



**Transformational Wisdom Institute**  
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[www.twi.education](http://www.twi.education)

## **Sacred Sleep Meditation Pre-Release, Beta Version**

The Sacred Sleep Meditation is eleven minutes long. The background sound is the same as the Sacred Space Meditation. The method to use the Sacred Sleep Meditation is to listen to the melody many times. The intention of using the melody is to transfer it to your consciousness so you can remember it like you remember a nursery rhyme from your childhood so you can draw upon it any time. The repetition of listening over and over, like the nursery rhyme, creates this relationship where you can call up the melody easily.

The Sacred Space music is a dynamic tool that facilitates a deep connection with inner sacred space. When our memory synchronizes, the melody with the Sacred Space music, there is a direct opening. The immediate opening allows the listener to apply their memory to catalyze their inner connection whenever it is needed. Then when the melody is easily accessible, it becomes a resource to use at all times and also in emergencies.

An emergency is when there is stress, a need to go to the hospital to support another person or ourselves, and when encountering difficulties. Other applications are when there is anxiety about a situation, before a speech, dealing with difficult people, releasing negativity, shifting out of ordinary states of awareness from a day of work and getting to sleep.

The Sacred Sleep Meditation allows the listener to connect to their sacred space before sleeping which makes sleep easy and accessing the kind of sleep.

To provide a review: Use your first name and last initial or full last name. Write a couple of sentences about your experience after listening about seven times. You can play the Sacred Sleep Meditation at any time, but it is not recommended to use while driving. Please send your review to [info@twi.education](mailto:info@twi.education). Thank you.