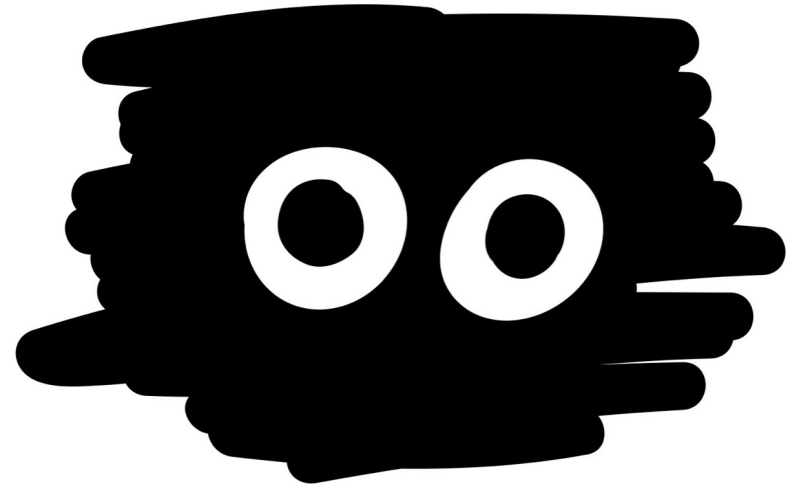


What's keeping you up at night?

Are you staring at blue light until you can't keep your eyes open a second longer? Are you tossing and turning to shake off the caffeine jitters, just enough to crash? Scrolling angry, then falling asleep hating? The extended release on the Adderall a little too extended? Snacking on the couch and lying awake with your stomach in knots?

There are a million (wrong) ways to get to sleep- and they're all tempting- because each one keeps you from having to be in your own head. Without these distractions, those thoughts we were too busy to have during the day come up: I can't afford this, I didn't like that, I'm not doing enough, I'm doing too much.

You've got to be able to handle your own head! Shame, guilt, anger, hurt- it's okay to just lay down, bitch. Relax, feel it all, and sleep it off. You'd sleep off a hangover, a fever, soreness from the gym- so what's holding you back?



HELLO AGAIN,
4:30AM

CHEAPYXO™

The Importance of Sleep:



Your body can be unpredictable,
but your body's natural sleep pattern is
reliable and restorative— if you
don't get in its way.

The body naturally produces the hormone Melatonin in the pineal gland of your brain to sync your body clock with the sunrise and sunset. Melatonin production is normal and abundant when you are young, but if you don't establish healthy sleep hygiene habits as you age— a consistent bedtime which allows you ample time to recharge— you will start to feel that abundance of melatonin drying up.

Lack of sleep worsens the volatile conditions our bodies can put us through. Anxiety, Depression, & Mood disorders, which are more common than ever, are pressure-cooked by **exhaustion.**

CHEAPYXO™

As Above, So Below

It's not just anxiety...



Your body isn't giving you shit if you don't hold up your end of the deal. Without the right amount of sleep, the burden falls on you when you are awake:

Weight gain, high cholesterol, lowered immunity, anger, depression, even a throttled



sex drive.

Sleep deprivation robs cells of the time they need to maintain your health.



We wonder why so many more People today are quicker to fall victim to needless anger about topics that have zero effect on their personal immediate lives, and unfounded paranoia derived from society's constant stream of useless information - or why you can't get on the train without seeing Viagra ads for twenty year olds! No one can get away with as much as they think they can. It's time to rest up

for real.

CHEAPYXO™

Sleep Hygiene

Like it or not, your body makes the rules- but some of us have been breaking those rules for so long that we don't even remember what they were to begin with!

Your body- from your gut to your brain- want and need consistency. Imagine having no routine at work whatsoever- it'd be impossible to get good at your job. Managing your body with a steady hand is the most important work you can do for your overall wellness.

Digestion is the most labor-intensive task your body carries out. It takes much more energy than you think it does- and your body will put it first no matter what.

