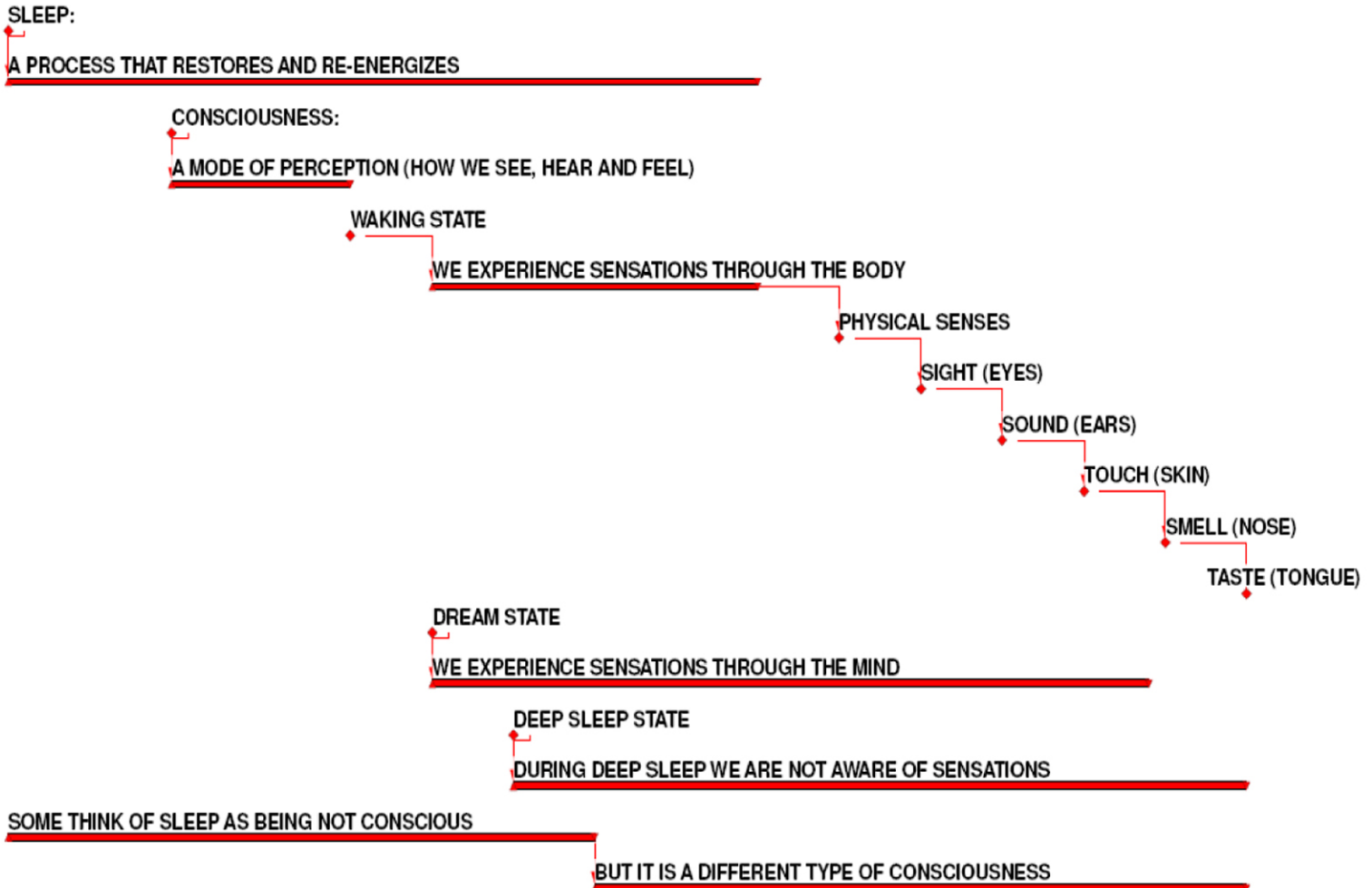
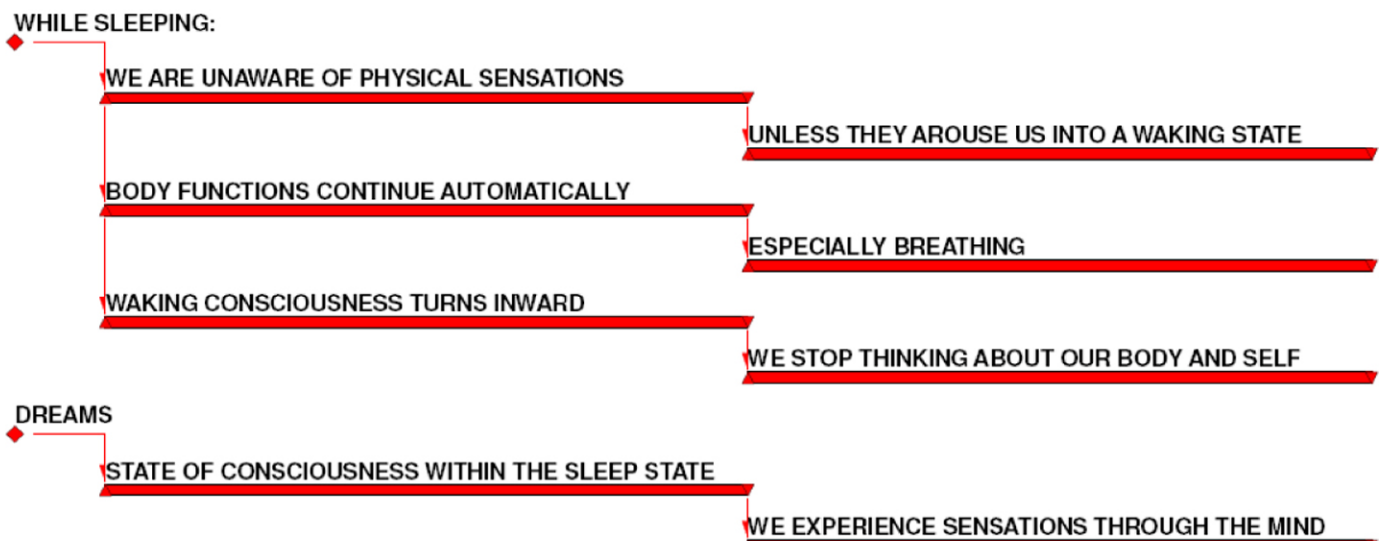


