

Last Week's Homework: *Eating*

- Continue with the practice of inner-stop. During this time of inner stillness, observe your thoughts, feelings, sensations, your breath, posture and, this week, your ways of preparing, presenting, eating food. Uncritically observe too how you may use food to self-calm – knowing that it is a form of sleep.
- This week, remember the link to bring food to you: respect the life which has given you life, be conscious that food is entering you for maintaining your existence – in fact, your and the world's transformation. Try Bennett's exercise as a form of Self-remembering: be conscious of yourself, as in "I and this food."
- What did you discover this week about your relationship with food and eating? Did anything change? What do you wish to remember and embody?





Transforming Practices:

Sleep and Rest

The Journey School

August 11th, 2022

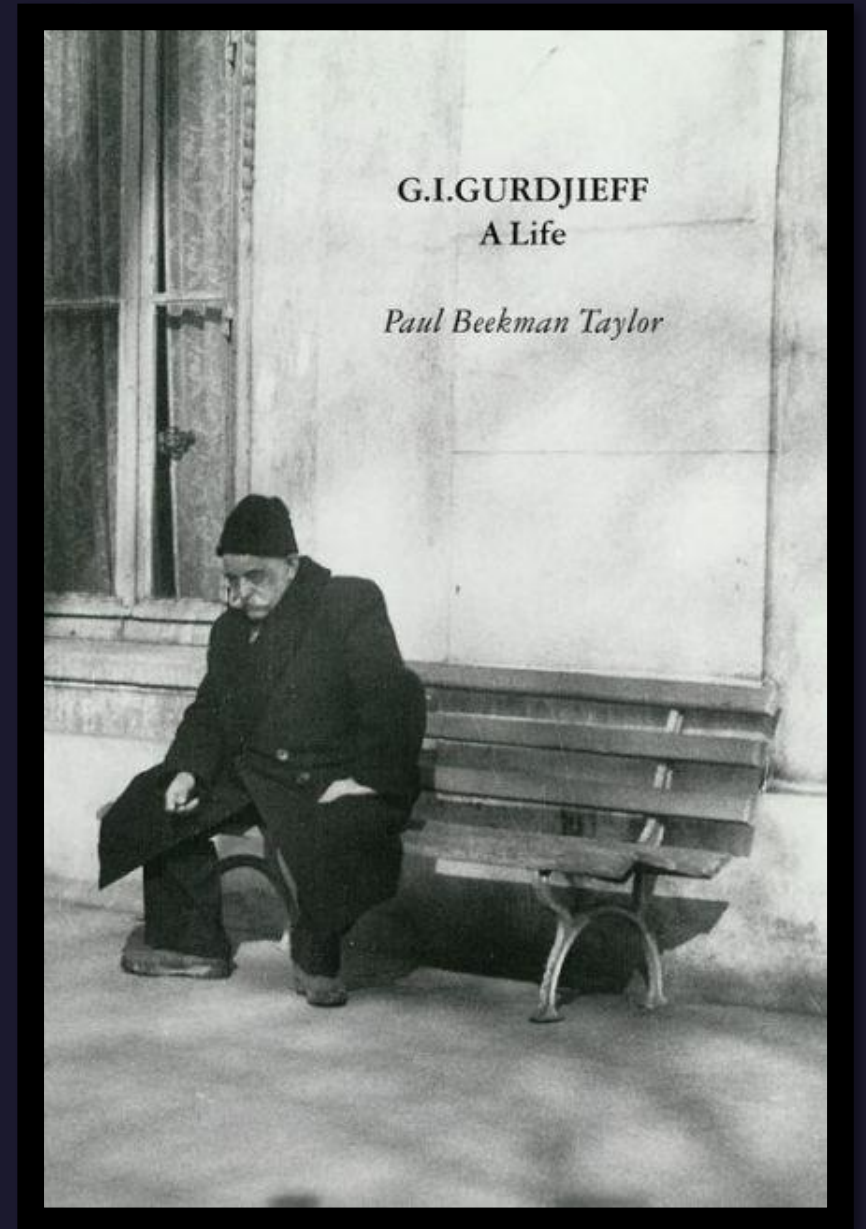
“A person’s sleep is nothing else than interrupted connections between centers.”

