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THE MUSE SPA

WEEK 1

HEALTH & WELLNESS

The Beauty of Sleep

building a strong foundation for your waking hours

THE BEAUTY OF SLEEP

Sleep matters.

The human body can't survive without sleep. And your creative dreams can't survive without adequate, good quality sleep.

Being resilient creatures, we can still manage to function without enough decent sleep - but it's a sub-par level, worlds away from our full potential.

For the optimum versions of ourselves – i.e., healthy, vibrant, able to do great things in the world – we need to ensure we get enough good quality, regenerative, restorative sleep. On a regular basis.

And for those of us who want to ignite our creative spark, sleep is particularly vital.

Tiredness is a powerful muse block.

When we're living in survival mode, we have limited access to our inner world (where the muse hangs out.)

When we're exhausted, we don't notice the subtle messages of intuition and inspiration.

When we're tired, it can be a real effort just to concentrate or focus, let alone access our zone of genius.

The muse certainly keeps her distance when we're snappy, frazzled or irritable- and who can blame her?

Sleep affects our mood and wellbeing which, without a doubt, affect how much progress we make with our creative endeavours. As well as how much joy we have along the way.

To create our best work, we need to be fresh and energised.

To be receptive and perceptive to inspiration, we need to be well-rested.

If we have visions of bringing our creative dreams to life,
quality sleep is a priority.

Yet in the busyness of the modern world, regular, quality sleep doesn't appear to be the norm. Most of us know about the benefits of getting the right amount of sleep and yet one of the prevailing problems of 21st century living is a lack of quality sleep.

So this treatment aims to address any imbalance on the sleep front; to look at why we deprive ourselves of this life-enriching practice, as well as creative ways to resolve any shortfall.

Because ensuring adequate sleep on a regular basis is one of the fastest and most powerful ways to boost your health, clarity, confidence and energy levels, as well as your relationship with your muse.

*“Sleep allows the
emotions to rest and the
spirit to wake up.”*

~ SONIA CHOQUETTE

IF SLEEP IS SO VITAL TO OUR SUCCESS AND HAPPINESS, WHY DON'T WE MAKE IT A PRIORITY?

There are usually two main reasons why we don't give our minds and bodies the sleep they need to function optimally:

I. We don't have time!

The perennial excuse for not looking after ourselves properly: not enough time.

So, how can we find enough hours in the day to get everything done and still get a good night's sleep?

Many of the following treatments are designed to reduce the pressure on you and your timetable, as well as employ the day-expanding magic of inspired living.

(Drama and chaos are so time-consuming... We'll be ditching those as we go along.)

But in the meantime, there are a few tricks that can help motivate us to prioritise sleep.

Firstly, recognise how important it is to give sleep the priority it deserves.

Just reading this post will move you a step closer.

This information is designed to inspire you to make quality sleep more of a priority, so that you can find the creative energy and wellbeing that would make such a joyful difference to your life.

When we recognise the vital role that sleep plays in our creative dreams, we're naturally motivated to prioritise it.

So, remember; if you value your creativity, value your sleep. The tired brain is no magnet to the muse.

As an added incentive, bear in mind that your sleep affects your energy levels and moods which have a huge impact on your life.

They influence your health and happiness and feelings of wellbeing.

They dictate how much time and energy you'll have for your creative endeavours.

They affect your relationships and what you achieve each day.

The quality of sleep affects the quality of your days – AKA; your life.

Hopefully this awareness will inspire you to at least consider ways to give your sleep life the priority it deserves.

If your creative dreams are important to you, and quality sleep is a step towards those, you have a new motivation to re-assess your timetable and commitments, and make optimum sleep a non-negotiable.

We'll be exploring this more deeply in upcoming treatments, looking at ways to create more breathing space in your schedule.

But to begin on a firm foundation, make the decision to notice what you're currently giving priority to - and question whether it delivers the rewards and benefits that quality sleep can offer.

Take heart that much of the following material will support your mission for better quality sleep.

Also, good sleep is easier when you have less stress in your life and less worry on your mind – all things we'll be addressing as we go through the course.

This is both how and why The Muse Spa works; it's one big, happy, holistic, interlinked, upward spiral of muse-friendly results!

Because in addition to an improved connection to muse, there are so many other benefits of prioritising quality sleep. (See The Perks below)

Reviewing these will help you to recognise the value of adequate sleep and convince you to give it a permanent place near the top of your To Do list.



If you still need persuading to prioritise your sleep life, it may help to learn how that 'downtime' can actually be a highly effective spell of multi-tasking and efficient activity.

Believe you can't afford to 'waste' 7/8 hours a night?

Allow me to highlight just how productive the sleeping hours can become;

- ★ Sleep can deliver solutions that would take hours/days/weeks of waking time. It's possible to train your brain to work on problems while you're asleep and then present you with the solution when you wake up! This is creative sleeping. The moments as you wake and fall asleep are notoriously fertile spells of accessing the imagination and the unconscious mind. Make use of these daily doses of muse magic!

(Case in point: I wrestled with precisely what to write on this page for weeks. It was initially 8 times as long and actually very useful in sending the reader to sleep. Then I woke up one Saturday morning with the perfect structure in my head. My muse has a finely-tuned sense of humour...)

