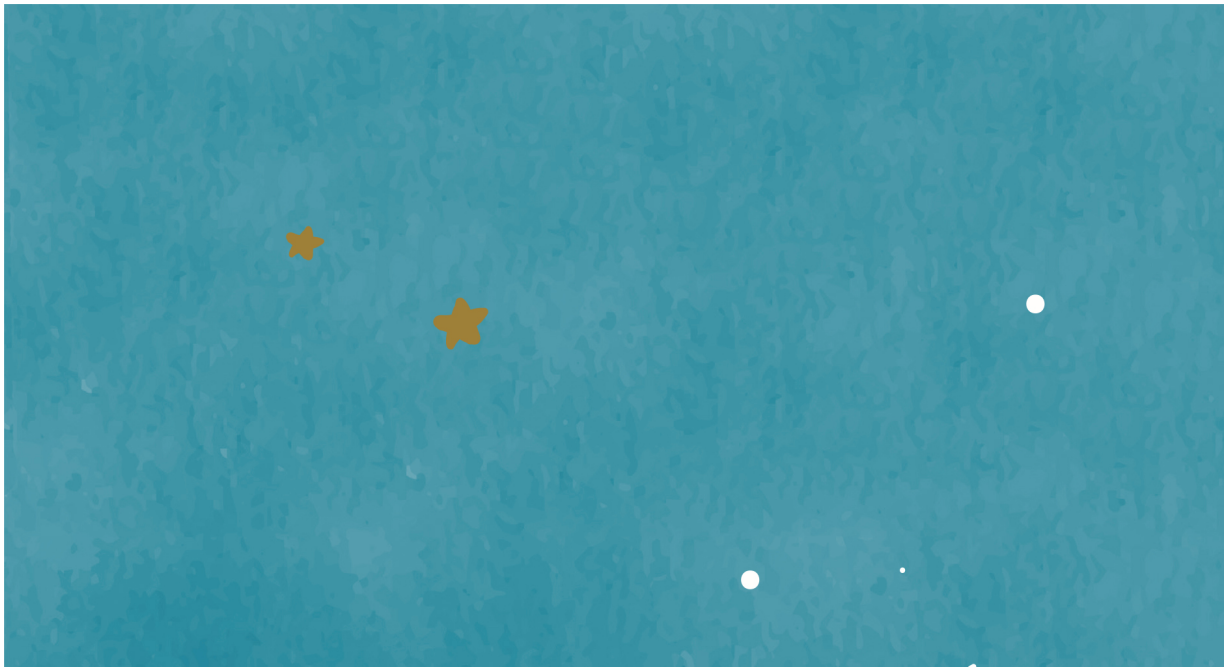
Whatever perspective is lingering from the day, I'm willing to have it transformed tonight. Something new wants to embrace me. I look forward to the nourishment I'm about to receive—I open my heart and close my eyes.

I fall asleep with kind thoughts and positive memories.

Every loving memory stays with me. My heart is full with all of the wonderful moments I hold dear. A kind energy rains upon me, and it helps me forgive whatever needs to be forgiven. Compassion settles in.

Everything I want also wants me.

I am worthy of the fulfillment of my heart's desires. The essence of what I love is its own reason for being. I look within and I see that what I dream of having, doing, and being also wants to experience me.



Sleep is my birthright.

It’s okay for me to go to sleep. It’s okay for me to receive the replenishment I need to live the life that’s meant for me. I was born into this world on purpose, and sleep is part of my journey.

I am present with the potential of peace inside.

Seeds of inner harmony lie dormant. I stop seeking outside of myself and listen for their song. They rejoice; they've been here all along. I am present to receive what's already within me. My presence delivers the gift of sleep tonight.

I hand over my worries to the moon.

I offer up any shadows to the light that's nearby. The moon shines away all fear, reminding me that I don't need to fight anymore. I surrender what's not mine to control. Now I can just ***be***.

I make peace with time.

I am healing my relationship with time. I don’t look to the clock or calendar for the meaning of my life. I let go of angst and allow space for my heart’s restoration. Savoring this moment brings new meaning to my entire life.

Sleep replenishes me.

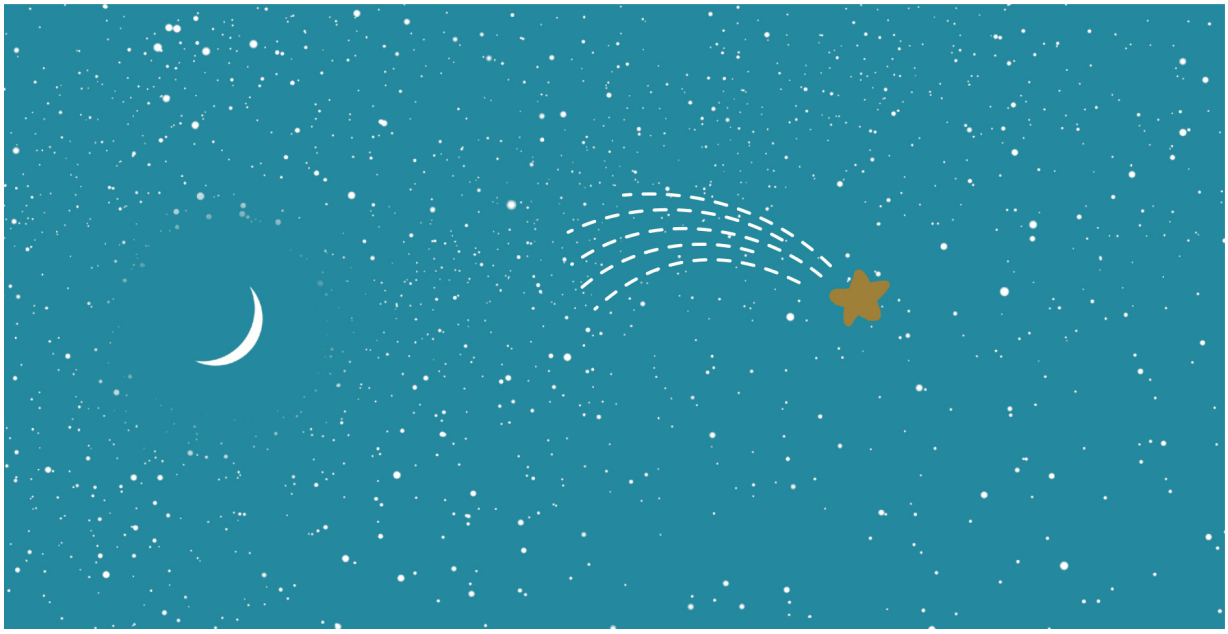
I take a deep breath and realign myself with hope. Sleep lightens every burden, comforts all my woes. As the day is closing, I am opening up to an easier way of being. My cup is being filled. My mind is being emptied. My body is recovering.

My muscles are massaged while I sleep.

My weary body summons relief. Sleep understands how to heal every tired part of me. I unwind from life on earth and mindfully release one muscle at a time. Gently, limb by limb, sleep responds in kind.

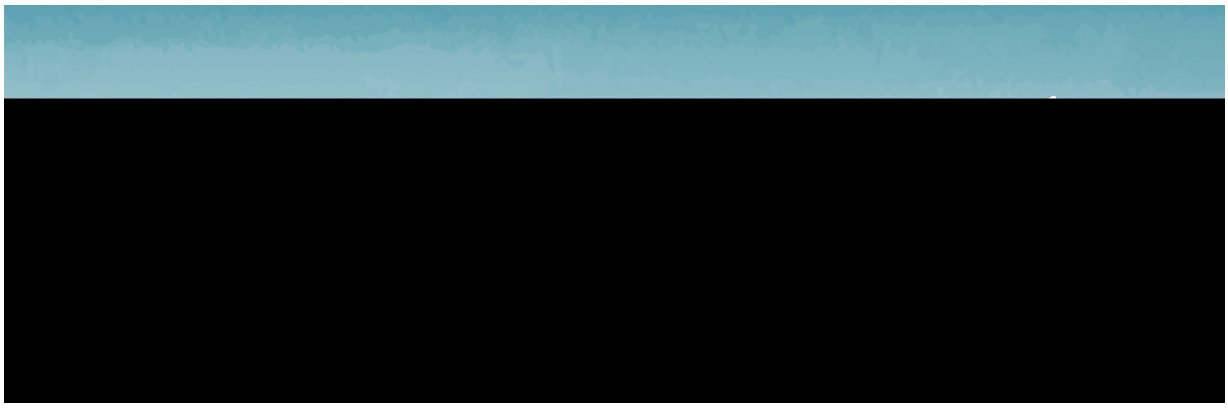
I stick with love tonight.

