

# Good Night, Dear Soul



Bed Time Invocations: The Chakras  
by  
Jo Leath

## *Good Night, Dear Soul. Bed Time Invocations for The Chakras*

Family Life in the 2000teens is not like life in the past.

At bedtime we are sometimes far away from the people we love, and even when we are nearby, we may be rushed, or not fully present as we say 'good night and sleep tight'.

Yet when we take a moment to connect to the energy of the people we love, we can strengthen our emotional and Spiritual bonds, and break away from the distractions of other demands on us.

In these pages are some brief messages we can email, or speak or simply project as energy.

Asking the Source of All Things to be with us and our loved ones during the hours of sleep, allows us to reconnect with that truth that we are always held in the loving embrace of Spirit.

Absorb the image, read the lines, and breathe deeply. Feel the depth of the love that you want to transmit. Exhale: making your lips into the shape of "ooooo".

Allow the love and the blessing and the message you are sending to travel to the intended recipient.

Be mindful, however briefly, of the miracle which is life in the Human Experience.

The Light is Always with you.

Sleep well, Dear Soul

*Jo Leath*

*Jo Leath is a practicing Numerologist with over 30 years of experience. She is the author of the forthcoming book The Intentional Path. You can learn more about her at [www.joleath.com](http://www.joleath.com)*

**Goodnight, Dear Soul  
I am filling your aura with gratitude  
and love  
and wishing you a soft pillow,  
a calm mind,  
and the best possible sleep.**



**You are surrounded, Dear Soul,  
by the Light that lights  
the stars and sun.  
You are filled with the force  
that draws breath.  
Sleep well  
and know that you are loved.**



**Dear Soul, I call to you  
the Light which is Love  
which is the Source of All Things.  
Sleep deeply  
in the knowledge that you are loved.**



**I am calling all the energy of Forever  
to be with you and around you.  
I am calling on Light to  
bathe you in knowing.  
Renew your Spirit in sleep, Dear Soul**

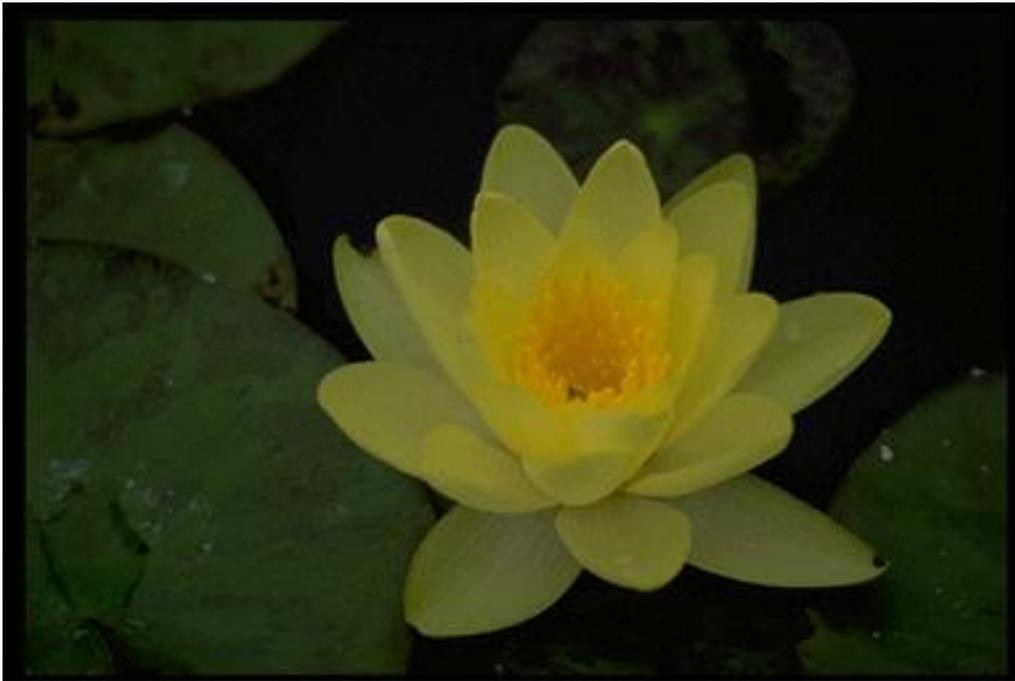


**You, Dear Soul, are surrounded with  
Source Energy.**

**Light is filling your energetic field  
I see the glow that is  
your presence in the Cosmos,  
and I feel gratitude  
for you in my life**



