



# PRE-SLEEP SUGGESTION

To support noticeable, long-lasting change, please work with these remedies for a 28-day cycle.

## ● STEP 1:

Identify in a journal the specific strong emotions (anxiety, fear, stress/worry, depression, anger, impatience) that you'd like to work on with your children. Identify any specific challenging behaviors (tantrums, angry outbursts, hitting, nightmares, specific fears or phobias).

### What is pre-sleep suggestion?

Pre-sleep suggestion is talking to our children as they fall asleep, telling them positive affirmations, reminders and beliefs about themselves and who we know them to be. The Edgar Cayce readings suggest that as a person falls asleep, their subconscious mind is particularly accessible and susceptible to instruction or recommendations. This period of time as one falls asleep Cayce calls pre-sleep, and the subconscious mind he describes as the soul mind or superconscious.

## ● STEP 2:

Use a journal to make note of the day you are starting to work with the pre-sleep suggestion. Write down a pre-sleep suggestion that you will read to your child(ren) as they fall asleep each night. Give yourself a little time to develop language that feels just right to you. It only needs to be a couple of sentences, or however long feels right to you. Your attitude and feelings, according to the Cayce readings, play a significant part in how fruitful this will be for your child(ren).

### What should my pre-sleep suggestion say?

It's important to say your child's name as part of the pre-sleep suggestion. For example, "Jesse, you are so safe and know how to listen so deeply when someone is talking to you. Jesse, we love you so much, just exactly the way that you are. The more personal you make the language you choose, the better. The more meaningful to you and your child it is, the better. Think about the qualities in your child that you admire and cherish. Think about the qualities in them that you know are there and that could be helpful to them as they work with fear, anxiety, anger, stress, depression or acting out in hurtful, harmful ways. Remind them of your unwavering love them. Describe to them the positive, loving ways you know they can act. If appropriate, talk with your child(ren) about the pre-sleep suggestion you are developing and co-create the language with them.

## ● STEP 3:

Every night, after the lights are off and your child is quietly resting, whisper gently to them the pre-sleep suggestion. You can bring the suggestion written down and read it, if that's helpful. You can read or say it more than once.

### Edgar Cayce reading 5747-1:

*In using that of suggestion to the subconscious or soul mind of the body as it loses itself in normal sleep, and praying with and for the body. In that state when the body loses consciousness in sleep, the soul mind (not the unconscious, but the subconscious proper, or superconscious) may be impressed by suggestion that will be retroactive in waking, or in the physical normal body.*

## ● STEP 4:

Check in with your child in the morning, if appropriate. Ask open ended questions to explore their experience with them. Tweak and adapt the language as you and your child(ren) find appropriate to find a pre-sleep suggestion that is easy and positive.

**Edgar Cayce reading 271-5:** *All suggestions about the body should be of a constructive nature; the love influence that comes from within every heart, mind and soul, that would build for creative forces without selfish motives in same.*

## ● STEP 15

Repeat the process of telling your child(ren) the pre-sleep suggestion, every night, for at least 28 days. Notice any changes in your child during that time.