Love is my highest potential, my deepest truth, and my greatest accomplishment. There is nothing that love cannot heal. Even my incessant stream of thoughts is capable of being healed with the presence of heart. I focus on the essence of love right now.



As I inhale peace, I exhale release.

Each inhale brings in rich, wholesome energy. I inhale with presence and locate the areas that crave release. I exhale mindfully, sending away all tension and disease. Each exhale brings me closer and closer to peace.



Every dusk has its dawn.

The darkness that surrounds me always heeds the call of morning when it is time. Right now, it is time to trust that every dusk promises a dawn. I keep a light on in my heart, honoring the dark, until the morning comes.

Hope is the energy that comforts me tonight.

I worry about nothing. Hope extends into the future so that I do not have to. Anxieties find their cure as I swim in silence and release all thinking. I drink in hopeful energy, sinking into sleep, accepting every form of healing.

I am ready to learn through joy.

I don’t need to learn through pain anymore. I remember my lessons gladly tonight, grateful for the hidden gems they unearth. I honor life even when I do not understand it. I am ready for the next miracle that’s in store for me.

I am understood.

I am free from my own separate little world. I am willing to be part of something more than I know. Every struggle I've ever known has been known before and has been overcome with devotion to something more. I am not alone.

Sleep is a pool of wisdom.

All things are part of an endless learning process. My faith in what's possible is the gateway to wisdom and knowledge. A higher knowledge, deeper than the mind can go, is accessible to my sleeping soul.

I give up all doubt.

I suspend my disbelief and choose to see through the eyes of certainty. I am sure of the miracles that are now being drawn to me. I am receptive to their messages, relaxed and ready to be free of doubt. I am not without support.

There is only room for gratitude.

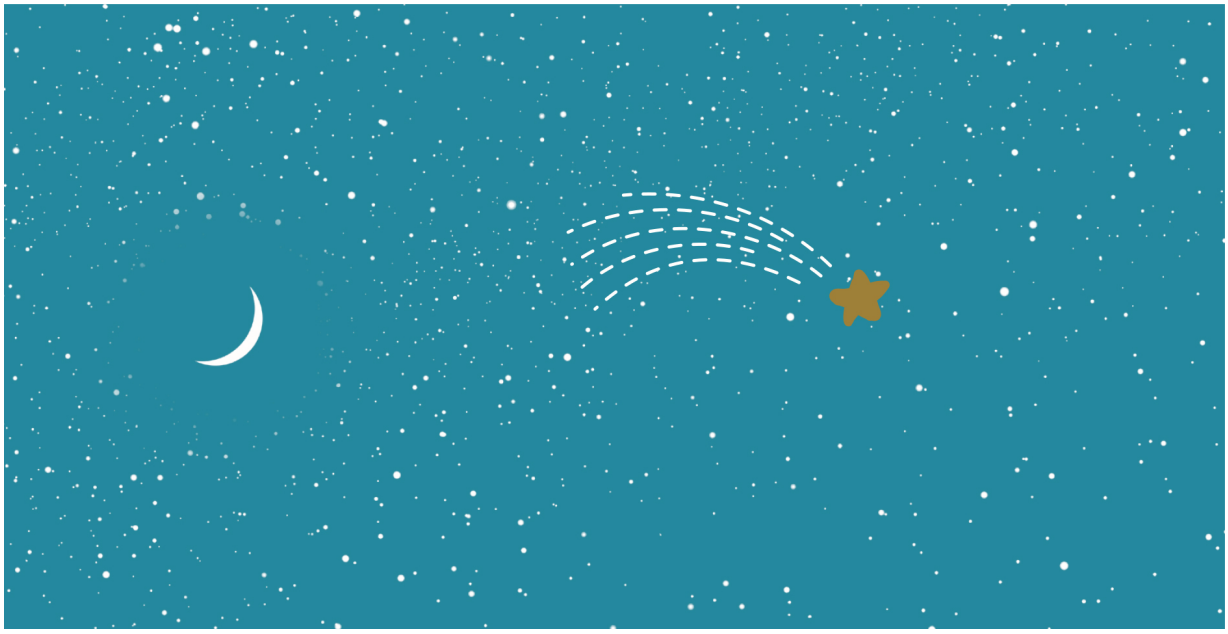
I leave no space for unhappiness to dwell in me. As my heart pumps gratitude into every cell of my body, I'm filled with awe. I am grateful for the sweetness that's flowing through me. I am ready to follow the call of sleep.

I imagine soothing sounds carrying me to sleep.

My favorite sounds from life on earth form a melody inside my heart. I am carried by their songs into the dark and dreaming night. I fly easily toward sleep; the sounds are my wings. As I listen to their lullabies, they become my dreams.

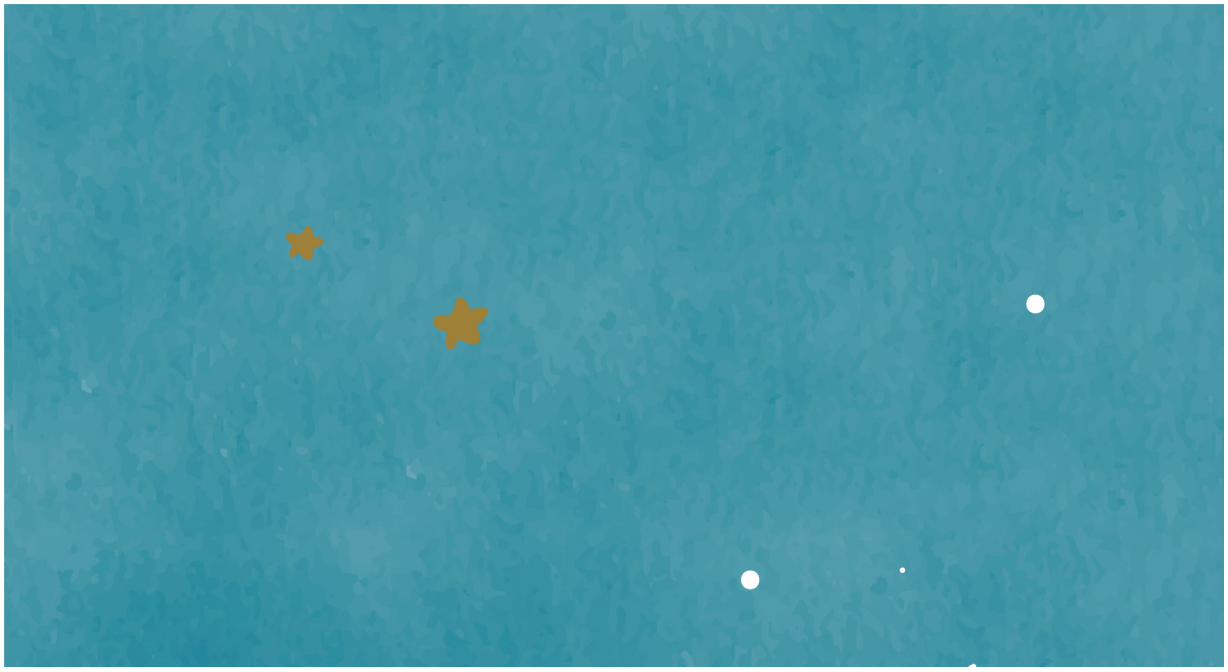
Sleep bestows its gifts upon me.

A gentle rain washes away all attachments to today. The gift of grace awaits my stay tonight, and I accept its invitation. I am grateful for the blessings that are reserved for me, knowing full well that I am on my way.



It’s good to feel good.

I am growing comfortable in a state of joy and trust. I am harmonizing with the natural energy flow of life. I don’t rely on fear for a sense of who I am anymore. I accept my worthiness and welcome happiness forevermore.

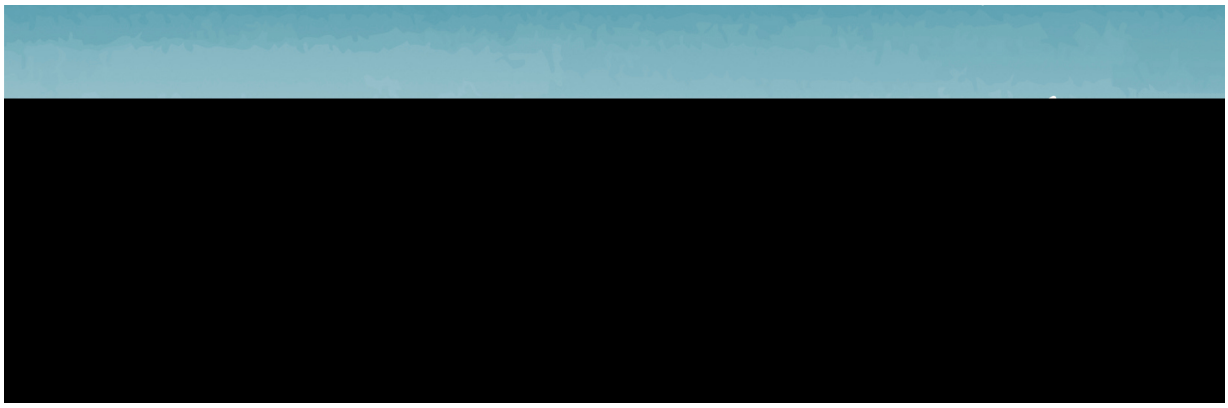


I am grounded.

