

## **Sleep Cycle Programming**

**Paul Solomon Reading 0425 - H - 0338 - MT - 0001, September 19, 1974**

Now, we can bring a great deal more of correction in this manner. That there will be the periods of the evenings when this body is retiring and just beginning to enter the sleep state. During the first half hour to hour of sleep each night, let the mother sit in an attitude of prayer beside the body. And during this period, speak to the body while asleep with reassurance of love, of care, of spiritual worth, you see. The value of this life, the value of the soul, affirmations. Never such as would increase guilt. Never saying, "You should do this." But rather,

*"I am pleased. God is pleased with that you are. You will emulate His actions, those of the Christ off God. You will have full confidence in yourself. You are all that you need. You are as strong, as intelligent, as capable as you need be. You will then show it."*

And such as are positive statements of affirmation of growth and good until this soul will learn in those levels as are important and as program the activities of these bodies, that is the subconscious level. As the soul will learn at subconscious levels that it is capable of performing properly. Not physically handicapped, but learn this and overcome, and react with tolerance, with love to others. Will show as much love to others as this one feels he is receiving. Then bring these assurances, and program during such periods with these statements. They may be spoken either quietly, aloud, or even just thought and projected to the self. He will respond. You will see.

**Paul Solomon Reading 0540 - LH - 0437 - FA - 0001, March 8, 1975**

Let there be a period each night just after retiring when these have fallen into slumber, of sitting beside the bed and communicating. A closeness. Let this be a time of re-assurance, not re-programming so much as reassurance. Assuring these confidence and love and caring while they sleep. Words can be whispered, spoken softly or even thought will definitely contact the mind of these and add assurance and confidence.

Find a program then for the application of these. Affirmations, reassurance of the mind and the thoughts and expressing love while these sleep, during these periods in the early hours of the sleep, in the first hour or so. Let there be several minutes, twenty to thirty minutes each night of such a visitation and lending energy to these. We can correct this condition of difficulty in sequence, discernment in reading and learning and such, and better focus of the mind through these techniques. There are those who can set up and plan and design such programs, such techniques. Look about doing this for the self and for these.

This question was about bed-wetting, however this method of encouragement for a child is applicable for many illnesses or stresses.

**Paul Solomon Reading 0417 - LH - 0331 - FC - 0001 - JDE, September 5, 1974**

The in-coordination of conditions of systems. We can eliminate this very quickly by the mother sitting and reassuring at times of sleep each night in this manner.

As sleep begins, particularly the drowsiness. As you will find the child drifting into the sleep state, there is openness, receptivity as the soul mind looks about the self in other dimensions and becomes receptive. In that time, think thoughts of love and words of reassurance, telling the body to have greater control, to awaken when there is need for elimination. Particularly reassuring the body of love and care. Let's attempt to clarify it in this way.

There is a failure in the control of the mental forces or the caring of the mental forces for this body physical, and will respond to love, reassurance and security with the ending of these conditions. Sit for twenty minutes or so, thinking repeatedly the child's name and say, "I do love you. I do care. I believe you. I know that you'll have no further difficulties in controlling the eliminations."

Will only take a few nights and will eliminate this altogether.....

,,,,,This is not so much a reaction of the (body) as of the mind, the mental forces, the caring for the self. And a need, a crying out for reassurance, particularly of self worth....

.....And a purity, a calmness, reassurance, these of the programming responses with the mother holding the hands, speaking, whispering even aloud. More for the sake of the mother than the child, whispering aloud to direct the thought for the reassurance.

**Paul Solomon Reading 0759 - L - 0422- MA - 0002, January 30, 1976**

You will have before you the records and inquiring mind of 0422-2, born December 9, 1923 in Portsmouth, Virginia, who is present in this room. You will give relationship to the Universal Forces and comment on purpose and personality, past and present, latent and manifest. You will answer quests as I present them.

Question 1: In my last reading, I ask about the ?? I now ask for guidance in understanding my relationship to the individual members of my family and in what way can I be helpful to each in their growth, name, born January 29, 1960, in New Jersey.

Answer 1: Yes, yes we have the records, witnesses and relationships here. And as already given, these have been drawn together as a unit that they might be catalyst one to another for the development, soul growth, that one might touch the other with the accumulation of his experience of the past and have that affect of tempering the other with what might may be brought.