**I see you filled with Spirit  
as your Chakras spin  
and glide and smoothly turn.  
I wish for you, Dear Soul,  
whatever you most want,  
exactly the way that you dream it.**



**I call Cosmic Support  
as you rest and renew.  
Energy is filling you with the  
deep red fire of the physical realm.  
The Light that lights All Things  
fills your aura  
Rest well, Dear Soul**



**Thank you for being in my Life,  
Dear Soul.**

**I am sending orange wash,  
like light on the horizon  
as the sun dances.**

**Let it ripple through your field  
and excite your creativity  
Dream novelty,  
and waken to change Life.**



**Sending cool satin light  
yellow and calm and embracing.  
Leaving space for your dreams  
Dear Soul  
and for wisdom and certainty to  
reach you before dawn**



**For tonight I am sending  
soft breaths of green  
from my heart into yours.  
I call for settled,  
composed hours of sleep.  
The entire universe is alive in you,  
Dear Soul  
and you are the total of everything.**



**My Love surrounds you  
with moonbeams, Dear Soul.  
You are wrapped in blue light,  
as the Cosmos communicates to you.  
Sleep well and know  
that all is as it should be.**

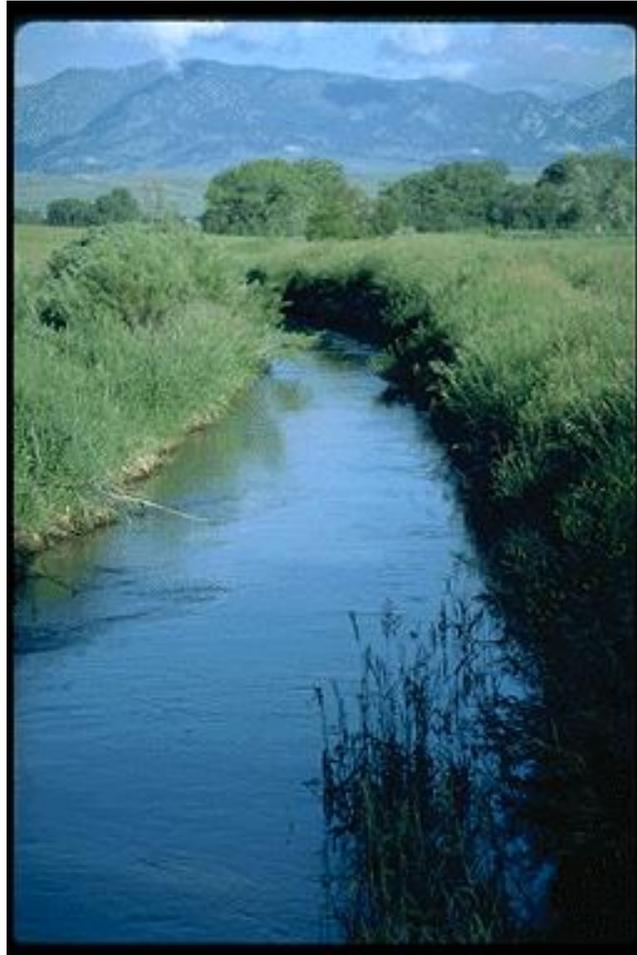


**I am seeing you surrounded  
by curly violet energy  
cushiony soft, wrapping around you  
warm and close  
and supportive as you sleep.  
Serving no one but you, Dear Soul**



**Dear Soul, I see bright white light  
pouring through your crown  
You are a glowing, growing,  
vibrating shine:  
You will change the world.  
I wish you a gentle night  
and an energized morning**





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**Dedicated, with gratitude, to DBS**