

# Trouble Sleeping?



**Evolve your spirituality**

*Yenni Payeski*



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# Contents

*Trouble Sleeping? Evolve your spirituality*

[Before starting](#)

[Take a deep breath and imagine](#)

[How do you sleep at night?](#)

[Sleep hygiene or heart cleansing](#)

[Heart hygiene: two practical exercises](#)

[The Discernment Process](#)

[Begin to heal](#)

[Ten tips for better sleep](#)

[Prayers for cleansing your heart](#)

[Our encounter is coming to an end](#)

[GLOSSARY](#)

# Take a deep breath and imagine

Imagine that you are in the middle of a very thick jungle. You look up and can barely glimpse the blue of the sky between the treetops. You hear the birds singing and recognize the sound of water running between some rocks. You try to identify where it is coming from because you know that you will be safe if you find the spring.

You decide to take the first steps towards the source, and your lips begin to feel the moisture as you get closer and closer to the water. You walk even faster, and you spot a smooth, crystalline stream. You kneel to one side and dip your hands in the spring. You feel deep inside the certainty that you will soon be secure.

Now you worry that the night is coming. But you already know which direction to take: follow the stream that will take you to the river and eventually to the sea. *Because that infinite source of life is God.*



We all want to find infinite love. There are many paths to reach the sea of wisdom where God dwells. No matter what one's spiritual or religious orientation might be. Because *He* is the only one who can expand our hearts. *He* is the only one that can guide us to a full life in the here and now.

For this, it is essential to adopt a comprehensive spiritual view of your daily life. This is the best way to recover restful practices that, for various reasons, we have forgotten.

## Dare to discover

The content of this guide is simple but very important. You will improve your nighttime routine by developing practices for relief, rest, release, and heart hygiene so that you connect with your internal and ancestral wisdom.

I will help you optimize your night's rest so your mental acuity does not suffer. You will achieve emotional harmony and learn to maintain an ideal energy level throughout your day.

When we're tired, we tend to recall negative memories more than positive ones. And that's when pessimistic emotions take center stage. Thus, it becomes more difficult to be happy.

However, from a spiritual perspective, it is possible to return to a good sleep schedule. With time and practice, *meditation and centering prayer are reflected in the quality of your entire body's cells*, especially in your heart, the palace of the soul where your whole self is created.

The process of rediscovering restful sleep will be immensely beneficial to your heart and give way to new projects, new creativity – in short, a new life.

We will begin by assessing the life you are currently living. You will learn to recognize your emotions, thoughts, and desires and *look at your own story* as a creative force to observe, record, and honor your progress. These are powerful tools for self-knowledge and subsequent transformation.

Throughout the book, I will suggest meditations and questions that will allow you to get to know yourself better. Also, I will help you incorporate techniques into your daily routine, connect with your divine nature and innate tendency towards health and well-being.

*Before proceeding, remember that the information available in this book is not intended to replace the advice of a professional physician. Always consult your doctor about any matter related to your health or the treatments and medicines you or those under your care take. This guide will simply accompany you in your experiential process.*

# Let me tell you my story

Hi, I'm Yenni Payeski.



I want to help you improve your daily routine, especially if you can't rest more than a couple of hours because your sleep is interrupted. My wish is that you get to know yourself through self-observation.



## How did I get here?

From a very young age, I was interested in reading about spirituality. I still remember when I visited my grandfather Catalino and my grandmother Ana in Oberá, a small town in the North of Argentina known as the *mountain's capital*. I played among the vegetation and immerse myself in the streams and waterfalls hidden in the jungle. That's how I learned to enjoy nature. It was all fun and connection.

But when the sacred hour of the *siesta* arrived, everything stopped.

If you have never been to the North of Argentina, you should know that *the weather there is sweltering*. To beat the heat, people have a habit of sleeping after lunch, between 1:00 pm and 3:00 pm, when the weather is at its most stifling. This is an inviolable quiet time and has given rise to many legends that adults tell children to make them sleep.

Being a restless and curious girl, I could not sleep. Instead, I used those quiet hours to dive into my grandfather's thick yellow-leaved books *on spirituality and medicinal plants*.

