

Title:

As I Lay Me Down To Sleep

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580

Summary:

Discover how you can use your sleep time to your benefit to solve problems, get new information

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success, motivation, living motivation, goals, goal setting, achievement, jason johns

Article Body:

What do you do before you go to sleep at night?

I don't mean brush your teeth and change into your nice blue pyjamas with the little white sheet

I mean what do you do in your head?

Do you think about anything specific? The next day? The day you've just got through?

Or do you tap into an incredibly powerful part of you and set it to work, so that it gets the job done?

I bet you'd like to know how to do that wouldn't you?

Well, the good news is, it's simple, so easy, even I can do it!

Ok, I'll tell you here's the secret.

When you go to sleep at night, it is only your conscious mind that sleeps. Your sub-conscious mind

Now your sub-conscious mind just happens to be rather good at processing information and connecting

So when you go to sleep, focus your mind on the things that are bothering you and ask your sub-conscious

Naturally, I decided I was going to experiment with this on myself and see what it would do. For

I ask my sub-conscious mind to work on all of my issues and challenges in life and replace them with

I did this for a couple of days and to be honest, I didn't really feel much.

I decided to keep it up because I was curious what would happen if I did and if it really would

Anyway, about day 3 or 4 I started to feel a bit perkier than normal. I found myself feeling

I didn't really think anything of it, but kept my experiment up. About a week after I started

Again, I thought nothing of it, not connecting my pre-bedtime intention with this change.

Then one day a friend happened to ask me if I'd been taking happy pills because I was annoying

Every night for the last ten days or so I had been setting this intention and gradually I had

I smiled at my friend and jumped around very excitedly sharing with her what I had been doing

Of course, she was really excited and has been doing exactly the same every night since and is

So, when you go to sleep at night as you set your alarm clock, set your intention too, and wake

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