SLEEP IS A STATE OF CONSCIOUSNESS



SLEEP CHARACTERISTICS



SLEEP CYCLE: STAGES 1 AND 2

SLEEP CYCLE

STAGE 1

HYPNAGOGIC (LEAVING WAKEFULNESS)

START TO FEEL DROWSY

BREATHE: REGULAR AND AUTOMATIC

BRAIN WAVES SLOW DOWN

DRIFTING AWAY FROM WAKING CONSCIOUSNESS

MYCLONIC JERKS (SUDDEN MUSCLE TWITCHES)

THOUGHTS FLASH AND FADE

STAGE 2

BEGIN TRANSITION TO DEEP SLEEP

NO AWARENESS OF PHYSICAL SENSATIONS

SLEEP CYCLE: STAGE 3

STAGE 3

DEEPEST LEVEL OF SLEEP

RESTORATIVE SLEEP

FEW DREAMS

POWER OF DEEP SLEEP

REPAIRS OUR CELLS

CONVERTS FOOD TO BODY TISSUES

CYCLE BACK TO STAGE 2

THEN TO STAGE 4

"MAGIC OF DEEP SLEEP"

ALL SUFFERING AND AGITATIONS ARE WASHED AWAY

KING IS UNAWARE OF HIS KINGDOM

SUFFERING CHILD FORGETS INJURED ELBOW

PRISONERS ARE FREE WHEN THEY SLEEP

SLEEP CYCLE: STAGE 4 (REM) DREAM CYCLE

STAGE 4

REM (RAPID EYE MOVEMENT)

EYES TWITCH RAPIDLY WHILE CLOSED

OCCURS DURING DREAM PERIODS

NEW STAGE OF SLEEP (REM SLEEP)

BODY BECOMES RIGID (WE DON'T MOVE)

WE BEGIN TO DREAM

DREAMING

ACTIVE SLEEP STATE

BRAIN NOT RESTING

1ST DREAM CYCLE LASTS ABOUT TEN MINUTES

CYCLE REPEATS THROUGHOUT NIGHT

GRADUALLY MORE TIME DREAMING, LESS DEEP SLEEP

SLEEP / DREAM CYCLES LAST ABOUT 90 MINUTES

DREAM CATEGORIES

REPETITION

REPEATS EXPERIENCES OF WAKEFULNESS

CONTRARY DREAM

REFLECTS THE OPPOSITE OF WAKEFULNESS

SYMBOLIC DREAM

TO DREAM IN SYMBOLS (REAL OR IMAGINARY)

PICTURE OF THE FUTURE

TO DREAM ABOUT THINGS THAT HAVEN'T TAKEN PLACE

IT IS POSSIBLE TO BE AWARE DURING DREAMS

LUCID DREAMING

LUCID MEANS TO BE AWARE

LUCID DREAMING:

PRE-LUCID

AWARENESS: "I MIGHT BE DREAMING"

SEMI-LUCID

AWARENESS: "I AM DREAMING"

FULLY LUCID

CAN PERFORM INTENTIONAL ACTIONS (IN THE DREAM)

WE CAN WILLFULLY ACT IN OUR DREAMS

USING OUR WAKING AWARENESS

TRANSITION TO THE WAKING STATE

HYPNOPOMPIC STATE (WAKING UP)

TRANSITION FROM SLEEP TO WAKEFULNESS

CAN ALSO OCCUR DURING THE NIGHT

OBSERVE AND REFLECT

FLASHES OF INSPIRATION

NON-JUDGEMENTAL THOUGHTS

REFINED (REFRESHED) STATE OF MIND

LACK OF SELF CENSORSHIP

CAN REVEAL FEARS AND ANXIETIES

EMERGENCE OF REFLECTIVE CONSCIOUSNESS

(AWARENESS THAT THINKS ABOUT OUR EXPERIENCES)

AWAKE