

Practice 8 – Gratitude Before Sleep

The Steps

This final practice is to **consciously** bring up something you are truly (!) **grateful** for just before you fall asleep.

When you get into bed—no matter what kind of day you had—take a moment to think of something you are really grateful for.

Take a breath - then say it to yourself: (examples below)

"I am grateful for my health."

"I am grateful that I am part of a beautiful community."

"I am grateful I made that phone call today."

Take a breath and allow yourself to **really feel** the gratitude behind the words. Repeat it to yourself and let that feeling be the last thing you carry with you as you drift off to sleep.



Why this practice?

There is something **uniquely powerful** about practicing gratitude just before you fall asleep.

Neuroscience Says:

According to neuroscience, the few minutes before sleep are unlike any other time of day. As you drift toward sleep, your brain transitions from active thinking into a more relaxed and receptive state. Your **analytical** mind begins to **quiet**, and your brain starts preparing for one of its most **important jobs**.

While you sleep, your brain **doesn't simply rest**. It sorts memories, processes emotions, **strengthens neural pathways**, and reinforces the emotional experiences of the day. In a very real sense, your brain continues working with whatever you give it in those final moments before you close your eyes.

The emotional state you carry into sleep becomes the foundation for what your brain continues processing throughout the night.

Why before sleep?

If your last thoughts are filled with worry, replaying conversations, or tomorrow's to-do list, those concerns become part of what your brain continues processing throughout the night.

But if your final moments are spent in **genuine gratitude**, you give your brain something entirely different to work with. Instead of reinforcing stress and anxiety, your brain continues processing feelings of appreciation, peace, and contentment.

Over time, this practice also **trains your brain** to notice more of what is good because what we repeatedly focus on becomes easier to recognize.

And this focus – changes the **frequency** you emit. It changes how you feel. And frequency **organizes matter**. It makes a difference in your life.

Spiritual JuJu -

Of course, many spiritual traditions have taught something remarkably similar for centuries. They suggest that as the conscious mind grows quiet before sleep, the deeper mind becomes more receptive.

Gratitude is seen as **more** than a positive emotion—it carries a **frequency that influences** the mind, opens the heart, and **expands** the energetic field around us.

Through the **practice of gratitude**, we deepen our connection to what is meaningful, supportive, and **sacred** in our lives.

Practicing gratitude **just before sleep** is especially powerful because this is a time when the conscious mind becomes quieter and the **deeper mind** becomes more receptive, allowing the feeling of gratitude to settle more deeply into our awareness.

And from that space and **frequency** the neural **pathways** will shift. And **you** will shift. And your **outcomes** will reflect that.

