



Exercise 1

Summary:

Goal: Prepare the mind, body, and spirit for restorative sleep and open the subconscious to flow in dreams by releasing the day's tensions.

Process:

1. Breathing: Inhale deeply to nourish the body and exhale to release physical tension.
2. Mind Relaxation: Observe thoughts without attachment, allowing them to drift away.
3. Emotional Release: Acknowledge emotions without judgment and let them go.
4. Focus on Impermanence: Accept the day's passing, releasing attachments to outcomes.
5. Gratitude and Surrender: Fill yourself with gratitude and release anything that no longer serves you.

Benefits:

- Deeper rest and renewal
- Release of physical, mental, and emotional tension
- Clearer mind for creative insights during sleep
- Preparedness for flow states in dreams
- Waking up refreshed and open to new possibilities

Application:

Practice the Let Go ritual nightly before sleep to clear the mind, relax the body, and prepare for flow in both dreams and waking life. By releasing attachment to the day's experiences, you foster a space for new insights and creativity to emerge.