

A BEDTIME STORY

A Program of the Arise Foundation · Constructive Aging

The Cedar Closet

For Whoever Is Reading

- **Read slower than feels natural**, and quieter. Half your usual speed is about right.
- **Stop at every gap on the page.** The lines are set apart on purpose — each space is a breath.
- **If they fall asleep before the end, you have succeeded.** Stop reading. Do not finish the page.
- **Ask nothing afterward.** Say goodnight, and turn the light off.

The bedroom smells of fresh laundry and sweet beeswax — a clean scent, as steady as the house itself.

The blanket feels cool and substantial over your legs.

The only sound is the soft, steady tick of the mantel clock in the next room. Tick, tock. Steady. Rest. Tick, tock.

Listen to the house hold its breath.

Through the open closet door you can see the smooth, polished rows of cedar planking, the deep red glimmering in the dim light.

The room is calm and the air is open.

Your breathing has slowed to the clock. Tick. Tock.

The clock is steady. The cedar is sweet. The night is still.

If this program touched you, please consider a gift to Arise Foundation.

The Constructive Aging program is free to older adults and caregivers — made possible entirely by donor support.

Arise Foundation normally charges for its curricula and training programs. Arise Foundation is a 501(c)(3) nonprofit organization, so your gift to Arise Foundation is tax-deductible.

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