Being mindful of when you introduce food to your system is essential. No snacking two hours before bed, or risk indigestion and reflux keeping you from rest. it's healthy to keep your stomach undisturbed (with the exception of plain water or fresh key lime tea) for a few hours

upon waking to facilitate your body's natural detox process, and assist it in removing all the gunk from the day before.

Even giving in to the temptation to lay down after a meal can throw your body out of whack and disturb your sleep later on. After lunch or dinner, try taking a walk.

You wouldn't lay down on the job- your body can't get much done that way either!

The last few hours of your day should be dedicated to cleansing and grounding yourself before bed without distraction. Deep, satisfying sleep should be something to look forward to- much more so than a

cheap midnight snack!

CHEAPYXO™

STRESS:

Stress: a blockage of energy., can be stored anywhere in the body, and is usually a significant factor in occasional or chronic sleep problems. Stress s caused by physical/emotional trauma, (fear, grief, loneliness, rejection, abandonment,) nutritional deficiency, overworking, certain medications, drug abuse, drug withdrawal, medical conditions, hormonal imbalances and generally, anything or anyone that gives you the blues.

In order to achieve fully restful and restorative sleep, one must make sure to

NEVER GO TO SLEEP WITH BODILY STRESS.

I have personally designed these kits, to help you destress before bed, and prepare yourself the most refreshing sleep; the precursor to an efficient morning and a productive, healthy and happier day.



CHEAPYXO™

Contents:

1. BRUJA DEL BLOQUE: HUESO CON HUESO

Turmeric, Clove, Cinnamon, Rosemary, & Frankincense
Fascia release cream: A Blend of Essential Oils, 100%
organic Mango & Kokum Butters - Rosehip Seed,
Seabuckthorn, Jojoba & Coconut Oils and full spectrum
vitamin e.

2. Lucky Lady Luxuries: "The Plug"

—Deep Tissue Massage/ Acupressure/Trigger Point
Release tool - Increased circulation, Stress Reduction,
Wall/Bathtub mount (100% medical grade silicon/ BPA
Free/ durable/ non toxic)

3. Lucky Lady Luxuries: Floating Powder -

Orange Crush - Magnesium Powder,
Epsom salt, Cornstarch, Baking Soda, Sweet
Orange essential oil, cosmetic grade mica powder,
pink Himalayan salt.

4. Dreamsicle Micro-Peeling Bar

5. <3 exfoliating heart shaped cellulose

facial sponge and fresh white washcloth

6. BRUJA DEL BLOQUE:

Lavender & Zinc

Anti-Anxiety Balm.

A mix of Lavender, Rosemary and

Eucalyptus Essential oils, 100% organic
Mango & Kokum Butters, full spectrum
vitamin e and cosmetic grade Zinc.

7. Dream Tea: Mullein,
Chamomile, Valerian Root,
Elderberry, Raspberry leaf,
Licorice root

8. INCENSE

9. SEASHELL ASHTRAY

10. INTENTION CANDLES

11. NUMEROLOGY DREAMBOOK

12. JOURNAL

13. WRITING UTENSIL.

DIRECTONS:

REMOVE YOUR SHOES AT THE FRONT DOOR ENTRANCE OF YOUR
HOME.

SPRAY THEM SHITS WITH SOME LYSOL MY NIGGA ...

WE STILL IN A PANDEMIC.

REMOVE YOUR MASK AND SPRAY THAT BITCH TOO.

SPRAY THE DOORKNOB, DOOR MAT AND
LIGHT SWITCHES WHILE UR AT IT.

CHEAPYXO™

DONT GET CAUGHT SLIPPIN HOE.

PLACE DISPOSABLE MASKS IN THE NEAREST TRASH RECEPTACLE AND ANY REUSABLE MASKS INTO THE LAUNDRY BIN.

