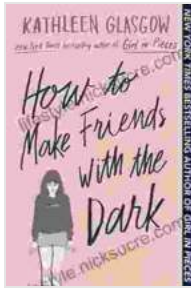


# How To Make Friends With The Dark



## How to Make Friends with the Dark by Kathleen Glasgow

★★★★☆ 4.7 out of 5

Language : English  
File size : 5047 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 424 pages



The dark can be a scary place. It's full of unknown shadows and lurking creatures that go bump in the night. But it doesn't have to be that way.

With a little effort, you can learn to make friends with the dark. And once you do, you'll find that it's not so bad after all.

## Why Be Afraid Of The Dark?

There are many reasons why people are afraid of the dark. Some of these reasons are based on real experiences, while others are simply the result of our imaginations.

If you've ever been in a situation where you felt scared or threatened in the dark, it's understandable that you would develop a fear of it.

However, it's important to remember that the dark is not inherently dangerous. In fact, it can be a very peaceful and calming place.

## Benefits Of Befriending The Dark

There are many benefits to be gained from making friends with the dark. Here are a few:

- **Reduced stress and anxiety:** Spending time in the dark can help to reduce stress and anxiety levels.
- **Improved sleep:** Darkness is essential for a good night's sleep.
- **Increased creativity:** Darkness can help to stimulate creativity.
- **Enhanced spiritual connection:** Darkness can be a powerful tool for spiritual growth.

## How To Make Friends With The Dark

If you're ready to make friends with the dark, here are a few tips:

- **Start slowly:** Don't try to spend too much time in the dark all at once. Start by spending a few minutes each night in a dark room.
- **Focus on your breath:** When you're in the dark, focus on your breath. This will help to calm your mind and body.
- **Allow your eyes to adjust:** It takes time for your eyes to adjust to the dark. Don't expect to see perfectly right away.
- **Use a nightlight:** If you're feeling scared, you can use a nightlight to provide a little bit of light.
- **Talk to a friend:** If you're feeling overwhelmed, talk to a friend about your fear of the dark.

Making friends with the dark isn't always easy, but it's worth it. By following these tips, you can learn to overcome your fear of the dark and enjoy all the benefits it has to offer.



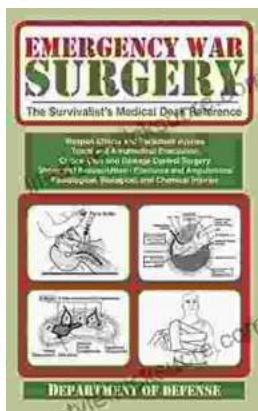
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