

Prayer for sleeptime

38. Introduction. While body sleeps, the soul partially detaches itself from matter and remains active. Then, enjoying a relative freedom, it can interact with other spirits. Rest functions as a temporary return of the outcast to their true homeland, a momentary freedom granted to the prisoner of the body. During rest the spirit often has ideas that come to mind when waking up.

Sleep is expected to beneficially re-energize the incarnated being. However, as it frequently happens with the imprisoned, many of us misuse this short freedom. Instead of seeking the wise guidance of the good spirits, we tend to be drawn to our peers and to visit places where we can freely indulge our vices.

Thus, before going to sleep, it is important that we concentrate and ask for the Almighty's guidance, so that we can wake up strengthened.

39. Prayer. My God! My soul is about to be with other spirits. Help it to stay with good mentors. Assist it to listen to their wise counseling! My guardian angel! Allow me to hold back, when awakening, a lasting and healthy impression of their advice.