

How to sleep peacefully ?

(Science underlying conducts related to sleep)

Preface

A modern day hectic lifestyle, domestic tension, office tensions, etc. have made peaceful sleep a rarity for most people. Absence of peaceful sleep adversely affects the following day's work-schedule. Many of those who suffer from sleep disorders visit doctors in the hope of overcoming their problem. Doctors in turn prescribe sedative drugs to their patients so that they get the much needed sleep, and advise them certain physical exercises. Allopathy does not think beyond this. A disregard for nature's laws pertaining to sleep and not following related conducts mentioned in various Scriptures of Hindu Dharma collectively are the root cause of the problem of not getting peaceful sleep. This Spiritual text in particular elaborates the spiritual science underlying various aspects related to sleeping peacefully, such as in which direction the head should be while sleeping, why must the bedroom not be completely dark while going to bed, etc.

Often, there are no evident reasons for lack of sleep. At times, sleep related disorders, such as sleepwalking (somnambulism), talking in sleep (somniloquy), etc. are also noted. The main reason for all such disorders is distress caused by negative energies. The power of negative energies increases during the night, and hence, they can easily attack an individual while asleep. Distress such as an inability to wake up early, an inability to get started immediately upon waking up, heaviness of the body, lack of enthusiasm, etc. are experienced. All this distress can be overcome only through spiritual remedies.

Once asleep, the direction and position in which an individual went to sleep, changes. Often, the cause is distress caused by negative energies. During such times, the individual's family members can take remedial measures such as altering the posture, turning the head towards the east, etc.

To entirely prevent distress caused by negative energies during sleep, guidance is also provided in this Spiritual text on spiritual remedies, such as forming a *maṇḍal* (Protective sheath) using Name-strips of Deities around the mattress, placing a lit sāttvik (Spiritually pure) incense-stick at the bedside, etc. To learn about Name-strips, please visit : ssrf.org

Our earnest prayer at the Holy feet of Shrī Guru is that by following the conducts mentioned in this Text, may the reader get the benefit of peaceful sleep and thus, may his faith in the daily conducts prescribed by Hindu Dharma be enhanced. - **Compiler**

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