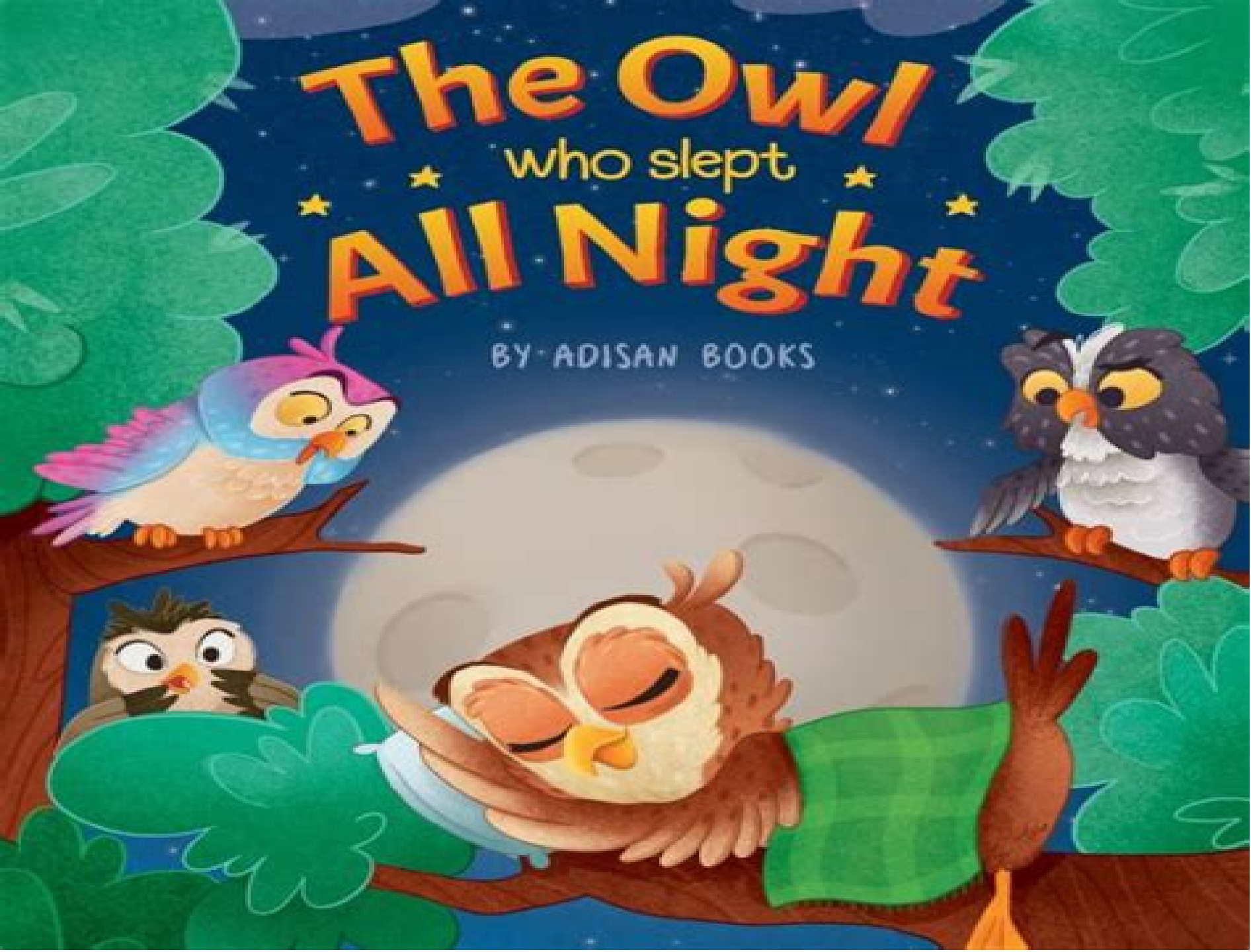


# The Owl who slept All Night

BY ADISAN BOOKS



# The Night The Moon Slept

**Laing Z. Matthews**



## **The Night The Moon Slept:**

*Healing in Sleep: The Science and Spirit of the Night's Medicine* Laing Z. Matthews, 2025-11-08 Every night the universe rehearses creation inside you Your body dissolves into darkness your mind releases its grip on the day and something larger begins to work through you quietly repairing reordering and remembering what you truly are Healing in Sleep reveals that sleep is not idleness but participation in the deeper intelligence of life itself Drawing from neuroscience ancient medicine and contemplative philosophy Laing Z Matthews restores the sacred dimension of the night showing that the same forces that mend cells and balance hormones also reconcile memories transmute emotion and awaken the soul Blending modern research with timeless wisdom this luminous work guides the reader through five movements from the biology of rest to the mysticism of lucid awareness The book journeys through Greek dream temples Egyptian sanctuaries Daoist mountain hermitages and Tibetan dream yoga traditions uncovering a universal understanding once shared by healers across civilizations that sleep is the altar where body soul and spirit reunite At the scientific level Matthews explains how the glymphatic system cleanses the brain how REM chemistry allows emotional repair and how the circadian field synchronizes with the Earth's magnetic rhythms Yet every insight is mirrored by its symbolic twin deep sleep as purification dreaming as initiation and awakening within sleep as enlightenment itself Throughout the author bridges laboratory and temple combining studies by Walker Cartwright Ribeiro and Newberg with Daoist inner alchemy and Vedantic non duality The result is both poetic and practical an initiation into the art of being healed by rest Readers are led through nightly rituals and meditations that translate science into lived experience the Three Worlds Breath to anchor dream energy lunar alignment practices to harmonize with cosmic cycles and reflective journaling to integrate the medicine of dreams into waking life By the final chapters sleep becomes more than restoration it becomes revelation From the physiology of surrender to the metaphysics of death and rebirth Healing in Sleep traces the continuum between the nightly and the eternal The closing vision Lie down as a patient of Heaven awaken as its physician distills the heart of the teaching that every sleeper participates in the healing of the world A rare synthesis of science and spirit this book invites you to rediscover the night as your oldest teacher and to remember that true healing begins not in effort but in surrender Key Themes The neuroscience of sleep and the glymphatic cleansing of consciousness Dream incubation and cross cultural healing temples Emotional integration and forgiveness within REM Lucid dreaming clear light