

Poetrylosophy

Poetry and Philosophy for your heart and soul



“Sleep is Good”

Sleep is not just about rest; it is about our sense of being.

By Chris Peters

Our Prologue

We have more in common in this our humanity, our richness comes despite ethnicities, social standing, educational attainments, familial pedigree, philosophical views. Of all these commonalities that bind us in this mosaic of humanity, one bridges all, "Sleep". It's the first and last act we will perform in our journey of a lifetime, we were born it and will die in it, our lives revolve around it. As the air we breathed, our bodies ache in anticipation, crave it, desire it, and when these two are lacking we will be the first to be notified of their absence. Like us, every living creature unwillingly needs both for survival, and while we might even be tempted to choose air at the top. Why such a necessary exercise, coming at regular intervals even eclipsing that of going to the gym, where the entire body, even the mind is regenerated for improved performance? This intense yearning sees a quarter to a third of our lifespan daily immersed in it. A healthy circadian rhythm only adds to the

WHAT'S NEW

TAKING A CLOSER LOOK AT YOU

Our newsletter will focus on you the individual and the important link that you are in the chain of human history as a whole

ENGAGING TOPIC

You will on closer notice
and reading see yourself
reflected in what is written

BE BOLD, CHOOSE

It is the hope that by reading the information presented, will stimulate your interest to want more

desire to facilitate deeper regenerative sleep, as in joyful anticipation, we engage for twenty-six years, while still trying another seven years for more, a grand total of thirty-three years. Like others, we will know when we function better, live longer, when not affected by insomnia; engaged in it too much; for too long, and all signs lead to depression and mental anguish to life changing circumstances.

We will live a lifetime expecting, needing to sleep, still even more profound is this; our sense of being is closely associated to it. There is more to sleep than just what meet the eyes and mind, as every moment we involuntarily surrender to it, we participate, bear evidence to a reality before our conception. That is, we were known in sleep, kept in fondness and adoration, waited to be formed. We then came into our conception in sleep, slept coming out and were awakened, some by a slap into life, others by sundry means. The various processes of sleep are all too familiar to us, and it is not the purpose here to investigate those, rather to look at sleep as a necessity to the very essence of our existence, and who we are. We will sleep, hopefully awake, only to engage in it all over again, and life will be thankful for having it as part of its existence, even more so for what's to come.



Our Backdrop


Our entry was not accidental, but intentional and predetermined, before our conception, we were known, "Before I formed you in the belly, I knew you" (Jeremiah 1:5 first part). Our substance was not hidden, when in secret we were made, curiously wrought, though unperfect (Ps 139:15,16). One begs to ask the question, "What was known about us, and what was our state before given temples not made by hands?" We can know from this that while breath is in us, the spirit of God is in our nostrils (Job 27:3), man full of matter is constrained by the spirit or breath of God (Job 32:18), the spirit of God made us, the breath of God gave us life (Job 33:4). There is a spirit of man and one of beast (Eccl 3:21). At death the body once formed returns to dust and the spirit returns to God (Eccl 12:7) a reverse operation took place when one so well-known, was formed from dust and life breathed into his nostrils, and we lived. (Gen 2:7) Please notice "We," as we were all him. We can deduce the breath that returns came from somewhere, "Our Holding Place," where we were in a state of unawareness, or as it were, "sleep." While we were unknown as to who we were, we were eternally known. The body given is only another earthly holding place, a temple for an essence that is its primacy. It was and will always be the place to house, breath, mind, and spirit.

Let's stay on this lone and solitary figure of one placed in a world so bright and fair, yet for all that was present unknowingly lacked a helpmate, for this sleep would be administered, a deep one (Gen 2:21-22). From such a noble one, another came, presented to elicit much joy, this bodily operation was a precursor for all that would come. We will learn that most things will be appreciated when we are laid to rest in sleep. A new morn shining in all its fresh brilliance, the crowing of the rooster in agreement, a body rested, now ready to take on daylight as its untried air wafted against our nostrils.



Our Coming

In our unawareness, we slept as if we were waiting to be awakened, we would, in another realm, when allowed to enter time, know for a lifespan that to awake comes naturally after sleeping. We will live out the meaning of sleep and the benefits of waiting to be awakened. Unlike that of the eternal realm, nirvana, dwelling in light unapproachable or impenetrable darkness, held in spirit; when given to time, our bodies will confirm this reality by becoming subservient to a greater presence. Sleep and our unawareness were most present and resided in One, Who, ever presided, having no beginning or end. We were always known even when we didn't know it, as when sleep came, on the reverse, essence preceded form, ever a reminder of levels to our being. Our essence is everything about us that was hidden, uniquely known, a mind like no other; it is what controls the lesser form, the body. It was said to us, "to fear not them which kill the body but are not able to kill the soul, but rather fear The One, Who can destroy both soul and body" Matthew 10:28, inferring that another fellow human of like matter and soul is only limited in how much they can destroy another human of matter and soul. Hidden in this is the specialization, that we are more than matter (flesh and blood), existing in an immaterial essence of which mind from which the awareness of self, personality, memories, intellect, will, emotions, and choice are seated. When matter was given the breath of life, it was transformed into man, a living soul (Gen 2:9). Along with this breath came all that is man's essence. At death, this breath, essence, returns to the One who gave it (Eccl 12:7), so emotions, awareness of self, personality, memories, and intellect will return to sleep, "our holding place."