Then as well, this one, male name, brought into the unit, the family, for a number of purposes in relation to family members. First, with the sister, quite a number of relationships from the past have built effect that must be faced in the present. For there is more than the usual or expected rivalry here. Built from earlier time. For in past relationships, she has been both wife and mother

to this one and in those relationships some resentment formed for a tendency to be nagging, insistent, somewhat domineering or demanding and picking at details.

Now while not so much aware consciously of the source of such antagonism here, he has a feeling, an underlying feeling of expectation of love. That is, that he should feel family love and such. And yet at the same time, some underlying resentment. This is not to suggest that there is no love. For it has built and does exist and will grow, will be more evident, particularly much later in the maturity. These relationships will, of course, form a greater strength, understanding, less of guilt or accusation, in the growth.

Passing through the most difficult period of it right now. But not, not so much with the sister as adjusting to all about and the values of those about. Feels rather as if everyone else can adapt to acceptable values and practices easier than he, and feels that there must be something different about him because of it. The sensitivity of course is obvious, but so is the tendency - his - to attempt to disguise it under hardness, feeling somewhat weakness within himself.

**Paul Solomon Reading 0759 - L - 0422- MA - 0002, January 30, 1976**

Now one of the purposes then of being brought into the family unit in this time is the rectifying of past relationships with the sister, and of course a great deal of that responsibility karmically will lie with her. But now for this one, the seeker, in relation to, would do very well if you spend a period each evening and morning, the first hour to two hours of sleep at night, the last hour of sleep in the morning, would do very well if you sit in meditation, communicating mind to mind with his mind during this period of least resistance.

Now this word of warning. Do not, during this period, attempt to suggest what he should or should not do in actual activities. Do not attempt to alter his free will. At the same time, you can and should spend this time assuring him of your love and concern, your support.

Now concern not in the sense of anxiety at all. Let it not be felt either during this period or wakeful states, not an anxiety. But express a confidence in him, in his ability to function, to form relationships, to fit in, to express an assurance of love, an assurance of his ability to accomplish, to succeed and such.

Not saying you will succeed. Not suggesting you will do this or that. But, "I see and recognize and have confidence in your ability to do these things."

There is needed here a period of communication, of reassurance, that he'll not allow so much verbally. But a building of a bond at a deeper level. Especially confidence, must feel accepted, trusted. You have a natural ability as a healer, but it needs this receptivity. It needs this time of lack of resistance to reach those levels of body, mind, as will give the help and support that he will need to adjust.

There is a time here of rebelliousness, of demonstrating independence, and too often, frustration shows in those who should be strong and examples. Anxiety too often, you see. Let

this period then, morning and night, especially while he is sleeping, rested, and receptive, let it be a time that he will receive love, care. Hold his image in your consciousness. See the self touching him. See him receptive and receiving the love and warmth and gaining confidence. Now watch for a change as well. You'll see it. A demonstrated difference. Needs to build a great deal of confidence. Need be given confidence, for that sometimes appears as confidence better described as over-compensating attempt to assert the self.

**Paul Solomon Reading 0345 - H - 0268 - FA - 0001, April 29, 1974**

...As long as this one finds the greatest amount of attention through that which he does to get attention or that which he does wrong or misbehavior, he will continue that he knows will receive attention. See it in this manner: As long as things are calm and he is acting well, he is not noticed at all but fades into the activity of the others. In misbehaving, then, he attracts attention and others realize his existence. When this one, then, fails to attract attention with misbehavior, he can try success and success will be appreciated if noticed and rewarded.

Then reverse all psychology that is now used in correcting these conditions, and allow and ignore his misbehavior as if it meant nothing at all and reward only his success. Will be difficult for a time to be sure, very difficult, both for self and for all about, for he will try harder and harder to get success through misbehavior, to get attention through misbehavior. But allow that it be ignored – completely- but at every opportunity notice those things done well, and brag, and encourage. Will reverse that which he thinks is his purpose, you see.