BRING ANY SANDALS, HEELS, DRESS SHOES, HATS, SCARVES, JACKETS, COATS, PUMPS, OR SPECIAL OCCASION SHOES TO YOUR BEDROOM AND PUT THEM IN THEIR PLACES.

PICK OUT SOME COMFY PJ'S AND PLACE THEM ON YOUR BED.

REMOVE ANY SPIRITUALLY BLESSED JEWELRY, TALISMANS, CRYSTALS, SENTIMENTAL ADORNMENTS (WEDDING RINGS) BEADS, ELEKES, COLLARES, OR BANDERAS'S AND PLACE THEM GENTLY AND RESPECTFULLY ON A NIGHTSTAND OR IN YOUR JEWELRY BOX, SAFE, OR TREASURE CHEST.

REMOVE ALL WATCHES, GLASSES, BELTS - ANY FASHION JEWELRY/FASHION ACCESSORIES, AND PLACE THEM ON YOUR (HOPEFULLY CLEAN) BATHMAT OUT SIDE OF THE BATHROOM DOOR.

SPRAY THE BATHROOM FLOOR WITH A NON-BLEACH CLEANING SPRAY LIKE 409 OR WHATEVER HIPPY DIPPY SUGAR WATER SHIT U HAVE ON HAND, AND FOOTMOP WITH A MICROFIBER OR PAPER TOWEL.

SPRAY THE TUB GENEROUSLY WITH A BLEACH CLEANER LKE TILEX MOLD & MILDEW, LET SET FOR 3-5 MINUTES, THEN THOROUGHLY CLEAN THE TUB WITH THE MICROFIBER TOWEL AND HOT WATER TO RID IT OF ANY DIRT, DEAD SKIN, SOAP SCUM/PRODUCT RESIDUE.

TAKE THE SHOWER CURTAIN AND LINER, AND WRAP IT AROUND THE TOP OF THE RACK. CHANCES ARE, ITS FILTHY AND NEEDS A WASH AND REPLACEMENT LINER!

WE LOVE A GOOD DOLLAR STORE HAUL :) IF YOU OWN A SMALL SPACE HEATER, SET THE MOOD BY PLUGGING IT IN IN THE BATHROOM, AND CLOSING THE DOOR FOR 10-15 MINUTES TO WARM UP THE ROOM. GRAB THREE FULL SIZE TOWELS, TWO DARKLY COLORED, AND ONE THAT MAKES YOU HAPPY. YOU WILL NEED A LIGHTER OR A PACK OF MATCHES, A SMALL CLEAR GLASS CUP, A LARGER CUP/VESSEL OR BOTTLE FILLED WITH DRINKING WATER AND SOMETHING TO TIE YOUR HAIR UP AND AWAY WITH COMPLETELY.

CHEAPYXO™

TURN OFF YOUR CELLPHONE: STOP THE FLOW OF
SLEEP DISTURBING BLUE LIGHT, AND GIVE
YOUR BODY A BREAK FROM HARMFUL EMF &
STIMULATING RADIATION EMISSION, HATING
ASS BITCHES, AND OBNOXIOUS CO-WORKERS..

I SAAAAAID, TURN THE PHONE **OFF.**
ALL THE WAY OFF.

(MAKE A HABIT TO DETACH YOUR MIND FROM ANY AWARENESS OF
THE DEVICE. IF YOU USE YOUR CELL PHONE AS AN ALARM
CLOCK, I SUGGEST INVESTING IN A LOUD, LONG WIND UP,
STYLE CLOCK, OR WAKE UP LIGHT PLACED IN AN AREA YOU
NEED TO STAND UP TO TURN OFF.)

