



Calming the Nervous System & Preparing for Restful Sleep

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In this discussion from Psychic Live with Riz & Lady O, Riz and Oriah address a live chat question about waking up with intense nervous system activation and bad dreams. They provide a comprehensive guide to creating a soothing bedtime ritual, grounding practices, and a calming environment to alleviate anxiety and support deeper, more restorative sleep. This guidance emphasizes the importance of holistic and spiritual practices to align the body, mind, and spirit before sleep, promoting relaxation and peace.

Go to workbook afterward.





Dear Seeker,

As you embark on this journey to calm your nervous system and improve your sleep, remember that these practices are acts of self-love and care. Each step you take—whether it’s a gentle stretch, a moment of gratitude, or a calming ritual—brings you closer to a state of balance and peace.

Your body, mind, and spirit are interconnected, and by nurturing one, you nurture the whole. Trust in the process, be patient with yourself, and know that even small changes can lead to profound transformations.

With love and light,

Orish & Rio Mirza

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Live Podcast Psychic Sunday~

Lady O

(Reading live chat question) Erin Sealey. Hi, Lady O. And Riz. Hi, Erin. I'm wondering if you have any insight into what I'm experiencing. I wake up in the morning feeling like my nervous system was put in an electrical socket.

Riz

I got you.

Lady O

And I'm having bad dreams.

Riz

Number one is your ritual before bed; here's what I would suggest: an hour before you know you're going to go to sleep is the time to power down slowly. Please start with a bath or shower, whatever you like. I absolutely do, and I still do this, guys; even though I'm a Channeler, and I'm a medium and a psychic, I still have my rituals. I still have the things that I know are part of my way of living that cover all my bases. Crystal sea salt in your shower is good. It's scrub. Not only is it a physical scrub, but it's actually a spiritual scrub. Salt is very purifying spiritually, and you just rub it on yourself with whatever cleanser you're using, take deep breaths in the show, and really allow the water energy at night to purify you, and then prepare your sleep area beforehand, meaning so it's welcoming and warm and inviting, just the right temperature that you like, just the right textures and fabric, just the right lighting, and some meditative music. I would say about an hour before you sleep to quiet everything down, so not a lot of TV right before you go to sleep, not at this stage.

The background of the page is a soft, light pink color, decorated with numerous falling cherry blossom petals and a single, partially open pink flower with visible stamens. The petals are scattered across the entire page, creating a delicate and dreamy atmosphere.

Riz

And you can have some of your crystals next to you. I would suggest rose quartz, which is wonderful, and maybe some selenite somewhere, just to cleanse the energies. You could even... You could save a little bit. You could burn some frankincense a little bit. You can learn how to do all these things on YouTube. I'm sure there's a gazillion videos that show you how to do this. But it is about creating that space where your bed becomes this portal, doesn't it? For all of us, this is where we leave the body and experience the astral realm. What I'm getting with you is that you are quite a speedy traveler, and these dreams and experiences that you're having in dream time feel very jumbled to me. They don't feel linear. As you become more experienced in quieting your mind before sleep, your dreams will become, in a sense, more linear, meaning you'll remember the dream, you'll remember the narrative, and the imagery and symbolism won't be as confusing. This is very good. Practice some deep breathing. I would say about 5 to 10 minutes will do you. That's the great thing about YouTube. You find so many things that you can just get for free.

People are willing to teach it to you, and you just have to find the right person, right? There are a million videos out there, but you have to find them. Then, I would do guided meditation. There's a gentleman I recommend that we love. His name is Jason Stevenson on YouTube. I love his guided sleep meditations. You just put in your earbuds. Last but not least, giving our whole protocol right here, but it's what's coming.



Lady O

A lot of people can benefit from it. I have a few things I want to throw in there, too.

Riz

Please. And none of these things you have to do for long, long periods of time. But this is what changes your life. These practices make the days more meaningful. They don't go too fast, and they don't go too slow when you start to hone in and drop into your spiritual practice. Now, that doesn't mean that you have to do it every single night. If you don't do it, everything's going to go bad. I don't want you to go bad. I don't want you to become addicted to these things. These are the things that the only way to have this. But practices are we brush our teeth, don't we? You don't necessarily have to brush your teeth every day, but I think it's good for you and for others around you if you do. So these things that I'm saying to you are like brushing your teeth. Light stretching before bed. Just go on the floor, the space next to your bed, stretch those hamstrings, stretch that neck, and do some... I do some tapping the Fing work, which I teach my students, which is just moving the lymphatic system through. This is very good for the vagus nerve.

Riz

By the way, you guys can learn this. It is something that I teach my students: you take your fingers and tap here for two minutes straight. And if you don't know what the vagus nerve is, V-A-G-U-S, look it up. So that's what I would say to you, and that's going to definitely work for you to bring this down at least 50, 60 % of the challenges you're facing in the night.

Lady O

Overall, it's what he's basically saying, and I could add a long list as well. Basically, we're saying that you are upgrading your way of seeing life and yourself. It's going into a higher state of consciousness for yourself. Also, I would add that you should not constantly spook yourself, scare yourself with bad new scary things, or don't like watching the news, for instance.

Riz

There's never anything good.

Lady O

No one's good news, that's for sure. Also, taking things too personally and too seriously will also sap your nervous system and not have a sense of humor and perspective. These are all conversations that we've broken down into the micro, and we've actually put that on our main page. We've had conversations in each one of these areas that we just mentioned in great detail, and we'll talk about them. There are some supplements I like also.

Riz

I like really good high-quality oil. Fish oil and krill oil are really good for you. Also, ashwagandha before bed is very good.