In our sleep, when given to conception and our awakening at birth, we became aware of who we were. One day, we looked at ourselves in the mirror, awareness awakening occurred, and we said, "This is who I am," but before we saw a reflection of our body, the reality of our real selves was always present, we just weren't aware of it. There is always more to learn of our universe, verily present, more than we are aware of, and yet, we will always be asleep to that reality. We remained transfixed by what we saw looking back at us and will never see ourselves as another sees us, even as we see others as they can never see themselves. Sleep reminds us of our finiteness whenever we venture into it, reenacting all that we were before our conception.



Our Visible, From The Invisible

This mind independent of the body, unlike that of a dependent body for it, shows the control of the former over the latter. We see it in the events of our lives, for as the mind can conceive, the life can achieve, and it goes to say that the body is held in subjection if the mind wills it. The invisible is always the dominant factor, the essence in all aspects of creatural endowment. Spirit always comes before matter, as thoughts come before form and function. The worlds like us were framed so that the things that are seen were not made by things that do appear (Hebrews 11:3). Our frame was known, we are remembered as dust (Psalms 103:14). How can the thing framed say to The One Who framed it, "You have no understanding" (Isaiah 29:16 last part). How precious are the thoughts of The Invisible towards

us (Jeremiah 29:11), desiring to give us sweet rest as we once were in peace. Our daily encounter with sleep reminds us constantly of how visible we were to The Invisible, even in Thought, our holding place. Sleep also reminds us of our helplessness to all that surrounds us, yet fully aware of The Invisible Who neither slumbers nor sleeps. It compels us to remember that the visible will always be held in subjection to the invisible. When matter is laid to rest, a greater continues independently.



Our Death As Sleep

We are told, “It is the spirit that quickened; the flesh profits nothing” (John 6:63). Everything about our bodies ages and finally “sleeps”, however, the spirit, the breath, the essence, never experience such. We learn to play musical instruments, educate ourselves for a profession, become erudite in philosophical pursuits, and do a myriad of other things in this life. We never have to learn how to sleep; it comes naturally with just “being”, it’s who we are. The flesh needs to sleep to remain relevant; “death” in miniature occurs every moment we fall into sleep, in its grander state, spirit separation from matter occurs. When it was told, “Our friend Lazarus sleeps, but I go that I may awake him out of sleep” (John 11:11), then the response quickly came, “If he sleeps, he shall do well” (John 11:12). To which a final response swiftly came, “How be it, the One spoke of his death: but they thought that The One spoke about taking of rest in sleep” (John 11:13). David was mentioned to, “have served his generation by the will of the One, fell on sleep, and was laid unto his fathers, and saw corruption. (Acts 13:36). A mystery was shown, “we shall not all sleep, but we shall all be changed.” (1 Corinthians 15:51). We are commanded to wake out of sleep and arise from the dead, for light has come to remove such darkness (Ephesians 5:14). Why sorrow as those who have no hope of a grander awakening, for if we believe, sleep will give way, death will hold us no more. Even for those who are found to be alive and remain unto the eternal bliss promised will not prevent those who are asleep. (1 Thessalonians 4:13-15; 5:6,7,10)

Again, “If The Logos has not been raised, our faith is futile, and we are still in our sins. Then those also who have fallen asleep in The Logos have perished” 1 Corinthians 15:17–18, Here’s another reference to falling asleep as a picture of dying.

Then there is The Word, where a little girl is raised from the dead, saying: “Talitha, cumi” (Mark 5:41), and we know that she is dead because, in Mark 5:35, they say, “Your daughter has died.” When The Word arrived to deal with this, the question was asked, “Why are you making a commotion and weeping? The child is not dead but sleeping” (Mark 5:39). Well, she was dead, and it was mentioned as sleeping.



Our Awakening

When the lights go out and, on our beds, we toss and turn as another day gradually gives way to restful sleep, we reflect on all that took place in a life lived and hope we did well, to leave a world better than when we first met it. When the light of our awakening first hit our eyes on another day in time. With

days numbered, would we be wise to number them, to teach ourselves wisdom for living? After all, life is in its essence is ever an awakening to once again sleep to put on that which is incorruptible, immortal (1 Corinthians 15:52-55). It's been such for all who have ever lived in time, regardless of ethnicity, social status, beliefs, or life orientation. Reality always was, even when we weren't aware of it, even asleep to it, in One. Awareness came one day when, in innocence, our eyes were opened to who we belonged, who we were, and where we were. Unknown to us but also an ever-present reality was that of a body slowly dying, aging while living. Our bodies long for rest in sleep after days of our lives, turn to twilight, when the keepers of the gate fall out, limbs as trees refuse to carry us, windows to our souls refuse to shut, grow dim, and a mind grapple with what's left. It is then that we know these many nights of sleep pointed to a better, more glorious rest that is near.



Our Conclusion

We were known in eternal sleep before our form was given, our coming was one immersed in sleep, eyes shut in the womb, and on entry testify to that fact, and as babes, we slept constantly to our growth and wellbeing. Our bodies long for the awakening into another state, and so, every moment of sleep, we look forward to that grand event. Some even dare to sleepwalk where an ever-active mind still manipulates a subservient body. Yet for all that our bodies endure, nights of rest prepare them for days of endless awakening. Sleep predisposes one to be awakened, every time we lay down, we do so in expectation to open our eyes to new realities. We shall not all sleep as it were in death, but shall all be changed, the next moment we lay down in sleep, maybe standing, drifting into it, take it not for granted, we have entered another dimension in type, meant for transition to another state.



Lost in sleep or wide awake
Gently pressed for you, I ache
Longing for my former state
Where in rest I can relate
How dare I try and obviate
Stripped of all, I can't equate

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