IF THE BATHROOM IS STILL COLD, CHECK TO
SEE IF ANY OPEN WINDOWS/DAYTIME AC
SETTINGS ARE THE CULPRIT.
YOU MAY RUN THE SPACE HEATER FOR ANOTHER
5-10 MINUTES IF NECESSARY TO OBTAIN A
COMFORTABLY WARM TEMPERATURE. THIS WILL

IMPROVE YOUR BLOOD CIRCULATION AND
LESSEN ANY ORTHOPEDIC PAIN/INFLAMMATION

DISROBE COMPLETELY

WASH YOUR HANDS WITH WARM WATER
& HAND SOAP

BRUSH YOUR TEETH AND SCRAPE YOUR TONGUE
THOROUGHLY.

DONT FORGET TO **FLOSS**

GENTLY REMOVE ANY MAKEUP/PRODUCT
SUNSCREEN/DUST FROM YOUR FACE, NECK,
OUTER EARS AND DECOLLETAGE USING YOUR
NORMAL MAKEUP WIPES/REMOVER.

DONT FORGET THE BACKS OF YOUR EARS!

CHEAPYXO™

NEXT

WARM THE BOTTOM OF ONE OF YOUR INTENTION
CANDLES AND STICK IT ONTO THE MIDDLE OF
THE SEASHELL

IT SHOULD STAND UP HORIZONTALLY.
PLACE IT IN A SAFE PLACE, AWAY FROM
ANYTHING FLAMMABLE, LIKE THE BACK OF THE
SINK

LIGHT THE WICK OF THE CANDLE WITH
IMMENSE GRATITUDE, THANKING THE
UNIVERSE FOR ALL THE THINGS YOU ARE
TRULY GRATEFUL FOR. ASK THE UNIVERSE TO
ILLUMINATE YOUR PATH SO YOU MAY ALWAYS
WALK IN TRUTH, TO REFRESH YOUR
CONSCIOUSNESS AND CLEAN YOUR EYES SO YOU
MAY BE GRANTED THE CLARITY TO SEE AND
DISCERN, AND ASK THAT A PATH BE LIT TO
ASSURE YOUR ANCESTORS ARE NOT LEFT TO
WANDER IN THE DARK, BUT ARE GIVEN MERCY

AND WELCOMED UPON A PATH TO A FINAL,
PEACEFUL RESPITE

LOOK IN THE MIRROR AND SMILE AT YOURSELF.
A BIT OF SCRYING HERE: STARE DEEPLY INTO
YOUR OWN EYES AND SMILE AS BIG AS YOU CAN,
FOR AS LONG AS YOU CAN UNTIL YOU ARE
OVERCOME WITH SELF LOVE. YOU SHOULD FEEL
A SIGNIFICANT SENSE OF WARMTH AND SELF
ACCEPTANCE.

POUR SOME WATER INTO THE SMALL GLASS CUP
AND PLACE IT NEAR YOUR SEASHELL SHRINE.

LIGHT THE INCENSE ON THE CANDLE'S FLAME
AND GET IT SMOKING.

CHEAPYXO™

SMUGDGE THE HOUSE:

ASK THE UNIVERSE TO PROTECT YOU FROM THE ENVIOUS EYES, EVIL CRAFTS, AND BAD INTENTIONS OF ALL ENEMIES DEAD AND ALIVE. PETITION FOR INNER PEACE, PEACE IN THE HOME, SPIRITUAL PROTECTION, ENLIGHTENMENT, PERFECT HEALTH, HAPPINESS, ABUNDANCE, INSPIRATION, PURPOSE AND PROSPERITY.

RETURN THE INCENSE TO THE SEASHELL SHRINE

LAY A CEAN TOWEL ON THE BATHROOM FLOOR

TURN OFF THE LIGHTS

REMOVE YOUR SOCKS.

GENEROUSLY APPLY THE TURMERIC CREAM TO YOUR ENTIRE BODY.

START AT BASE OF YOUR SKULL, CONTINUING DOWN TO THE BACK OF YOUR NECK, AND ACROSS YOUR SHOULDERS, DOWN YOUR FULL BACK AND LEGS. ACROSS THE FRONT OF YOUR LEGS, UP YOUR CHEST, TO THE BOSOM, ENDING AT THE CLAVICLE.

