

Wanted: a good night's sleep

By Beverly Goldsmith

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"They don't make mattresses like they used to," I complained. "The three mattresses I've purchased from you so far are not comfortable. There has to be a bed *somewhere* that will give me a good night's rest."

After listening to my tale of woe, the sales clerk, who had seen me so often that we were like friends, looked at me carefully. Then he asked quietly, "Have you ever thought that the problem might be you, and not the bed?" I was shocked that he should suggest such a thing, and I told him so.

On the way home, though, I thought about what he'd said. For quite some time I'd been going to bed yearning for a restful night. Yet no matter how tired I felt, I couldn't get comfortable. I blamed the bed and attempted to fix the problem by trying different mattresses, but that didn't help. It was time to try something different. And thanks to my sales friend, I knew where to begin.

Reading the Bible and *Science and Health* has made me realize that there is more to life than what we can hear, see, and feel. There is a deeper, spiritual aspect. And it influences our thoughts and well-being. When we're looking for healing, or the resolution of any problem, it's good to take into account our mental state because what we are thinking influences our bodies and daily lives.

After I'd talked to the sales person, it was obvious to me that I hadn't taken my mental state regarding my sleep problem into account. I had been so sure that the problem was external to me. Yet as I considered the mental side of things, I began to see that the trouble was related to my inability to settle my thoughts down at night. Also, instead of relying on my bed for comfort, I needed to figure out where comfort really comes from.

My dictionary said that *comfort* is a "state of ease with freedom from pain or anxiety." So I inferred that comfort is really a spiritual quality. It's mental in nature and has its source in God.

But sometimes serenity seems far away. At times like that I've said, in prayer, things like this: "Father, I am Your child, Your calm reflection. I know I can't be anxious or tense, because You never feel this way. I'm surrounded by Your tranquillity. That's why I am always peaceful and at ease. No feeling of being over-worked, no worry or mental strain, can disturb my rest. I know that You are with me. Your presence comforts and restores me."

Praying this way helped to calm me about my rest at night and opened me up to feeling God's presence with me *right then*.

God, who is divine Mind, is never agitated or overworked. Putting in a good day's work doesn't diminish our capabilities; it enhances them. Endeavors that have sound motives behind them can't make us tired or restless. So a busy schedule or lifestyle doesn't have to leave us feeling stressed out, since God shields us from trouble and guides us through our tasks. When the day's work is over, we can feel satisfied and expect that our rest will be peaceful and refreshing.

This is what I have found. I no longer search for comfort in mattresses or pillows. I rest easier at night. And, to this day, I still have mattress number three. Whenever I start to feel restless or uncomfortable, I remember the lessons I learned, and think over these ideas. And I am able to settle down peacefully once more.

I find my view of God's love giving me peace – and a good night's rest.