awareness and Daoist sleep gong Sleep as preparation for conscious dying and luminous return The planetary field of coherence how individual rest heals the collective *The Night the Moon Slept* Susan K. Baggette, 2000 A little cloud named Nimbus causes problems when he covers Mother Moon's eyes causing her to fall asleep and fail to shine her moonbeams on the world so Great Cumulus decides to give Nimbus a responsibility of his own *Perceptions of Reality* Gregory Calise, 2003 Although we are all living in the same world we are simultaneously each living in our own separate universe where each person observes himself as the center of that universe

Each person has a unique conditioning and belief structure that create his perspective in which he views reality The world than interfaces witheach person to create a reality that conforms to his beliefs A person s conditioning and beliefs affect his attitudes and emotions which then magnetize certain energies that resonate to his state of being In this way each individual is creating a seperate reality according to his perceptions of truth What we percieve as reality is only the surface of a much deeper and greater truth Beyond the apparent world lies the essence of life and a vast kingdom of hidden knowledge Our conditioning and beliefs bind us to a certain perspective in which we view our reality Perceptions of Reality show us how we can break free of the bondage of our conditioning that holds us in a life of mediocrity When we become free from this bondage we can change our perspective which in turn changes our perceptions From a highter perspective we can see the larger picture of our lives and the world We will see the circumstances that have created our present reality and the relationships of events and experiences that were previously beyond our horizons of perception From this higher perspective we will perceive the world in a new light It will change brfore our eyes and interface with us in a new and more positive way We will be able to take control of our lives change our destiny and shape a new future From this higher state of awareness we will discover the portal to access the abstract mind which is the mental function of genius and the doorway to revelation From the perspective of revelation we will open the doors into the absolute realms beyond material time and space and describes the perceptions of God the soul the world and the paths to higher consciousness Perceptions of Reality will show us how to access the abstract mind and open the doorways into revelation creating a new reality full of abundance harmony and joy

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1982-1987 G. Meredith Blackburn, 1989 A title subject author and first line index to poetry in collections for children and young people      *Selections from Shakespeare's Merchant of Venice, with intr., notes and an appendix by T. Parry* William Shakespeare, 1883

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