- ★ Lucid dreaming is a learnable skill and one that promises the adventures of a lifetime – from the comfort of your bed. You can live a limitless life – quite literally the life of your dreams – whilst lucid dreaming, enjoying experiences that can support your waking hours. This technique can also lead to insights and breakthroughs that you couldn't possibly access whilst awake. (See [this blog post](#), if you're intrigued by this idea.)
- ★ The cells of your body are actually highly active as you sleep, performing vital maintenance work that they're unable to do during your wake time. Quality sleep gives your body and mind the time it needs for daily regeneration, to keep you running at optimum levels of health and energy.
- ★ Sleeping on a problem is a highly efficient route to clarity and making the right decisions, eliminating the anxiety of indecision and over-thinking. A good night's sleep is a small price to pay for a clear head.
- ★ Our environments affect our energy and the very cells of our bodies. So the longer you spend in the nurturing, supportive, regenerative space of your bedroom, the more that positive environment can influence your health and wellbeing, even into the waking hours. (And if your sleeping space is not quite the restorative sanctuary you'd like it to be, don't worry, we'll be working on that later in the course.)



- ★ You can use the falling asleep/waking time to do the important visioneering work that's coming up later in the course. (Caution: This powerful combo may result in an increase of fantastic dreams.)
- ★ Sleep is fertile creative ground. As your brain recharges, it connects to the field of infinite intelligence. Your eyes may be closed but your mind is awake and alert, able to access powerful subconscious resources – where your creative genius resides.



2. Confusion over how much sleep we really need.

The second reason we may not be getting the optimal amount of sleep is because we don't actually know what that is!

What is the right amount?

How much is enough?

Can you sleep too much?

And which hours are right for your particular body clock and lifestyle?

Research can help with this to some extent but the data can be confusing, overwhelming or even conflicting.

So, if even the experts can't agree, how can we uncover which formula is exactly right for us?

For this you need to tune into a single, vital and supremely respectable resource:

You.

Your body knows.

It gives you feedback to help you find answers to the questions above.

It may take time, but with a little attention and awareness, you'll begin to find some clues.

You're practicing your sleep habits on a daily basis anyway, and it takes little extra effort to notice which hours seem to work best for you.

So the challenge here is to tune into your body, to listen and notice.

Do you feel tired during the day? Do you wake up easily, feeling refreshed? How does the amount of sleep affect your creativity? Do certain foods and drinks affect your sleep?

(For me, alcohol is a recipe for wakefulness. But I also enjoy good wine as one of life's pleasures. So with my awareness, I can make informed decisions; i.e. I know to avoid alcohol if a good nights sleep is more urgently needed than a glass of wine, and enjoy it at other times. With awareness like this, life becomes less random. You're more in control of your days and your results.)

Also note that your need for sleep may alter with time, or seasonal/hormonal changes, as well as when you are unwell, worried or over-busy.

So regardless of tips and best practices, your body knows best what it needs.

Tune into it and be flexible – because life happens, and you may need to adapt.

*“Rich and happy people...
get sleep, really get it.
They realize it's part
of the formula.”*

~ HOW TO BE RICH & HAPPY

Awareness and intention can be powerful allies in your bid to get better sleep but the most reliable source of wisdom is your body.

As a bonus, this tuning into your body is paving the way for a stronger connection with your intuition and the source of your inspiration - your sleep-sleuthing will reacquaint you with your muse.



ARE YOU A CONVERT?

One of the biggest gifts you can give yourself – and your muse – is the gift of optimum health and wellbeing.

Sleep is an indisputable ingredient in that lifestyle.

Poor sleep and under-performing are not good for your creative dreams. Or morale.

So make the decision to cultivate a strong, healthy sleep ethic.

You'll look and feel better, and your fellow humans will be grateful too.

(The muse isn't the only one that prefers to steer clear of the cranky-sleep-deprived you.)

Prioritising your sleep is a powerful act of self-care, sending the message that you value you.

Your muse adores this kind of behaviour and will respond gratefully.

THE PERKS



Beauty sleep

Sleep is an essential part of an age-defying beauty regime.

Weight balance

Lack of sleep can be a major contributor to weight gain.

Improved immunity

Good sleep allows your immune system to perform its vital maintenance work, to keep you healthy and strong enough to craft your ideal creative life

Productive dreaming

Creative solutions often appear in dreams.

Balanced hormones

Quality sleep balances hormones which means happier moods during waking hours, naturally promoting more harmony and creativity.

Improved nutrition

Better sleep will unleash more of your natural energy, meaning you feel less need for unhealthy food props.

Reduced worry

If you're a habitual worrier, spending more time asleep reduces the potential for worry. Since worry can become a habit of thought – leading to more worry - sleep can switch off the worry-loop before it gets a hold. And reducing time spent worrying is a core ingredient for muse-connection, as well as a healthy and happy life.

Fewer time-consuming dramas

Being fresh and calm makes for fewer time-consuming mistakes and conflicts; sleep provides a healthy return on the time invested.





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The Muse Spa Recommendation:

Prioritise good sleep.