As I lie down for sleep, I envision every inch of my body sinking into my bed. I feel myself being pulled into the ground, gently and steadily. Today’s experiences are being released as I sink. Slowly, each cell finds itself being drawn into sleep.

I am becoming who I am meant to be.

Sleep nurtures my journey to my highest self. I am given the nourishment I need to continue my exploration of who I can be. Aiding every meaningful path I could ever wish to explore, sleep takes care of me.



Sleep comes one breath at a time.

One breath at a time will soothe my mind. There is no rush, only the hush of hope. I am open to receiving the sleep my body needs, and sleep encourages me to just keep breathing.

Sleep has a home in me.

Pockets of peace expand throughout my body. Here, sleep settles in comfortably. Cozy and safe, there is room enough for a full night's sleep to stay. I treasure all the places inside of me that are home from dusk till dawn.

I trade resistance for an invitation.

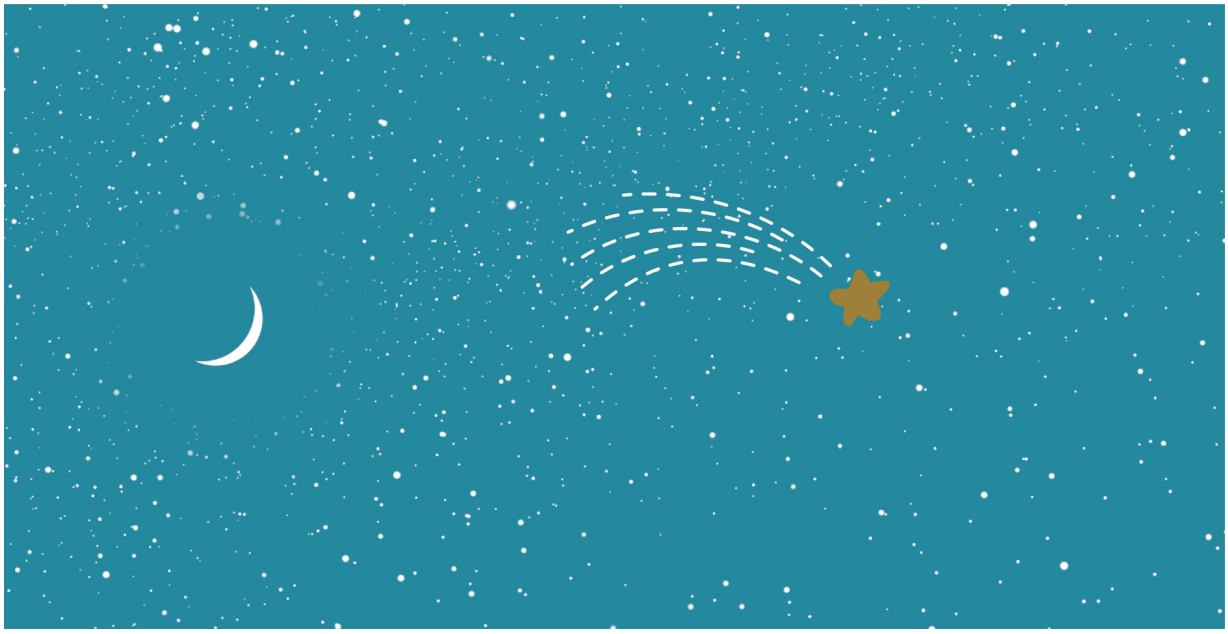
I dissolve the fear of not having, doing, or being enough. I tune in to the energy of love. I don’t push or pull; I let the universe catch up with my dreams. My faithful presence invites the peace that wants to guide me.

I set everything free.

I feel the sweet release of night swirl around me, holding and unfolding all of my fears. Every unworthy, unhealthy, and unloving feeling is healing. It is becoming easier to let go and rest in the glow of the night that's here.

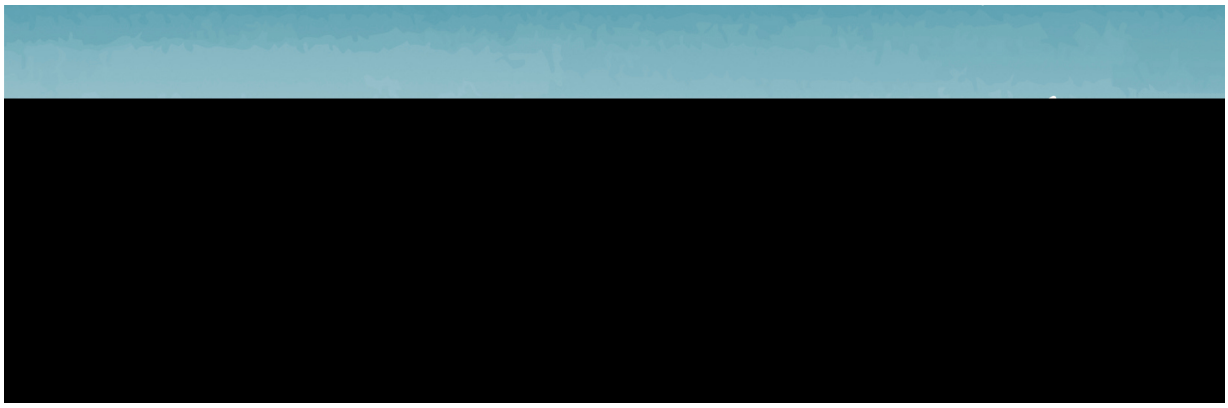
I am draped in forgiveness.

Every fall I take is a prayer for forgiveness. Every detour into fear is a call for the love that's missing. As soon as I am ready to receive my own forgiveness, I am free. I reminisce about the love I still have to give.



I try trusting instead.

I am free from every “why” and “how.” I play with the idea that everything is okay right now; it is well in the journey and in the end. I release “should” altogether. I choose peace instead, trusting that I am okay in the flow.



Life showers me with goodness.

At this very moment in time life is lining up so much beauty for me to see. I don’t need to know the details of how this beauty will arrive because I’m certain it will be something incredible. I close my eyes. Every blessing is on schedule.

Love never ends.

Everything loving is true, and what is unloving is only a temporary illusion. Fear, hurt, and heartbreak eventually go back to love, and so do I. Every ounce of love I have ever given and received is kept for me. Nothing I love can ever die.

I fall asleep with imagery of the universe.

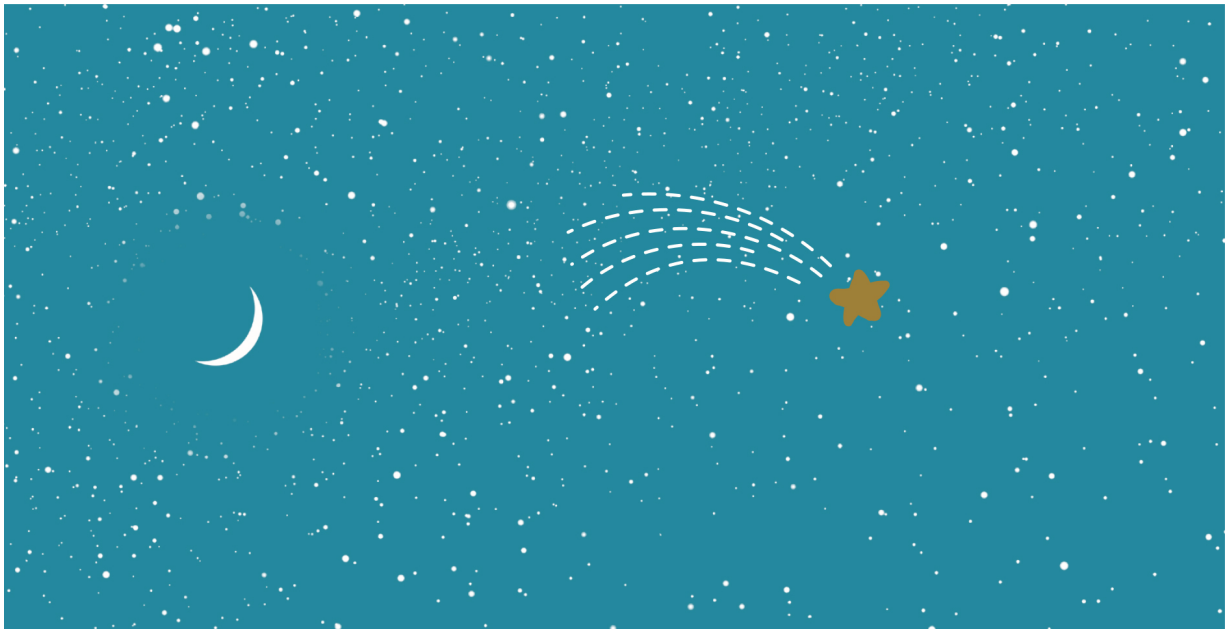
I imagine every awe-inspiring nook and cranny of the universe. How vast life is. How miraculous that I am alive to contemplate this. I am a witness to even the smallest miracles, which is a profound gift.