Reflection Questions

1. Bedtime Rituals:

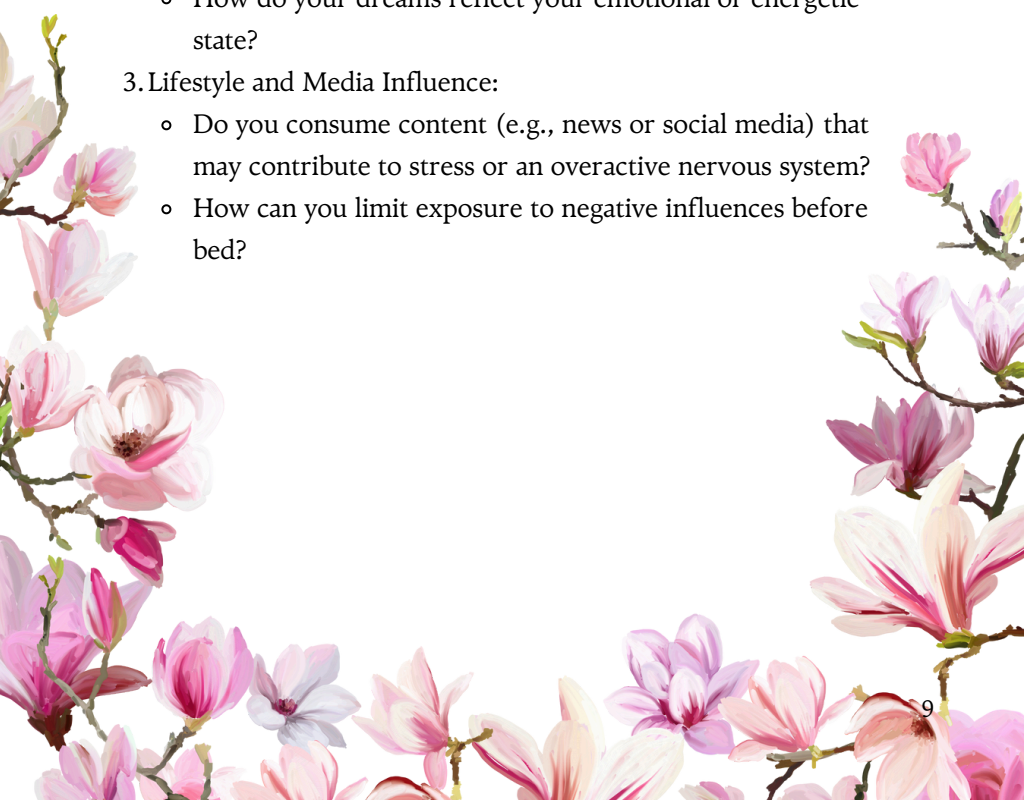
- What does your current bedtime routine look like? Are there areas where you can incorporate more calming and grounding practices?
- How would creating a welcoming and peaceful sleep environment improve your nightly rest?

2. Energy Awareness:

- Do you feel energetically overwhelmed or scattered before bed? What practices could help you center yourself?
- How do your dreams reflect your emotional or energetic state?

3. Lifestyle and Media Influence:

- Do you consume content (e.g., news or social media) that may contribute to stress or an overactive nervous system?
- How can you limit exposure to negative influences before bed?



Daily Practices to Calm Your Nervous System

Evening Ritual Preparation

- **Crystal Sea Salt Scrub:** Take a shower or bath with crystal sea salt, combining physical cleansing with spiritual purification. Breathe deeply and imagine the water washing away stress and stagnant energy.
- **Room Preparation:** Set your bedroom to a comfortable temperature, use soft lighting, and play meditative music. Arrange crystals like rose quartz or selenite near your bed for grounding and cleansing.

Bedtime Exercises

- **Stretching and Tapping:** Perform light stretches, focusing on releasing tension in your neck, shoulders, and hamstrings. Use gentle tapping on the vagus nerve (located near the base of the skull) to calm your nervous system and promote relaxation.
- **Deep Breathing:** Spend 5–10 minutes practicing slow, deep breaths to center yourself. Inhale for 4 counts, hold for 4 counts, and exhale for 6 counts.

Mindful Practices

- **Gratitude Journaling:** Write down three things you're grateful for that day to cultivate a positive mindset before sleep.
- **Guided Meditation:** Listen to a sleep-focused guided meditation. Try resources like Jason Stevenson's meditations on YouTube.





Lifestyle Adjustments for Long-Term Balance

- **Media Awareness:** Avoid watching distressing or fear-based media before bed. Focus on content that uplifts and inspires.
- **Supplements for Support:** Incorporate supplements like fish oil, krill oil, or ashwagandha into your routine to support your body's natural relaxation processes.
- **Perspective and Humor:** Develop a sense of humor and avoid taking things too seriously. Recognize the role perspective plays in maintaining a calm and centered nervous system.

Affirmations for Peaceful Sleep

- “I release the stress of the day and welcome deep, restorative rest.”
- “My sleep space is a sanctuary of peace, healing, and safety.”
- “I trust my body and spirit to align for a restful night's sleep.”



Exercises for Daily Integration

Setting an Intention for Rest:

1. Before bed, close your eyes and set an intention for a peaceful and healing sleep. Visualize your bed as a portal to relaxation and renewal.
2. Vagus Nerve Stimulation:
3. Use Riz's tapping technique near the base of your skull to activate your vagus nerve, which promotes calmness and helps regulate your nervous system.
4. Create a Nightly Gratitude Jar:
5. Write down one thing you're grateful for each evening and place it in a jar by your bed. Over time, this practice will foster a positive association with your nightly routine.