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Subject: Re: Why Is Sleep Needed?

Posted by [Lark](#) on Mon, 03 Apr 2017 22:08:54 GMT

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I heard that when we sleep that is when our 'soul' goes back to replenish itself from the one 'source of all things'. I guess another way to put it would be to say that when you're sleeping you're actually off to visit 'God' that's why you're not conscious or 'alive' during that time.

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