I rest inside a pause.

Between today and tomorrow a certain calmness rules my world. I stop spinning and my soul thanks me for this breathing space. This pause is ready to take me in, ready to show me how everything is nourished, one breath at a time.

I am gentle with myself.

I choose to believe that everything is a call to love a little more. I choose to open my doors inward and call myself a friend. I stop keeping score. The love I dream about tonight is the love I'm now bringing forth.



I plant a positive seed.

I can think of one thought that feels good to me. As I head for sleep, I plant this seed of positivity. The energy of this thought lingers in my body, planted in fertile soil, spreading its roots deeper into my truth as I sleep.

I see myself in perfect health.

I spend this moment visualizing perfect health inside of me. Every tiny cell is bathed in healing light. This radiance fills me up from the inside out, preparing me for a full night's sleep. The stars that shine inside of me heal me as I dream.

I offer thanks.

I am thankful for the roof over my head and the pillow underneath my head. I realize there are many things to be thankful for and they don’t have to be big things. I find one thing to whisper “thank you” to, and what I love is given wings.

I breathe myself back to calm.

Every time my mind gets carried away, I bring myself back to my breath. I force nothing. I picture each inhale carrying me inward and each exhale taking a thought with it. One breath at a time, I calm the world within.

I remember who I am.

I know what really matters when I stop to appreciate. I know who I am when I stop trying to be something else. My worth does not depreciate based on any opinion. My truth remains unchanged by what has been done. I am forever at home.

I am loved, and I Am Love.

Love is closer to who I am than any name, label, or form I've picked up along the way. I cannot lose something that I am. As the day fades away, this message vibrates in me: I am loved, and I Am Love.

Everything happens for me.

My highest good is supported and every request is understood. My wishes are fulfilled without a doubt as I relax and let myself return to love. There is nothing left to keep me up tonight because all is right and well inside.

Peaceful energy is growing within.

I feel the mental chatter leave because it has no place to stay inside of me. This chatter is not mine to keep. I hold a positive empty space in my mind. This feeling of peace expands and brings me to sleep.

Sleep is my medicine.

I don’t need to fix everything; all I need is sleep. I don’t need to save and conquer; I need to let the love in. There are many cures for many things, but tonight sleep is my best medicine. I let this truth sink in.

I choose comfortable thoughts.

I opt for thoughts that feel comfortable tonight. I align myself with peace. I carve a pathway to all desired things, people, and experiences with every comfortable thought I think. Comfort becomes my state of being and brings me right to where I want to be.

I am here to live a wonderful life.

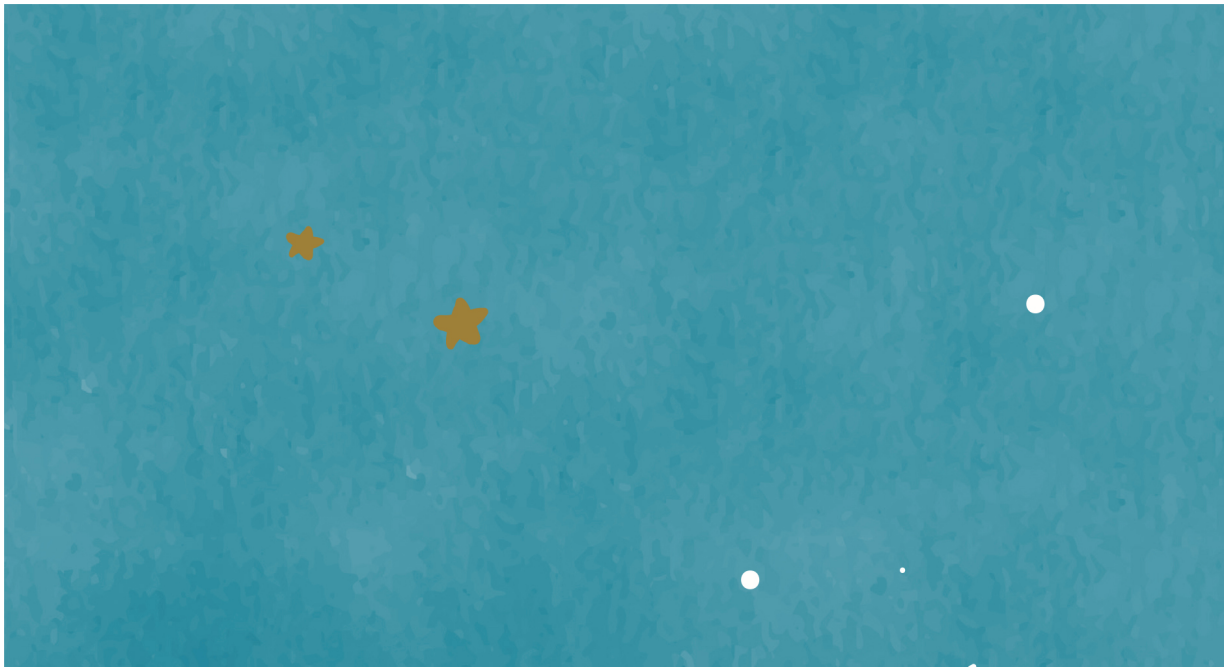
My only task is to live my life as openly and truly as I can. I let this moment fill me up, and I choose to let all the wonder in. Tomorrow is another chance to live fully, to try again.

I sign a peace treaty with my heart.

My heart is still beating after another day; I made it to tonight. I am loved and cared for—all day long and every night. I don’t need to fight with what happens internally; my heart wants the best for me.

I am free tonight.

I am free from the demands of judgment and am gifted a little grace in its place. The requests of regret dissolve tonight. All nagging thoughts are removed from my head until there’s no trace of them in sight. I count my blessings and say goodnight.

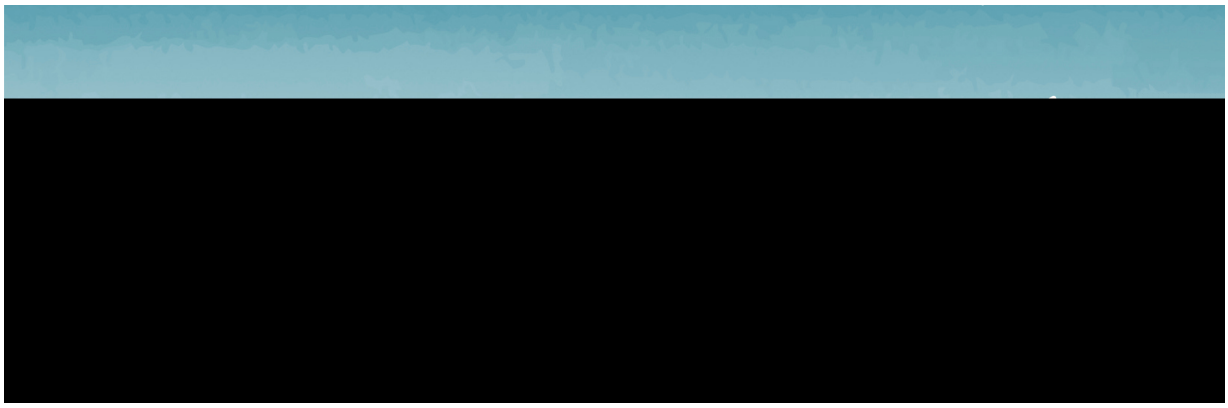


I am grateful to be alive.

To be here on this blue and green planet is such a precious gift. I breathe in oxygen without thinking twice. My heart beats minute after minute. I am blessed to know the ebb and flow of life; the earth is a friend of mine.

I fall asleep with a dream.

There is a dream that I keep close to my heart. This dream is part of who I am. Every peaceful vision feeds me hope and lets me know that I am capable. I let this hope support all that I am.



