

Sleep

Good sleep is paramount for the wanderer.

The pursuit of mastery on the path is intertwined with sleep. The pursuit of mastery is taxing, while sleep is rejuvenating.

By pursuing mastery diligently on the path, you prepare for sleep, which prepares you for the pursuit of mastery. This cycle continues until death and maybe beyond.

The wanderer should aim to get the amount of sleep that makes them most effective in their pursuits of mastery. Seven hours is a good target for most, but the wanderer must do what is most effective for them.

In general, the harder you pursue mastery, the more sleep you will need, and the better your sleep will be.

If you cannot fall asleep, you likely have not pursued mastery in the domains of body and mind with enough vigor.

Body scanning

When preparing to sleep, scan your body and release every muscle so you hold no tension. By relaxing the body domain, your mind and spirit will follow suite. This includes the muscles in your face.

Wanderers are advised to begin their body scan from their toes, working their way up to the face and head.

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