

FOR THOSE WHO EXPERIENCE INSOMNIA....

QUESTION: For fifteen years I have had unremitting insomnia. That means to me difficulty in falling asleep, inability to sleep very long, an inability to let go of conscious thinking during sleep. My sleep has the quality of conscious waking state thinking. And so I wake up exhausted after two or three hours, and then spend the next three or four hours trying to figure out how to get back to sleep, which sometimes works and sometimes doesn't. I have obsessed about this for fifteen years and tried to think of any possible meaning for it, and the more I can let go of it the better my sleep is. But I still suffer from it.

ANSWER: Now it is indeed time for you not to be able to say that for the past number of years you have suffered from insomnia. It is time for you to begin to say, "I sleep really well at night." And I am going to suggest that when you go to bed at night, do not fight the insomnia.

I am going to suggest that you utilize the time in which you are alert to begin to embrace yourself lovingly and embrace your world lovingly, not as you appear to be and not as your world appears to be at the moment, but on the basis that there is something essentially Real and sinless about you, and something essentially Real and divine about the world. And that you are not existing within a state of conflict that you cannot get out of without denying it, or without manipulating it.

I want you to lie there and as long as you are thinking, give direction to your thought. And I encourage you to say, "If there is a bed here at all, it must be the Presence of God identifying fulfillment. If there is a room here at all, it must be the Presence of God identifying fulfillment. If there is a house here, it must be the Presence of God identifying fulfillment. If there is a square block of this city I live in right here, it must be the Presence of God identifying fulfillment, no matter how I have been conditioned to interpret it."

And I encourage you to increase the scope until you have embraced the planet, as identifying fulfillment as being the Presence of God expressing

a divine idea of fulfillment. You need to specifically undermine with the truth and with your ability to use logic, the concept that there is something going on here that is false, that you must either change or escape from. You must begin to make room in your consciousness to embrace the divinity of you and the divinity of everything that you experience. This will begin to cause you to relax.

Now I am going to suggest to you that you do this religiously, even if it gets to the point where you feel like it's just a mere rehearsal of words, like somebody doing their rosary. I will tell you, if you are rehearsing those words, "That this that I am thinking of must be, if it exists at all, the Presence of God identifying fulfillment"--the rehearsal of that idea is the rehearsal of a truth which will slowly begin to erode away the conviction that there truly is something to escape from. It will contribute to your being able to be more centered and more at peace. Utilize this time in which you are awake to undo the contributing factor to your not being able to sleep.

I will tell you something: You have no idea how many individuals will hear the answer I have given in response to your very real question, and who will have been specifically blessed because of their problem with insomnia. I am very glad that you asked the question. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

~excerpt from A Gathering with Raj/JESUS, Ashland Oregon 1989
Conducted by the Northwest Foundation for ACIM
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