In sleep, I attract what I need.

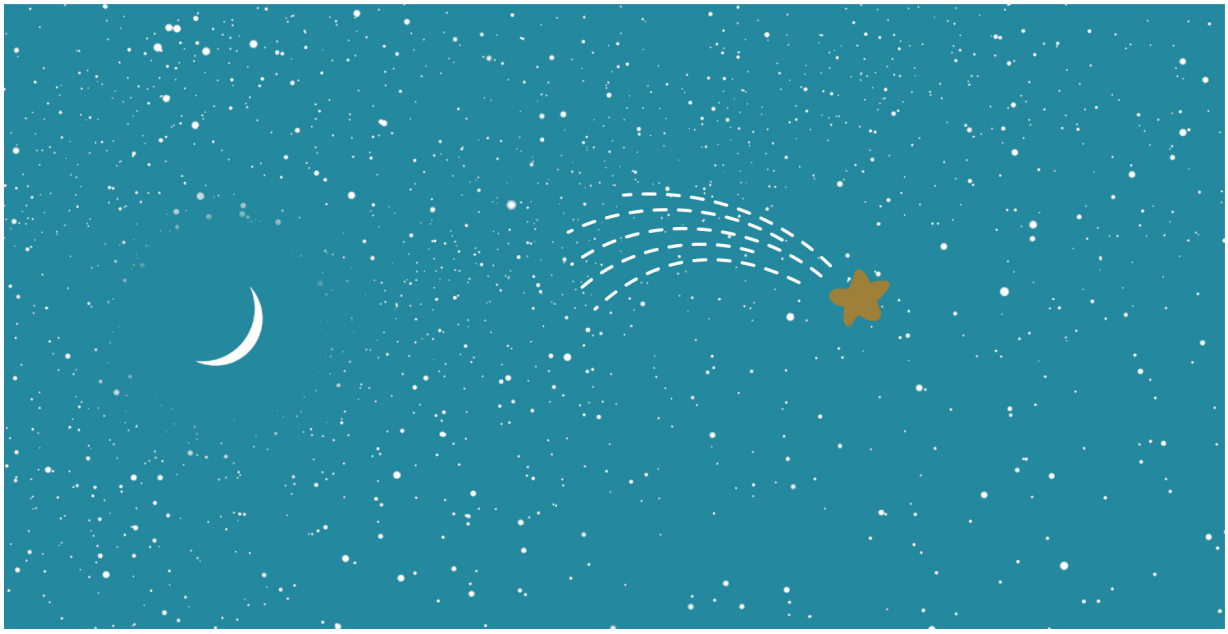
What I need is surely coming to me. There is enough life available for everything; what was once lost becomes a foundation for something more. I let this perspective sink in overnight. The energy I embrace makes me a magnet for more.

Relief is never too far away.

At any given moment I am just a few deep breaths away from feeling better. Right now, I am just a few deep breaths away from feeling the relief that I crave. Nothing that replenishes me is ever too far away.

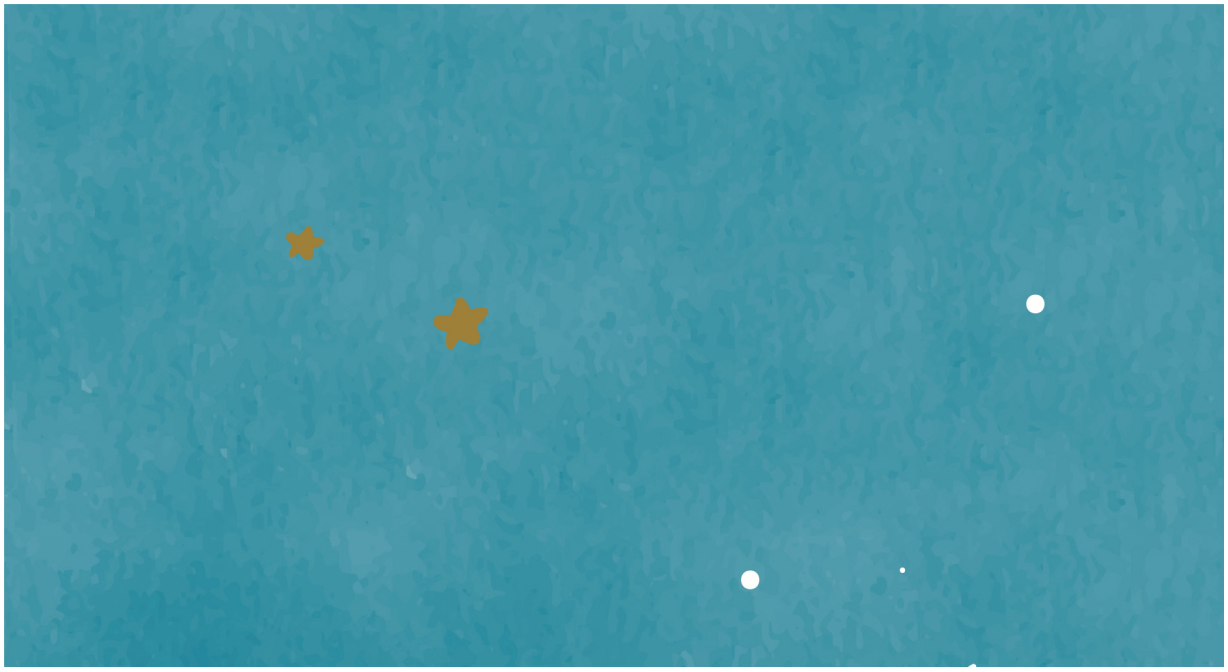
I believe in a better tomorrow.

I believe in the possibility of something new. I can make happy new memories and extract love from what I've been through. There is hope for me here and something to look forward to. I'm open to the good that's coming through.



I sleep in pure positive energy.

As I fall asleep, I'm truly falling into pure positive energy. Every moment that I spend asleep is a moment spent in perfect harmony. Every part of me loves everything about this place. I imagine entering this supremely happy state.

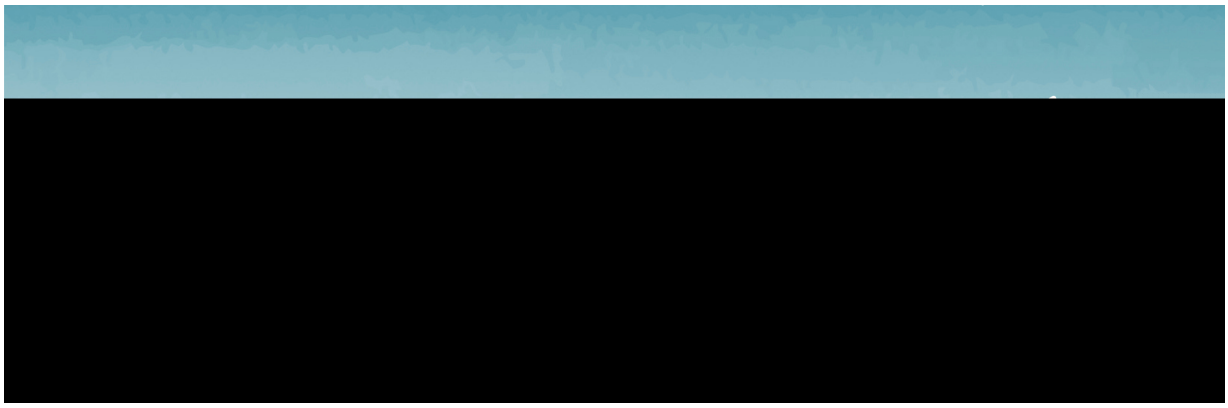


I prioritize love tonight.

The deeper I decide to love, the better I feel—no matter what. I choose to rest in love tonight because the deepest parts of me know that it’s what I need. Love above all else: this is my highest priority.

Sleep is a sacred ritual.

I honor the natural rhythms of my body and cherish the day as it turns to night. My body knows what to do; I can trust in this deep-seated insight. Starlit skies call me back to sleep. I settle into my divine birthright.



I am at home in the present moment.

I am alive in my body, at home in this moment. Trillions of cells know me by heart and want me to live. My heart beats faithfully. I am filled with gratitude for this gift. Every cell is grateful.

I dwell in possibility.

As I sit in the present moment, possibility expands in every direction. I can alter the vibration of my past and set a new vibration for the future. I am powerful here. I am peaceful now. Even sleep comes easily in my presence.

Sleep is in the stars for me.

Sleep promises itself to a mind at ease. I now affirm that I am free from everything and all tensions continue to leave. My energy gradually matches the energy of sleep. I welcome a smooth transition from awake to dreaming.

I am free to believe in what feels loving to me.