LISTEN TO YOUR BODY: STRESS HIDDEN IN TRIGGER PONTs WILL BEGIN TO TINGLE. FIND THEM AND GENTLY BEGIN TO MASSAGE THEM WITH YOUR HANDS/FINGERS IN A CIRCULAR MOTION.

HAVE A SIP OF WATER.

THE NECK, SHOULDERS, TRAPEZOIDs AND SHOULDER BLADES ARE COMMONLY CLUTTERED WITH TRIGGER POINTS DUE TO YEARS OF POOR POSTURE DEVELOPED VIA THE USE OF SMART PHONES.

CHEAPYXO™

THESE INGREDIENTS WORK SYNERGISTICALLY TO REDUCE ARTHRITIC AND MUSCULAR, INFLAMMATION, IMPROVE THE TEXTURE, TONE AND ELASTICITY OF YOUR SKIN, SOFTEN TRIGGER POINTS AND INDUCE THE LYMPHATIC SYSTEM TO RELEASE STAGNATION - ALLOWING ACCUMULATIONS OF TOXINS AND THE TOXIC ENERGY ASSOCIATED TO BE FILTERED OUT OF THE BODY.

GRAB THE OTHER DARK TOWEL AND ROLL IT UP TIGHTLY TO CREATE A CERVICAL STYLE PILLOW TO PLACE UNDER THE NECK. SIMPLY HANG YOUR HEAD BACK AND ALLOW THE TENSION TO FLOW FROM YOUR NECK.

AS YOU LAY ON THIS FIRM SURFACE PAY CLOSE ATTENTION TO YOUR SPINAL, SHOULDER AND HIP ALIGNMENT. ALLOW YOURSELF TO FOCUS ON TISSUE AND MUSCLE FIBERS CONNECTING EACH RIB TO YOUR SPINE. FOCUS ON RELEASING TENSION YOU MAY HAVE UNKNOWINGLY BEEN

CARRYING IN THESE SPACES BY RELAXING EACH CREVASSE ONE BY ONE UNTIL AN IMPROVEMENT IN SPINAL ALIGNMENT CAN BE FELT.

THIS NOT THE TIME FOR NEGATIVE THOUGHTS. USE THE SYSTEM: "CANCEL, CANCEL, REPLACE" WHENEVER ANY UNSAVORY THOUGHTS ARRIVE. THIS HELPS TO REPROGRAM THE BRAIN WITH POSITIVE MEMORIES AND CONSTRUCTIVE HEALTHY THOUGHTS. JUST MAKE SURE YOU DON'T DISGUISE THAT AS "CONSTRUCTIVE CRITISM!" NOW IS THE TIME TO GENUINELY AND TRUTHFULLY ACCEPT THINGS FOR WHAT THEY ARE.

TAKE AS LONG AS YOU NEED TO FEEL A SIGNIFICANT DECREASE IN STRESS STORED IN THE BODY, JAW, SHOULDERS AND NECK

NOW BREATHE.

TAKE DEEP DIAPHRAGM, STERNUM EXPANDING BREATHS THROUGH THE NOSE AND EXHALE

THROUGH THE NOSE. THIS WAY OF BREATHING
ALLOWS YOU TO TAKE UP MORE OXYGEN WHICH
IS CRUCIAL FOR HEALTHY RED BLOOD CELL
PRODUCTION. BREATHING THIS WAY WILL ALSO
LOWER YOUR HEART RATE HELPING YOU TO
RELAX, REDUCE YOUR RISK OF DEVELOPING A
NUMBER OF DISEASES/CONTRACTING
PATHOGENIC INFECTIONS, AND STRENGTHEN
YOUR IMMUNE SYSTEM OVERALL.....

BATHIME:

NOTE: ALL THIS RELAXATION AND SELF CARE
MAY RELAX YOU SO MUCH, YOU WILL FEEL A
NEED TO RELIEVE YOURSELF.