Time went by and, like many women, I put my dreams aside as I grew up. I ended up graduating as an engineer and leading a very different life.

However, in my thirties, everything changed. At that time, I suffered from heartbreak and an immense feeling of loneliness. I soon developed an illness that led me to question the meaning of everything.

Lost and full of doubts, I decided to seek refuge in a spiritual retreat, something that would soon change my life – though I didn't know it back then.

During my retreat, I reconnected with my childhood experiences and found the company of God. When I returned home, I wanted to continue exploring the divine path. I signed up for a course on the minister of silence, listening, and reception. I also immediately began attending as many contemplative prayer retreats as I could. Little by little, thanks to the silence, I began to read again about what I was passionate about, and I no longer felt alone. I felt loved by God.

Every now and then, I still experience troubled nights, which are not easy to navigate. But, deep inside, I cling to the certainty that I am valuable and that everything shall pass. And so too shall that night. It is on me, Yenni, to decide how I want to proceed. Providence acts on me.

## How did I decide to change?

I had spent an entire decade of my life in search of something that:

*filled my heart ♥ and made me feel whole;*

*I truly liked;*

*allowed me to help other people;*

*I would enjoy without guilt;*

*made me happy.*

I still remember it as if it were today. It was a Sunday in 2013.

It was infernally hot, and I decided to enter the Cathedral of Formosa to take refuge (or withdraw into myself, perhaps). I sat down on a bench and a few minutes later, a woman came up to me. She told me that she sang in the choir and, without further ado, invited me to participate in a charismatic prayer group for professionals.

At that time, I disbelieved in many things. I questioned myself and was convinced that religion was not for me. What was an engineer like me supposed to do in that place??? I was an executive of the financial system accustomed to calculating everything, to controlling everything. I was hiding in my unfounded prejudices.

However, something inside me told me that it would be different this time. Without overthinking it, I joined the prayer group the next day.

That Sunday in 2013, I started discovering the gifts that God had given me. The gifts that had always been there, respectfully waiting for me to find them.

But not everything was so easy for this girl from a small town. Soon after, I was offered a new promotion at work that required me to move to the great capital, Buenos Aires, some 600 miles from my hometown, Posadas.

It was not an easy decision, but my constant search for professional development led me to seize the opportunity. This option would also allow me to finally start a life project with the person I thought I loved. At thirty-three years old, I bet on love.

The ways God uses if we are dutiful can be wonderful. But this was not my case.

Shortly after this big decision, my relationship came to an end. I spent days crying and trying to hide my tears from other people. Sorrow took hold of me (although I wouldn't admit it). My projects had collapsed, and I felt I was going to die alone. My ego felt threatened.

I realized I could very well have been living in paradise and suffer just as much because I wasn't loved in the way I wanted. I was waiting for the wrong person. I was hoping someone else would give me what I couldn't give myself.

When I thought that I couldn't take it anymore, I drew strength from where I could and pushed myself towards transformation and love.

I moved again but decided to stay in the same challenging city, Buenos Aires. I discovered by searching on Google that I lived right by a spirituality center called Santa María. It was just five minutes away. Now if this isn't an example of an act of Divine Providence, I don't know what is!

I signed up for a course to become a spiritual companion at the center. During the five years of my studies, I underwent a profound transformation that reshaped who I was, and I found a new meaning for my life.

I managed to embark on my first trip alone, and I felt happy. I had learned to enjoy my solitude and the silence of the beach with just a book and a *mate* tea. For this experience, I had chosen the fantastic city of Miami, where I felt complete, master of my time and my life.

I traveled through beautiful parts of the world and, when I least expected it, love was reborn in me. Back in Buenos Aires, I met Kieran, my loving Irish husband, and we got married in July 2019, with God as our mainstay.

It was time for me to give back as much as I had received. Instead, life rewarded me with genuine love. Unspeakable love. This is how I left behind my structured life in the financial system and jumped into my beautiful project called Sentirse Amada.

*For all of the above, I know I can help you. Learn more by joining my community. Let's keep walking together at [www.sentirseamada.com](http://www.sentirseamada.com).*

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