My truth is not limited to any one belief. A belief is just a thought pattern, and a thought can be changed. I am not stuck in anything that makes me feel less than loved and loving.

I choose peace now.

I stop spinning and let the world spin without me. There's so much peace right here, and I'm so glad that I'm stopping to feel it. It's been here all along. I decide to stay here all night long, in this song of peace.

I am making space.

In the realm of sleep, space is made for me to live with more ease. I don’t waste time; I make space. I don’t lose opportunity; I make space for something completely new. I am not defined by the confines of time. I am spacious.

I am light enough for sleep to carry me.

My journey into sleep is all about releasing what I don’t need. The less I carry, the lighter I become. I don’t add to myself; I lighten my load. Every burden I drop makes it easier for sleep to carry me home.

My mind is my friend.

I don’t need to control my thoughts and they don’t need to control me. I welcome a truce and choose peace above everything else. I let my mind be. I give it room to think and breathe. We are friends. We can both go to sleep.

I experience love.

Anything that I don’t want leaves my experience. I hold a space for the joy that emerges from within. I remember how it feels to inhabit only love, to breathe only life. This is the memory I fall asleep with tonight.

Feeling good brings me home.

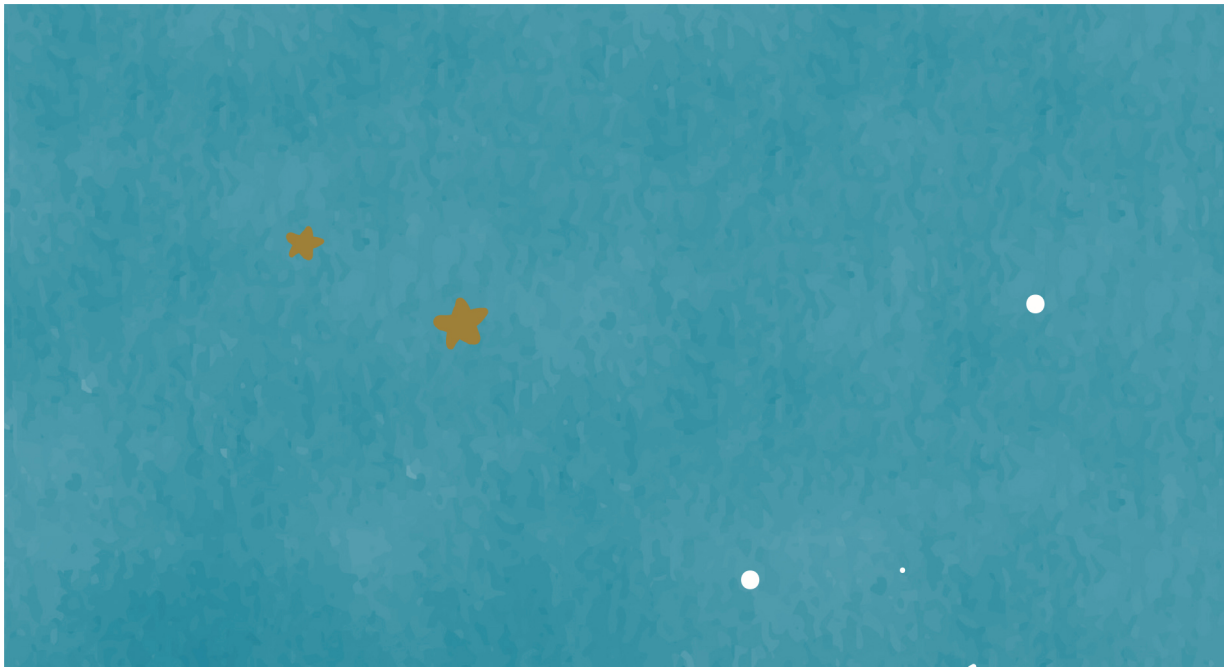
I don’t need anyone’s permission to feel good about myself —I only need my own. I allow myself to be as I am and acceptance takes me home again. There is peace in my mind, freedom in my body, and rest in my soul.

I listen to my intuition.

The inspiration I seek rests within. I am silent and I listen to what my intuition has to say. I listen with my breath; I see with my heart. I'm learning to feel my way back to the wisdom inside of me.

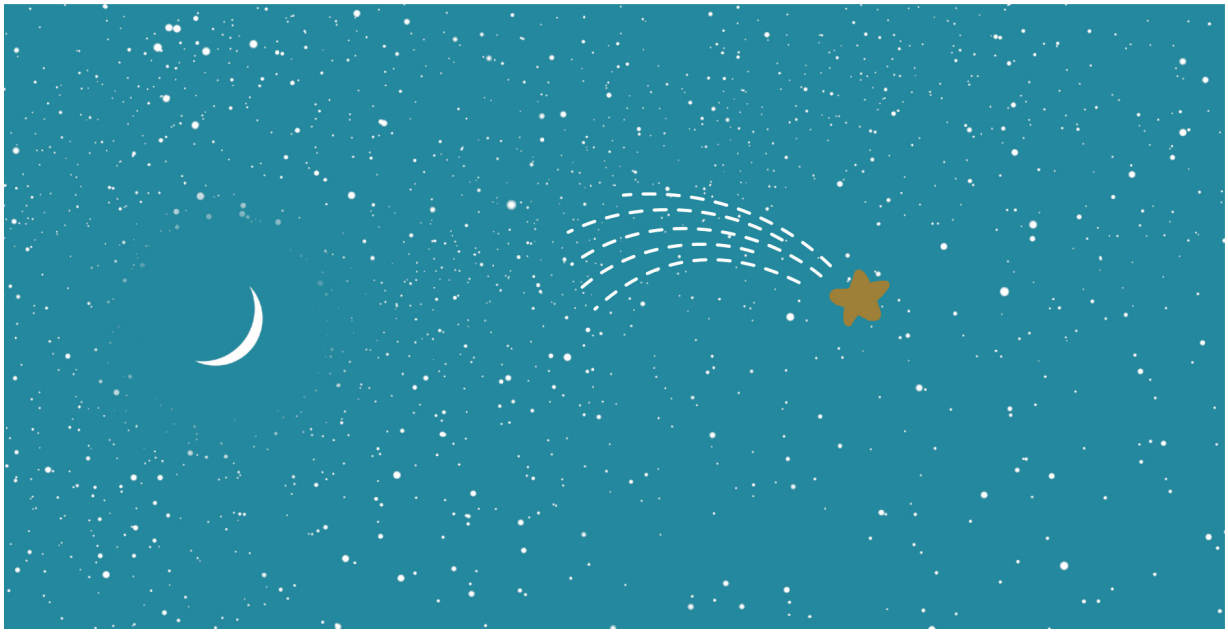
I follow the moon to sleep.

I keep in my mind's eye a vision of the night sky. Soft and patient, the moon is my lamp that guides the way back. I follow its glow all the way home. I am on the right track. I know where I'm going.



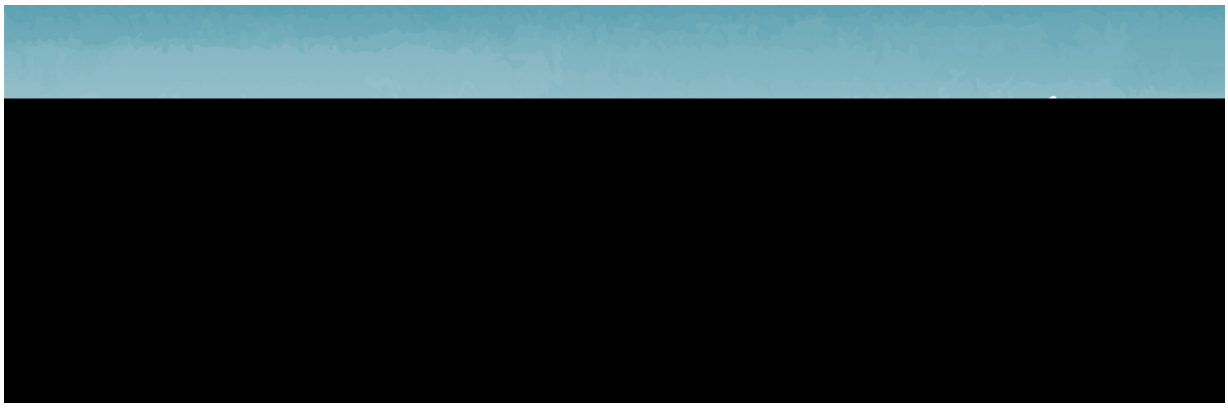
I am everything.

I am vulnerable and I am strong. I am fearless because all my fears reroute to love. There are dark skies in me and there are stars that shine until the sun comes up. I am many things and I am no thing. I am everything all rolled into one.