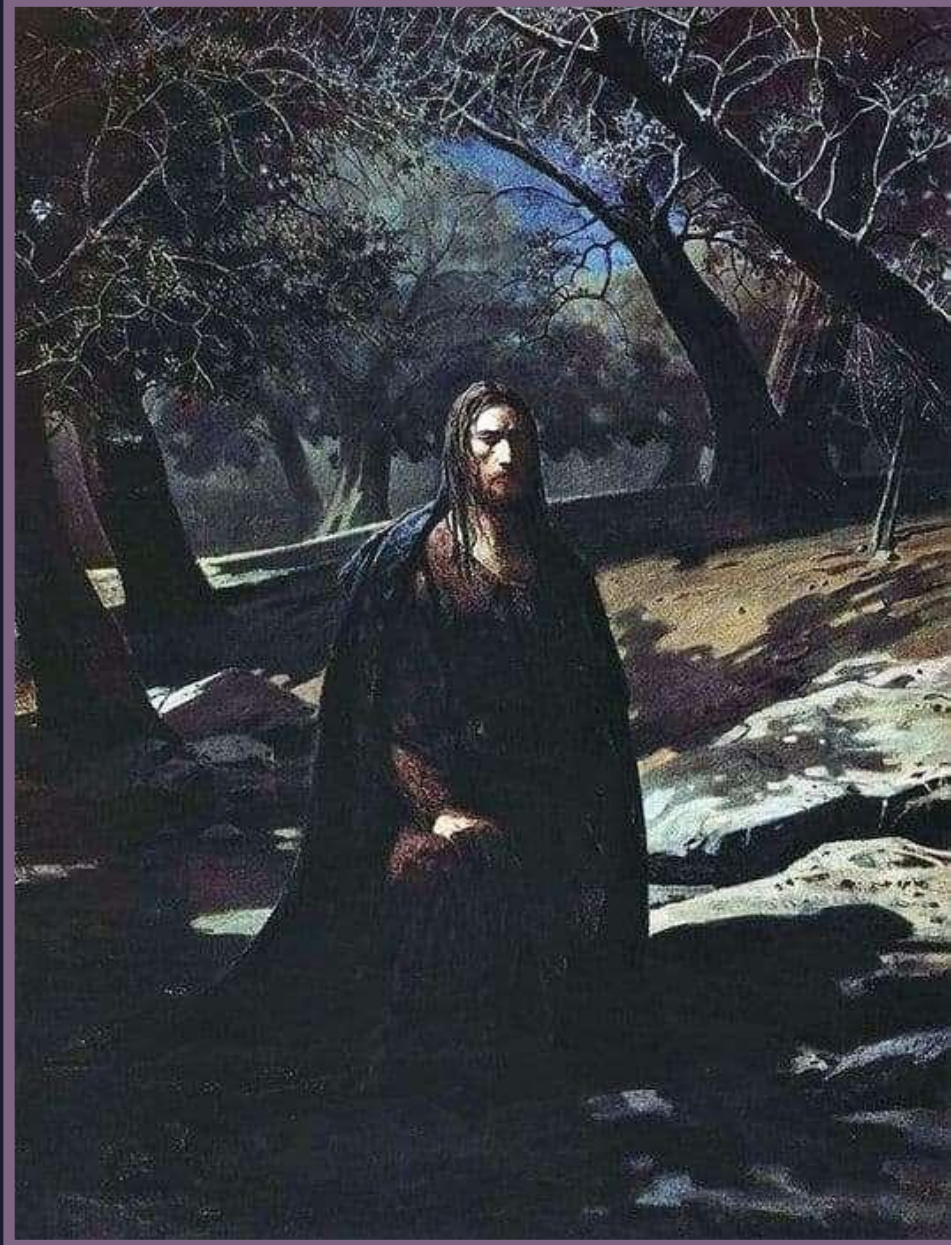
“A person’s centers never sleep.”



“I remember one talk about sleep. He said that children slept too long; that six hours should be enough once we learned to sleep efficiently. He said that one could sleep even during the day and mentioned that there were ways of measuring efficiency of sleep. One means was to hold a pencil between the fingers, doze off, and when the pencil dropped, that was enough of a nap. If you sleep too long, he explained, you dream, and when you dream you do not gather energy efficiently, “might even lose energy.” Also necessary in putting oneself soundly to sleep is transferring force from one center to another. One can do this by emptying the mind of thought and the body of feeling and movement. Start by remembering and then forgetting the head in order to diffuse mental energy throughout the rest of the body; and then do the same downward through the rest of the body until concentration exits through the toes.”

– Paul Beekman Taylor





Centers and their
Connections and
the practice of
NOT sleeping...

The monastic practice of The Prayer of the Hours



36 At that time Jesus went with His disciples to a place called Gethsemane, and He told them, “Sit here while I go over there and pray.” 37 He took with Him Peter and the two sons of Zebedee and began to be sorrowful and deeply distressed. 38 Then He said to them, “My soul is consumed with sorrow to the point of death. Stay here and keep watch with Me.” 39 Going a little farther, He fell facedown and prayed, “My Father, if it is possible, let this cup pass from Me. Yet not as I will, but as You will.” 40 Then Jesus returned to the disciples and found them sleeping. “Were you not able to keep watch with Me for one hour?” He asked Peter. 41 “Watch and pray so that you will not enter into temptation. For the spirit is willing, but the body is weak.” 42 A second time He went away and prayed, “My Father, if this cup cannot pass unless I drink it, may Your will be done.” 43 And again Jesus returned and found them sleeping—for their eyes were heavy. 44 So He left them and went away once more and prayed a third time, saying the same thing. 45 Then He returned to the disciples and said, “Are you still sleeping and resting?”



– Matthew 26.36 – 40

Sleep and Dreams

Jacob's Dream Genesis 28.12



Sleep and Dreams

Joseph's dream
Matthew 1.20



Sleep and Dreams



6

Six dreamers
are kings



1

Only one is a
woman.



2

Two are named
Joseph.

**All of them are asleep when the
dream happens.**

That's a no-brainer. It's also the key difference
between dreams and visions in the Bible.

Next Week's Homework

- This week, observe your sleep patterns and rhythms. Is sleep easy for you or does it evade you? Do you find yourself consciously preparing for sleep or is sleep random for you, an afterthought? Aim to create a more conscious bedtime ritual, such as not watching tv or a screen in bed. Lighting a candle. Saying a prayer. What do you observe about your relationship to your sleep rituals?
- What did you discover this week about your relationship to rest? Did anything change? Do you find it easy to take rest? What makes it difficult to take rest? What is your rest-Work?
- Do you take a Sabbath, a day of rest? What might that look like for you? Consider watching [Mirabai Starr's](#) brief teaching on the spiritual gift of sabbath keeping. The video is 11 minutes in length.

