

Easy ZZZ's: How to Tune Out the Noise of the Day For Optimal Rest



Last week I trekked over 1700 miles cross-country to move from Chicago to Mesa, Arizona and let me tell ya...moving in your mid 30's is nothing like the fun and whimsical, "fit what you can in the back of your Jeep" moves I remember in

my 20's.

With all the expected stresses of relocating, and not to mention the time-zone change, my body, mind and spirit have been in quite the whirlwind for the past week. The energy here is higher, yet calmer. I feel more grounded amidst living out of boxes and not knowing where any of my shit is.

Needless to say, my sleeping schedule has been a been weary since the move and I've put into action a little ditty that has really helped me get back into a healthy sleep pattern and turn off all the noise of the day telling me to unpack just one more box or asking if I remembered to call the gas company.

I first stopped what I was doing and just took a huge breath; soaking in the moment and appreciating the beauty all around me. I had wanted to move back to Arizona for so long and here I am...I did it! Just taking a moment to look back on how far I've come with putting a simple intention in motion proves to me once again the power of manifesting from the heart-space.

So, I'd recommend breath-work in times of stress or when you can't seem to get your mind to slow down or stop racing. This

is particularly helpful when you lying in bed, trying to fall asleep. Simply taking deep breaths and consciously listening to each breath proactively calms the mind and gives it something soothing to focus on; so it stops with the annoying, random racing thoughts that keep you up at night.

The next day after having that awesome “I’m home” moment, I couldn’t find my favorite crystal cluster (it’s HUGE, too!) and I then swore somehow, someway it was left behind for me to never see it again. I was literally freaking out inside and feeling quite anxious. So, I went and sat out on my patio and meditated on it. I asked the Universe where the heck my crystal was! ☐ I gave myself space to get away from the anxiety of “loss” and was then able to create a space of “clarity”.

After about 7 minutes of meditation or so, I remembered that I had put it inside of a shoebox, wrapped securely in a kitchen towel. I had already placed that particular shoebox in the closet the day before! I opened the box, un-wrapped my crystal and immediately started laughing hysterically at myself! (Hey, you have to, right?) I then thanked the Universe for putting up with my shenanigans.

Needless to say, meditation is an incredible way to calm the mind and clear away the noise of the day that we all tend to carry well into the late evening. With regular practice, the mind will naturally get into the rhythm of starting to calm down and meditation will get easier for you. It is not about having NO thoughts; it’s about letting those thoughts pass by like clouds in the sky and coming back to your calm center.

The “crystal incident” occurred about 3 or 4 days ago, and now that I’m about 70% unpacked and am starting to be able to actually enjoy my new place, I’ve just been FLOODED with a sense of gratitude! It’s literally

brought tears to my eyes more than once how appreciative I am for my life and where I am. I look back and see how very far that I’ve come and I’ve overcome with a feeling of joy for hanging in there and never giving up on myself!

Giving thanks for all that we have can be the most empowering feeling in the Universe. I can think of nothing else that connects you to a more wondrous sense of all-knowing, all-loving, Universal acceptance than to truly be thankful for your life; the good and the bad...and to always look at things through eyes of wonder and trust, expecting nothing, but knowing that hardships will always contain lessons and will thus reward you with strength and integrity. The act of taking charge of the moment to tell your brain, “No! I want to be appreciative, not worry-some!” will clear away a TON of noise from your day!

I sense that this is the beginning of a new chapter in my life and I’m also grateful to get to share that fact with all of you. Thank you for your continued awesomeness and for coming along with me on my journey *this* day and every Saturday. Much love to you all. XoxoX

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