TAKE A SHIT AND PEEPEE **BEFORE**
YOU GET IN THE TUB.
NO PISSY BATHWATER!

SECURE THE DRAIN AND RUN YOURSELF A
STEAMY BATH. ADD ANY OF YOUR FAVORITE
GROUNDING CRYSTALS TO THE PERIMETER OF
THE BATHTUB.

RE-LIGHT YOUR SMUDGE STICK AND YOUR
SECOND CANDLE.

BEFORE THE TUB IS FULL, SUCTION THE
ACUPRESSURE TOOL TO A DRY PART OF THE
CLEAN TUB, AND POUR IN AS MUCH OF THE
FLOATING MUSCLE RELAXING BODY SOAK AND
GET IN!

AS YOU EXPERIENCE ULTIMATE RELAXATION
AND PEACE, GO AHEAD AND RUB YOUR TENSE
AREAS ACROSS THE ACUPRESSURE TOOL AND
FEEL THE BLISS!

AFTER ABOUT TEN MNUTES OR SO, GRAB YOUR
SOAP AND RAG AND BEGIN TO
SCRUB YOURSELF.

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RELAX YOUR MIND. REJECT ALL NEGATIVE THOUGHTS AND FEEL THAT EUPHORIA.

IMAGINE THE DEAD SKIN YOU SEE SHEDDING AS AKIN TO A SNAKE MOLTING.


YOU SHOULD FEEL FREE, RELIEVED OF GUILT AND SHAME.

OUT WITH THE OLD, IN WITH THE NEW.

WHEN YOU ARE DONE, DRAIN THE TUB AND PAT YOUR SKIN DRY WITH THE THIRD TOWEL. APPLY THE ANTI ANXIETY BALM GENEROUSLY, EVERYWHERE. THIS IS SAFE TO USE ON YOUR FACE. YOU WILL FEEL A COOLING, CALMING AND SLEEP INDUCING SENSATION.

PUT OUT THE CANDLE WITH DAMP FINGERS AND THANK THE UNIVERSE FOR THAT GHETTO FANCY SPA KIT, AND HEAD TO YOUR BEDROOM TO PUT ON YOUR PJ'S AND SLIPPERS. NEXT,

HEAD TO THE KITCHEN AND BOIL THE REST OF THE WATER IN YOUR VESSEL FOR YOUR DREAM TEA.

TAKE 1 TO 1 1/2 TEASPOON OF THE TEA BLEND AND PLACE IT INSIDE OF THE PROVIDED EMPTY TEA  BAG. AND STEEP FOR FOUR MINUTES COVERED WITH A SAUCER. YOU CAN DO A WHOLE TABLE SPOON IF YOU LIKE, :)

RETIRE TO YOUR BEDROOM WITH YOUR TEA, SET YOUR ALARM FOR TOMORROW, GRAB A

VERY BORING BOOK, AND SLURP THE TEA WHILE IT IS HOT. DO NOT TURN ON THE TV, DO NOT CHECK THE PHONE.

YOU WILL SOON FIND YOURSELF FALLING DEEPLY, EFFORTLESSY AND FULLY ASLEEP.

SWEET DREAMS!

UPON WAKING, USING YOUR DREAMBOOK AS A
REFERENCE, IMMEDIATELY WRITE DOWN THE
SYMBOLS, PLACES, PEOPLE, NUMBERS, ACTIONS,
ITEMS, FEELINGS AND SENSATIONS YOU CAN
REMEMBER.

IN VOLUME 2, WE WILL DISCUSS THE

DREAMWORLD:

MEANINGS OF YOUR DREAMS AND HOW TO USE THE
DREAM WORLD AND IT'S MESSSAGING TO MANIFEST
YOUR MATERIAL WORLD DESIRES.

CHEAPYXO™

PEACE AND LOVE,
FROM YOUR PROBLEMATC FAVE,
AZEALIA A. BANKS.

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VOL 1 : SLEEP



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