I believe in the healing power of sleep.

Sleep heals me on every level—mental, emotional, physical, spiritual. The night provides ample nourishment and clarity. Everything my heart, head, body, and soul need is graciously given to me. I trust the guidance I receive while I'm asleep.



I am connected to all good things.

I am connected to everything and everyone I have ever loved and have ever received love from. I am tethered to every blessing of the past and all those yet to come. My cells radiate all the joy I've ever known and will ever know.

I am the ruler of my own skies.

I decide how loving I feel inside. My self-worth is not tied to what happens. I allow myself to be who I am and to not feel “less than.” I am devoted to my inner world. I am a friend to myself.

I summon my dreams.

I imagine what my dreams feel like as they come to fruition in everyday life. I focus on the energy of the beautiful things I'm imagining. I set the intention to bask in the glow of joy tonight and I let the dream take flight.

My awareness is expansive.

I explore a state of awareness that is always unfolding in every direction. All the sections of my life are pieces of a bigger mystery. I close my eyes and imagine more than what I know life to be. I close my eyes and dream.

I swim in the steady stream of life.

I go with the flow, floating easily in this season of my life. I don’t cling to anything outside of who I am for my peace of mind. Everything I need for a full and happy life is right here, now—inside.

Surrender feels good to me.

I surrender all doubt, for the light of morning brings new hope. For now, the night offers me another chance to release. I make an offering of peace. There is an understanding between life and me, and I relax into sleep.

I give myself a break.

I forgive myself for ever having trouble falling asleep. I see the detours into frustration and lace them with present-moment peace. In this moment, I accept my nonpeace and it turns into peace. I feed every reason why I'm worthy of sleep.

My inner world is balanced and clear.

With each breath I take, inner peace replaces turmoil. All the clutter melts away. Chaos slowly disappears and comfort takes its place. Attachments fade and fear loses its hold on me. My inner world is a beautiful place to be.

I am luminous.

I glow like the moon outside my window. All the energies that live inside of me are seen and soothed. My vibration is raised through the power of love, the light that transcends all others. I am soft and steady and renewed by the light of the moon.

I breathe away the day.

My breathing is like slow, rolling waves. Clear waters purify my veins, washing away the debris from today. All the aches and worries inside of me are carried in the current and swept out to sea. My breath carries me to sleep, and I am grateful.

Dear universe: I am thankful.

I send a love note to the universe: Thank you for letting me know what it’s like to live. I’m truly blessed, even when there’s suffering. If I can’t take anymore, I will try to give. I appreciate another chance to open my heart and live.

I can sleep, no matter what.

External chaos cannot get to me. I give myself more credibility than I give the disturbances outside of me. I believe in my capacity for sound sleep regardless of any noise surrounding me. I can sleep, no matter what happens to be.

I release blocked emotions.

Sleep heals every uncomfortable emotion that has found a hiding place in me. I open myself to transformation and a deep reservoir of healing becomes available to me. I now place my attention on something that feels easy, comforting, beautiful, or hopeful. I feel the release.

I am present in my body.

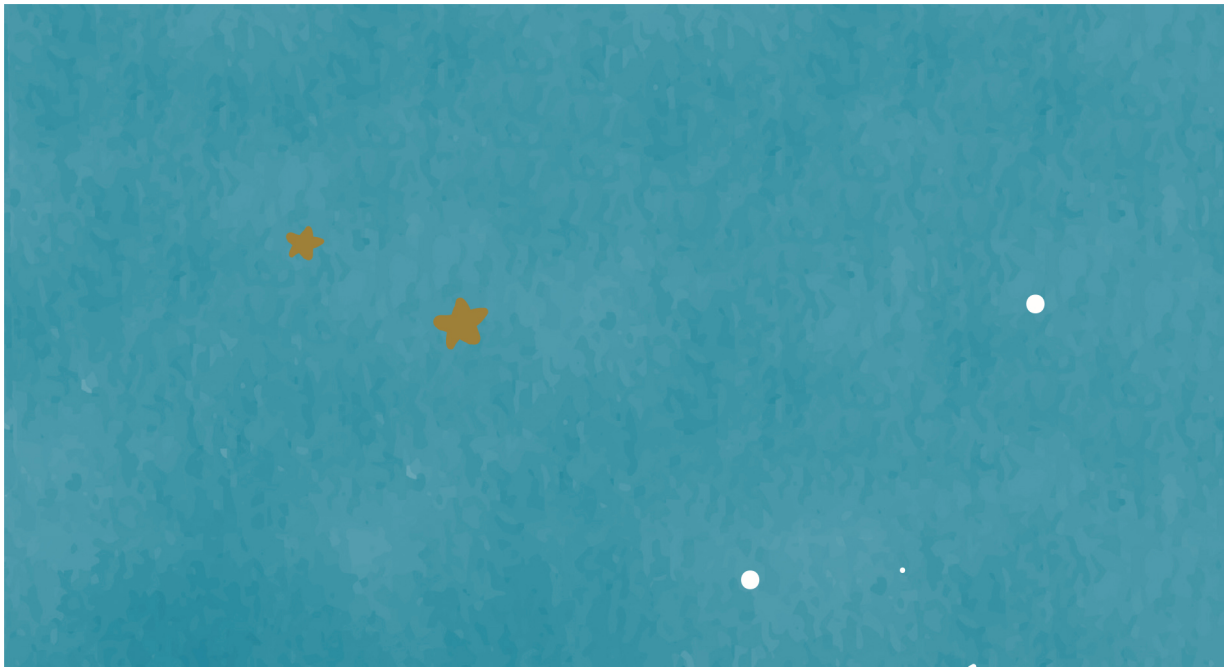
I focus on the uncomfortable or pained places in me. I imagine sending peaceful, aware energy there, one breath at a time. A gentle hum takes over; all my cells begin to vibrate ever so slightly, radiating relief. My peace grows deep.

I am in the stillness of a beautiful room.

My fulfillment rests in the eternal ***now***, which is where I rest tonight. There is no struggle required of me. I am soothed by the composition of peace pouring through me. It's beautiful here, in the comfort of this room.

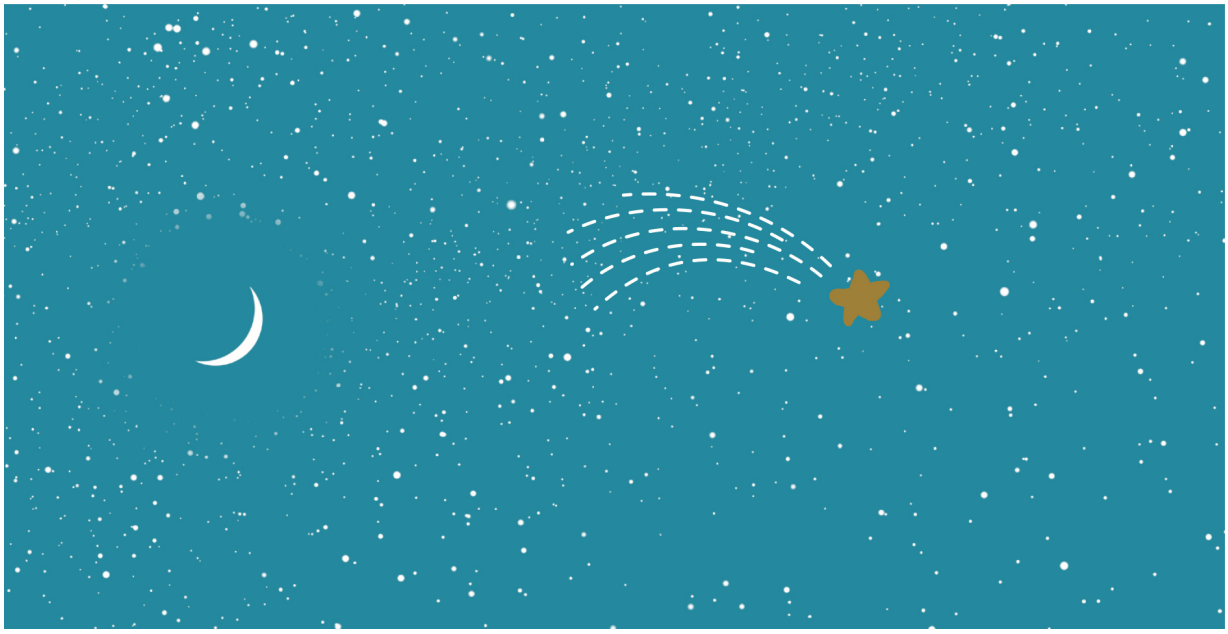
I am at peace.

