

# Steps to Practice SATS (State Akin to Sleep)

## 1. Prepare the Space:

Lay down in a quiet, comfortable place where you won't be disturbed. Dim the lights. Let your body begin to relax.

## 2. Enter the State:

Allow yourself to drift into drowsiness. You're aiming for that in-between zone not fully awake, not fully asleep.

## 3. Choose Your Scene:

Pick a short, emotionally powerful scene (around 30 seconds) that implies your desire is already fulfilled.

## 4. Feel It Real:

Immerse yourself in the scene. Feel the textures, hear the sounds, and most importantly feel the emotion of your wish already being fulfilled.

## 5. Loop Gently:

Repeat the scene slowly, letting it become familiar and natural. Let the scene play over and over like a lullaby.

## 6. Drift or Rise:

Either fall asleep while feeling the scene (ideal) or remain in the state for as long as it feels alive before rising.