



## **Audwin Trapman**

**Energy healer**

**416-902-4189**

Monday to Thurs 10am - 5pm. Friday until 3pm.

Energy is sent every day 365 days a year.

## **Being Woken Up in the Night**

When the entities wake you up in the night, it is because they get some reward for doing so, especially by trying to keep you tired and exhausted if possible. They want to feed on your energies. They want to control you. Often the entities will jolt you awake. Just when you feel like you are about to sleep you get a small jolt of energy and then you are wide awake again. Or you simply wake up and are wide awake for hours and hours. ***In all cases the solution is to get out of bed and devote lots of your energies to saying the healing prayer/Mantra, for at least one hour each time.***

When you say the Prayer/Mantra it takes away all reward and reason for waking you up. And in fact it causes healing to take place, which is the opposite of what they want... so they quickly learn that waking you up is a bad idea as it does the opposite of what they intended. Ultimately they will stop and let you sleep.

Also saying the Prayer definitely causes you to heal, which often is in the form of tiredness, so it does help you to fall back to sleep!!!

At first you may need to say the Prayer for hours in the small hours of the night before you can fall back to sleep. Put the time in, it will be worth it. At some point you will be tired enough to sleep again, then you can go back to bed.

Over time you will be woken up less and less, and then you will be able to sleep through the night!

Saying the prayer out loud is always best.

Keep letting me know how your sleep is, so I can monitor your progress.

**“I Am healed by Divine Father, Jesus Christ,  
and Holy Spirit”**

And/Or

**“I Am healed by Holy Spirit”**

See Page 2 for more tips



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### Other Reasons People have Trouble Sleeping:

**Random sleep times:** Maintain the same bedtime hour and never change it. I go to bed at 11pm every night and my body is trained to this hour. I wake up at 7:00am, I also trained my body to do this. You need to set a schedule for sleep. Set an alarm to wake you up. Oversleeping just means that you won't be able to fall asleep until late at night, as it is a cause and effect issue.

**Stress and Anxiety.** Heavy blankets have been proven to help with sleep issues. Turn your heat down at night, so you are not hot while sleeping. Being too hot can bring on crazy dreams as well. Here is an excellent company of heavy blankets specifically for stress and anxiety, Choose one that is 1/10<sup>th</sup> your body weight. Use a scale to get it right. This is a scientific truth for best results. Here are three companies to choose from:

<https://pinwheelblankets.com/>

[https://www.amazon.ca/ZonLi-Weighted-Blanket-Adults-Material/dp/B075W9VSW7/ref=sr\\_1\\_1\\_sspa?ie=UTF8&qid=1547309500&sr=8-1-spons&keywords=glass+bead+weighted+blanket&psc=1](https://www.amazon.ca/ZonLi-Weighted-Blanket-Adults-Material/dp/B075W9VSW7/ref=sr_1_1_sspa?ie=UTF8&qid=1547309500&sr=8-1-spons&keywords=glass+bead+weighted+blanket&psc=1)

<https://hushblankets.ca/>

**Eating meals after 6pm.** Eating later causes a rush of energy to hit you in the middle of the night, as your body converts that food to energy. Try to eat as close to 6pm as possible. Some people are the reverse where they can't sleep unless they eat. These people are basically under nourished of the essential nutrients.

**Drinking fluids after 9:30pm.** Causes you to wake up to go to the washroom in the night. Stop all fluids after 9:30pm.

**Lack of Pure Sea Salt in your diet.** Pure Sea Salt has many minerals in it, (well over 57 ), that the body absolutely needs for health and wellness. Magnesium is one example. Sleep function needs many of these minerals. Including electrolyte functions.

Take **Magnesium supplements.** Many health issues are related to not enough magnesium.

Here is a Sea Salt and Organic Raw Honey recipe for sleep help.

<https://i-dream-of-sleep.com/how-to-take-raw-honey-to-sleep-great-and-feel-awesome-in-the-morning/>

**Too much melatonin, or not enough.** Find the right supplement that works for you.

**Computer or smartphone screen use before bed.** Use night blue light filters if use is not optional. These blue light filters can be turned on in the settings of your phones and computers.

**Menopause** for women, and not enough estrogens production. Have your doctors test for hormone issues. Go to one who understands how essential proper hormone levels are and doesn't just ignore you.