

## 7-Night Rituals to Nurture Peaceful and Fulfilling Sleep & Rejuvenation

### Dr. Kalayjian

Rituals are important to nurture a healthy living, with joy and meaning. I notice the enormous value of evening or night rituals. I enjoy sleeping soundly and experience a restful sleep. Sleep is the most essential way we heal ourselves, manage our weight, improve concentration, productivity, performance, attention, improve physical and emotional health by improving our immune system.

- 1. Disconnect:** Disconnect all electronics, dim the lights 2-hours prior sleep. Keep paper & pen near you to write down dreams, to-do lists & rushing thoughts. You may use this time alternating, one night reading & another night taking a warm bath with Epsom salts & lavender to release toxins of negative emotions and relax our body,
- 2. Stretch your body:** Stretch your body to release the stress and tension lodged in your cells. I practice Soul-Surfing, a 15-minute integrative stretches, with affirmations, visualization, and deep breathing. <https://www.youtube.com/watch?v=nk-aedntLWs>
- 3. Connect with your inner calm:** Write down what you learned during the day focusing on positive lessons; no regrets & no judgments please. We notice that our thoughts begin racing in the quiet of the night. We begin to list all that we must do, all that we have not done, etc. Putting your to-do lists and thoughts down on paper will help you have a peaceful night.
- 4. Massage yourself:** Use the cream/oil of your choice with a drop of lavender to massage your hands, feet, arms, and face. Massage gently, purposefully, and sensuously expressing self-love.
- 5. Supplement:** Probiotics are perfect to take at bedtime, as well as magnesium for relaxation. Drinking Hibiscus or chamomile tea, while infusing lavender oil, are perfect for relaxation.
- 6. Take Flower Remedies preventively:** Based on your physical and emotional needs, consider the following: White Chestnut for racing thoughts, Star of Bethlehem for grieving, Mustard for sadness and anger.
- 7. Pray & Meditate:** We need both practices; they impact us differently. I recommend prayers first, which is active, and then meditation which is quieting the mind, focusing on belly breathing. Inhale and exhale from the nostrils to the diaphragm (or belly). And repeat until you have fallen to sleep.

Kindly follow these steps for 30 days to form a positive and healthy habits. I look forward to your comments at [drkalayjian@meaningfulworld.com](mailto:drkalayjian@meaningfulworld.com) and our website: [www.meaningfulworld.com](http://www.meaningfulworld.com)