I let go of the struggle. I surrender to ease. Life is peaceful and calm as I prepare for a full night's sleep. I am surrounded by well-wishes. I feel the love raining down. Life is on my side tonight. It's time for sleep now.



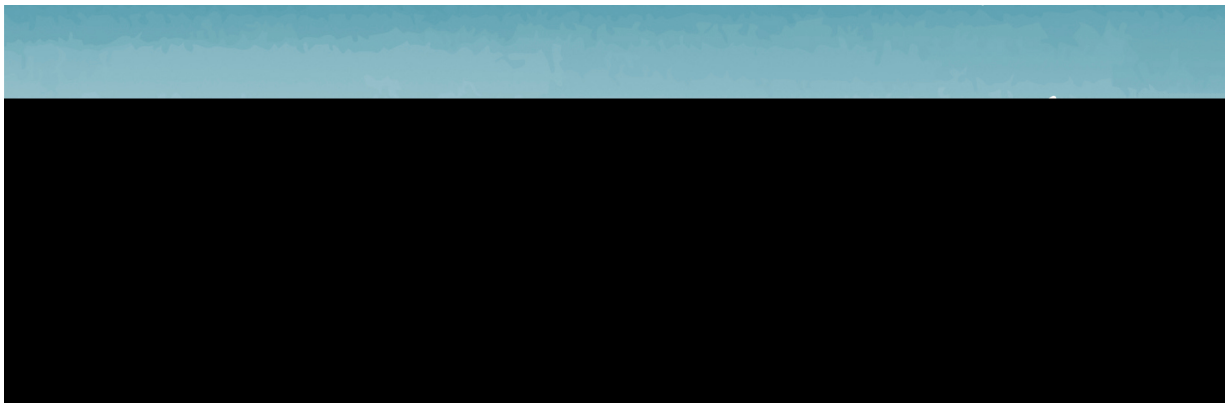
I imagine oneness.

I breathe in deeply and my mind comes home to my body. I breathe again and I imagine that I am closer to everything than I could ever know. Where I once believed in separation, I am now shown something new and something old: everything is in union.



I let everything be so that I can sleep.

I am willing to let things be as they are, knowing that nothing is ever too far from transformation. All the information that feels stuck inside is carefully filtered through sleep tonight. Every ounce of resistance fades and I am changed.



My soul is a garden that I tend with care.

Gentle showers of gratitude sprout seeds of loving
awareness. I till the soil with hope and breathe in fresh air.
As each petal of sleep unfolds, the wisdom of my body
harvests the beauty of my soul.

I follow my inner compass.

I am not the streams of thought inside my head; I am the observer of all thoughts, the clarity underneath confusion and chaos. I tune in to the awareness that speaks from my soul. I listen to the still, small voice within. I am home again.

Sleep is my healing partner.

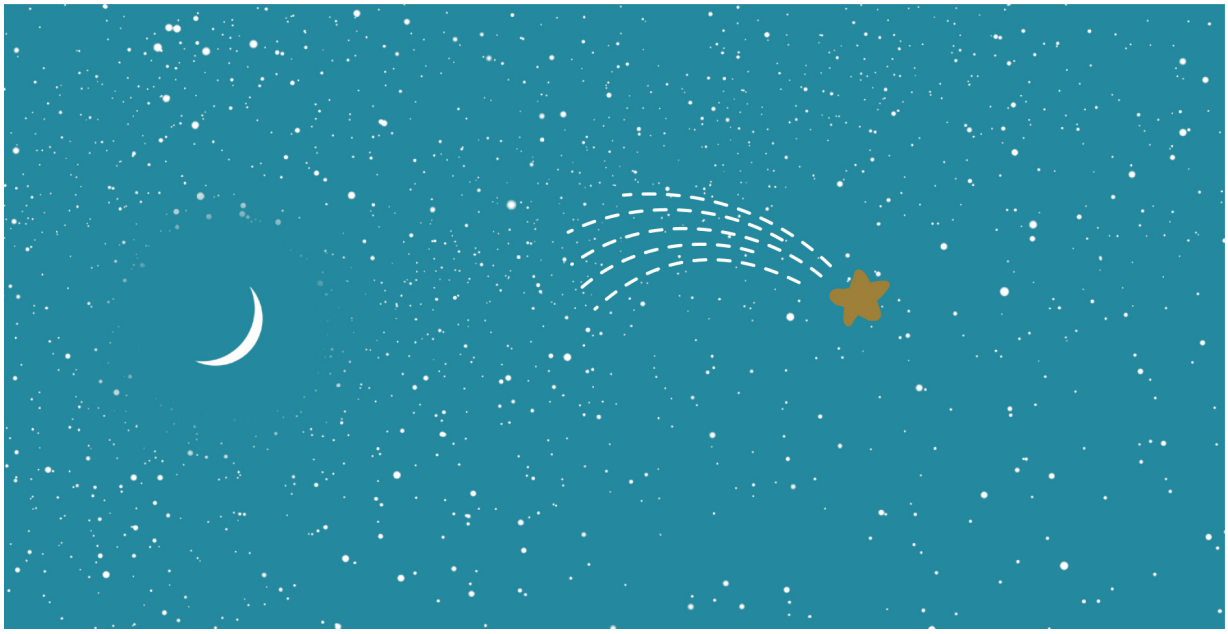
Sleep is the most healing period of my day. I experience the weightlessness of aligning with this calm and centered place. Every phase of sleep contributes to my inner peace and total well-being. Naturally, easily, I yield to the wishes of sleep.

I am floating in freedom.

I experience total inner fulfillment as I rest inside the present moment. Here, I am beyond the reach of anything and everything outside of the ***now***. I reach beyond the horizon of any burdensome beliefs. My truth is measureless, precious, and free.

I care about my well-being.

I am a friend to myself, which makes me a better friend to everyone else. I treasure the love I'm capable of experiencing. I give myself space to nurture my strengths. There's an abundance of support available to me because I care about myself.



I am loving myself to sleep.

I let go of any limiting beliefs. I am willing to accept myself completely. I practice believing that I am already whole, already full of the love I wish to know. I am loved and loving. I am enough, right here and now.

I am connected to miracles.

If there's magic in this world, sleep is the portal through which I know it. My mindset and whole being experience subtle and sudden shifts—what feels like magic is my miracle. Sleep is the ultimate soul elixir and I'm drinking that sweet relief tonight.

I am healing.

Healing is my present-moment reality. I'm not just on the healing path now; I have become the path. I am healing and I Am Healing. From my fingertips to my toes and to the depths of my mind, heart, and soul, healing is part of me.

I start to feel like my best self.

Sleep fertilizes my core desired feelings. I am enriched and empowered to feel the way I want to feel. I visualize the roots of every single dream finding their place inside of me —inside of sleep. I'm closer to my own freedom.

I transcend all fear.

There is nothing that the essence of love is not capable of correcting. In my heart of hearts, I am eternally okay. My loving core ensures that I rise higher than every fear. Through lessons and light I am brought closer to the peace that's here.

I am made strong through sleep.

Tomorrow's tasks are made easier with a full night's sleep tonight. The strength I receive helps me to be a gentle force of inspiration in my world. I access calm, clarity, and creativity while my brain, body, and heart recharge.

I am timeless.

I live a fluid journey. As I breathe in the depth of this moment, the pressure of time is lifted. I am alive, in the ***now*** and outside of time. I am fluid. I become boundless as I drift into sleep, tied to nothing and totally free.

I let the universe arrange life for me.

I allow myself the freedom to be supported by a universal plan. I force nothing and make no demands. I bathe in a wide emptiness beyond any understanding. Life is so much easier now that I've let love take the reins.

I am an energetic match for sleep.

The moon showers me with healing. The night blankets me with care. I am offered gentle guidance from above, wrapped in warmth and cradled with feelings of hope. The energy I radiate follows the moon into the night with full trust.

I am opening every door to sleep.

I am deeply connected to my dreams when I am open to the reprieve that sleep brings. I swing the door of my heart wide open and welcome the downtime I need. I make an offering. I make a connection with sleep.

I declare peace.

Peace is my ultimate home. My heart beats in a rhythm so slow. Truth sweeps through and I relax into the breath of life. I am homeward bound, for I have found home in the depth of this still night.

about the author

JENNIFER WILLIAMSON is the author behind AimHappy.com, a blog devoted to the joy that can be found in healing. Rising from the ashes of losing her brother to suicide, she sparks daily loving communication on her website and social media platforms through positive poetry, uplifting affirmations, quotable curations, and down-to-earth wisdom. Every composition is a gentle force of inspiration, offering replenishment for the depleted, hope for the desperate, and love for those who have forgotten. Born and raised in the beautiful countryside of New England, she currently enjoys lakeside living in Central Massachusetts.

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