Now for the greater ease in making these corrections, you will find in this manner. During that period of time of first sleep, within the first half-hour or hour of sleep this one is very, very receptive to the thoughts of those about and will lean upon those about for reassurance. Then make the self present one who cares, not the mother for she would not believe in this time, not yet, but the father. Allow that he would be present as this one should fall asleep then and talk quietly, reassuring in a loving manner, whether telling stories, whatever, and as this one then begins to fall asleep, then speak quietly: "You are a loving person. You will react and confidently and you are beginning to realize in yourself that you are loved of the parents and all those about."

In his sleep he will absorb those of the thoughts you think and the words you speak and will think the better of himself and will grow to accept. In so doing, will correct these conditions and you will see quite a success in this one, for has great drive and desire and can make great strides in assisting others. A lot of activity in politics and humanitarian efforts as this one comes of age. You will see him a great leader among his people.

**Paul Solomon Reading 0479 -L - 0384 - MA - 0001, November 17, 1974**

There is a tendency toward a great deal of nervousness in this time. You find evidences of an old soul captured in a very young body. And a great deal of impatience, a great deal of impatience, typical of all those of Atlantis of that period returning in this time. We find the greatest lesson to be learned by these is patience, for they all, it seemed, were eager to get on

with the progress in whatever ways this could be brought and were impatient with the progress of growth, the periods and the processes of growth as came. And so we find with this one impatience to get on with each detail. And a great deal of nervous energy as would need to be channeled in specific ways.

Now would be of some assistance if you would sit by the bedside of this one each night in the early periods of sleep, especially and talking quietly, soothingly, assure this one of the barrier of protection about the self as a shield of light, a shield of righteousness.

In quiet affirmation, assure the soul of accomplishment of purpose in this time. Now careful in these affirmations and that you would say at these periods that you never impose upon the soul your own ideas Never suggest you will be this or that accomplishment, but only you will have that energy as needed for that you have come to accomplish. Always protected by the Divine Master, and always in His light.

Giving such affirmations as, "You are filled with the Light of Christ and attracted to His presence. You shine forth the radiance of the Christ and it bring you peace in all that you do. There is no fear surrounding you. You are at peace within the self with the Christ." And such as these.

Will find noticeable reactions in the contentment of the soul and the protection that would be built around the self, making this one somewhat invulnerable to disease and those as attack others. Less protected with each affirmation the shell, the shield about the self. Will become stronger until this one can accomplish those tasks as came to accomplish without interference and such.

These do and we will have a strong soul here. A leader of men. Not so much in political ways or in teaching or such, as rallying in emergency causes and in the constructing, building of that as will remain. Permanent structures taking a great deal of responsibility and always being first to say, "Let's get on with it and accomplish that we've come to do."

Now these are the talents, the indications of this soul in this time and this soul's purposes. These that we would seek to teach to tell the soul that it might be awakened, re-awakened to that original cause of service and bring a number of others to greater awareness of the Christ.

When It's Better To Let Go.....

**Paul Solomon Readings 0301 - L - 0233 - FA - 0001 - JDE , February 12, 1974**

Question 8: Will my daughters create many problems in their growing years?

Answer 8: That would rather depend on that attitude taken toward the development. Attempts to restrict and worry a great deal will produce a great deal of problems.

Know that that has been given from the past and that a tendency to dominate, to rule over lives of others, and be careful of this. Seek that individuality which would express. Be not so mindful of

what is seen as rebellious nature, the adventuresome qualities, but rather encourage these. And let these learn. Have the greater faith in the Father, who is able to put before these children those lessons of life that they would need for the greater soul development, and depend on Him that He should do so.

Take not so much upon the self, upon thine own shoulders, for you would rather bend these into a shape, that with your limited field of vision you would feel is right. But that bending then might restrict the greater beauty of the tree as it would grow. Allow these a great latitude in the development. Beautiful souls that have come to express a great deal. Let that they express be not so much of thine own thinking, as that they came here to do. Not so much of the problems as compared to some. And none in such ways as would cause great anguish.

**Paul Solomon Reading 0213 - L - 0155 - FA. JDE, August 15, 1973**

So, this one was dedicated as a channel for giving birth, or for the motherhood among these; for she herself by heritage was of these peoples, or those of the developing race, the sub-race, those not perfected. And in the perfection this one was blessed by the priest, Ra, and dedicated to the perfect of giving birth to perfect body, that this might be brought in. Then, there was the giving of self in this time, and the rededication each time, giving to the purpose of allowing that a perfect soul might come into a perfect body, thus correcting the conditions of that known as sub-race in the time.

Now, in such, the soul made great progress, or built, or was able, to recognize self as a child of God or a Child of One, in her own right. Yet in those conditions, in those situations, there developed in the passing, or the use of such understandings, such powers came. In the re-entry into this plane there came the tendency in the teaching, in the guiding of such, to be superior in nature, in thought; to give orders, to command. For, we find this one entering again as Mother Superior of a group of those giving the self to religious, to spiritual development in France, in Bordeaux.

Now in this condition, in this position, we would find not only the mother, or this one who comes as seeker in this time, but two daughters and those of acquaintances (and we find particularly the one known here as Charles). Among these (being female in that time). and those of the students, or those within the responsibility.

Now, there are many karmic conditions that come from this period that should have been for the greater soul growth. But rather, as there was the shutting off of light from these, or the refusal to allow these communications with the outer world, we find these as they were imprisoned and there was the feeling within this heart, one so well-advanced, and having great knowledge and understanding, found, then, within the self, to be superior or attempted to be, and commanded that even of the thought.

So, understand that that occurs in this time as the karmic condition in the physical from refusing to let these see that other side of life, and the karmic condition in the refusal of these to allow the love, that which became the most precious to the soul, or the very entry of the soul into

being or into the realization of self as a soul, in those early times was for the purpose of motherhood and love.

And yet we find those disappointing conditions in this time, or those of the children refusing or rebelling against that, and there is retained within the self that feeling, so developed, that *"Mother Knows Best,"* or that attempt to think for these; and the rebellion, the breaking away, in this time. Now, be not sorrowful that it is so, but rather understand that these things need be; and if there be the repairing in this time, then consider self as a servant, never thinking again as the mother or one responsible for the teaching, or the upbringing, and certainly not for the giving of orders, or the holding back, or the commanding this way or that. But rather be first to apologize in these situations, these conditions, that are resented among the young.

For, it is not a matter of right or wrong and these would not consider whether this one was right in the teaching, but rather whether this one "robbed my freedom." And even if this be not so in fact, understand that feeling within them, for that manner in which it is seen by those children becomes more important in their heart than that which is right.

Then understand and concede that freedom. See wisdom in their choices. Do not rob them of the ability to feel that "I have made my choice and have made it wisely." Never allow them to feel that "my mother, that one I love most", is disappointed in my decisions. Then erase, correct all of these conditions and you shall have fulfilled that karma built in that time, but, immediately, so correct conditions with each of these, not allowing pride to come in the way, nor allowing that deciding of which was right or wrong, but rather the feelings, the thoughts, the pride of these others, for there is a great deal of strength in this seeker and needs not be protected by the pride, but protect the pride of these children that they might be allowed to grow, that those decisions may be made within themselves with pride, and allow, then, the opportunity, the responsibility, of making a wrong decision, yet being their own. So then, will the decisions be made more wisely and judge not "that which I would have done in this case." Be not disappointed in that different manner in which they did.

Now, there is an innate desire in this one, and the deepest desire of the soul is, *"That I might have been a perfect parent, that I might have handled this job well."*

And is the soul urge. Yet there go beyond the soul urge in this time, for that job has been fulfilled. Then pass on to that next, for the development of self. Be concerned with the development of this soul, rather than the development of others, and be not disappointed in those decisions made in their life, for these are the soul development of theirs and cannot be done by you in this time. Only could be done when these were less than human. Then understand the differences in the relationships of this time and only can the vehicle be offered, or can communication be given. Now, cease that feeling of being the parent with these, and even with the husband. Destroy that feeling of superiority or responsibility for the care and upbringing, for the spiritual life and growth of these. And elevate them, rather, as equals on all planes. So will the eyes be opened and you shall be surprised with that growth, that development has come, that wisdom that would be found, even in their lives.

Now, see these, then, as the purposes. For the purpose in coming in together in this time was the interaction between these, having been so close in so many times before. Now, there has been avoided here the giving of that which has been recounted before, in the times spent together in this earth plane, in the manner of coming in, and those things described as the evolution of the soul, dealing with those specifically that are the soul's concern at this time.

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