

last thought before sleep

last thought before sleep plays a crucial role in shaping an individual's mental and emotional state as they transition into rest. The mind's activity during these moments can influence sleep quality, dreams, and even overall well-being. Understanding the significance of the last thought before sleep involves exploring psychological, neurological, and behavioral perspectives. This article delves into how the final mental focus before bedtime impacts sleep patterns, mental health, and daily performance. It also examines common themes people experience as their thoughts settle and offers practical strategies to optimize this moment for better rest and rejuvenation. The following sections will provide a comprehensive overview of the influence and management of the last thought before sleep.

- The Psychological Impact of the Last Thought Before Sleep
- Neurological Processes During Pre-Sleep Thinking
- Common Types of Last Thoughts Before Sleep
- Effects of Negative Last Thoughts on Sleep Quality
- Techniques to Cultivate Positive Last Thoughts
- Role of Mindfulness and Relaxation in Pre-Sleep Thought Patterns

The Psychological Impact of the Last Thought Before Sleep

The psychological state at the moment before sleep can dramatically influence the quality of rest and subsequent emotional health. The last thought before sleep often reflects ongoing concerns, unresolved issues, or peaceful reflections. Psychological research indicates that this mental state can either promote relaxation or trigger anxiety, directly affecting the ability to fall asleep and the depth of sleep achieved. Positive or neutral last thoughts tend to support a smoother transition into restorative sleep, while negative or stressful thoughts may lead to insomnia or fragmented sleep cycles.

Influence on Emotional Well-being

The emotions tied to the last thought before sleep can carry over into the subconscious, influencing dreams and overall mood upon waking. Positive last thoughts, such as gratitude or contentment, encourage the release of calming

neurotransmitters, fostering emotional resilience. Conversely, rumination or worry as the final mental activity can increase cortisol levels, heightening stress and affecting mental health in the long term.

Impact on Sleep Initiation

The ability to fall asleep efficiently is closely linked to cognitive activity immediately before bedtime. A calm and focused last thought facilitates the onset of sleep by lowering cognitive arousal. In contrast, an active or chaotic mind can delay sleep initiation, leading to frustration and potential sleep disturbances.

Neurological Processes During Pre-Sleep Thinking

Neurologically, the brain undergoes significant changes in activity as it prepares for sleep. The last thought before sleep coincides with the transition from wakefulness to the first stages of non-REM sleep, where brain waves shift from beta and alpha frequencies to slower theta waves. This shift is essential for disengaging from external stimuli and initiating restorative processes.

Brainwave Activity and Thought Patterns

During the pre-sleep phase, the mind's activity slows, but persistent thoughts can maintain higher frequency brainwaves, which interfere with sleep onset. Research utilizing electroencephalography (EEG) demonstrates that individuals who engage in calming mental exercises or visualization experience a quicker brainwave transition conducive to sleep.

Role of the Default Mode Network

The default mode network (DMN), a brain network active during rest and introspection, is implicated in the processing of the last thought before sleep. The DMN's activity during this time influences how thoughts are internalized and can predispose the mind toward either restful or restless states. Dysregulation of this network has been associated with insomnia and other sleep disorders.

Common Types of Last Thoughts Before Sleep

The content of the last thought before sleep varies among individuals but generally falls into identifiable categories. These thought types often

reflect daily experiences, emotional states, and cognitive habits.

- **Reflective Thoughts:** Reviewing the day's events and personal achievements or regrets.
- **Planning Thoughts:** Organizing tasks or anticipating future events.
- **Worry and Anxiety:** Concerns about problems, health, relationships, or work.
- **Gratitude and Positive Affirmations:** Focusing on positive aspects and self-encouragement.
- **Random or Neutral Thoughts:** Miscellaneous mental images or neutral narratives.

Patterns Based on Psychological Profiles

Individuals with anxiety or depression are more likely to experience worry-driven last thoughts, which can exacerbate sleep difficulties. Conversely, those practicing cognitive behavioral strategies or mindfulness often report more positive or neutral last thoughts conducive to restful sleep.

Effects of Negative Last Thoughts on Sleep Quality

Negative last thoughts before sleep, such as stress, fear, or regret, have been linked to poor sleep quality and increased risk of insomnia. These thoughts activate the sympathetic nervous system, increasing heart rate and alertness, which are counterproductive to sleep.

Physical and Cognitive Consequences

Persistent negative thinking before sleep may lead to:

1. Difficulty falling asleep (sleep onset latency).
2. Frequent awakenings during the night.
3. Reduced slow-wave and REM sleep, critical for memory and emotional regulation.
4. Daytime fatigue and impaired cognitive functioning.

Long-Term Health Implications

Chronic exposure to negative last thoughts can contribute to sustained sleep disturbances, increasing the risk of cardiovascular disease, mood disorders, and impaired immune function.

Techniques to Cultivate Positive Last Thoughts

Adopting intentional strategies to influence the last thought before sleep can improve sleep quality and overall well-being. These techniques focus on redirecting the mind toward calm and positive reflections.

Gratitude Journaling

Writing down things one is grateful for before bed promotes positive thinking and reduces stress, helping establish a peaceful mental environment for sleep.

Visualization and Imagery

Engaging in guided imagery or visualizing calming scenes can replace anxious thoughts and facilitate relaxation.

Positive Affirmations

Repeating affirmations that reinforce self-worth and safety can shift the mental focus to constructive reflections, reducing worry and rumination.

Pre-Sleep Routine Recommendations

- Establish a regular bedtime schedule to regulate circadian rhythms.
- Engage in relaxing activities such as reading or gentle stretching before bed.
- Limit exposure to screens and blue light to promote melatonin production.
- Practice deep breathing or progressive muscle relaxation to reduce physiological arousal.

Role of Mindfulness and Relaxation in Pre-Sleep Thought Patterns

Mindfulness and relaxation techniques are effective in managing the last thought before sleep by promoting awareness and acceptance of thoughts without judgment. These practices help decrease cognitive arousal and foster a tranquil mental state.

Mindfulness Meditation

Mindfulness meditation trains attention to remain present, reducing the tendency to engage in repetitive or intrusive thoughts that disrupt sleep. Regular practice has been shown to improve sleep onset and quality.

Progressive Muscle Relaxation

This technique involves systematically tensing and relaxing muscle groups, which not only reduces physical tension but also helps calm the mind, positively influencing the last thought before sleep.

Frequently Asked Questions

What is the significance of the last thought before sleep?

The last thought before sleep can influence the quality of your sleep and your mood upon waking, as it often reflects your subconscious mind and emotional state.

Can positive last thoughts improve sleep quality?

Yes, focusing on positive or calming thoughts before sleep can help reduce stress and promote more restful and restorative sleep.

How do negative last thoughts affect sleep?

Negative or stressful last thoughts can lead to difficulty falling asleep, disturbed sleep, and even nightmares, impacting overall sleep quality.

What are some techniques to control the last thought before sleep?

Techniques include mindfulness meditation, deep breathing exercises,

visualization of peaceful scenes, and journaling to clear your mind before bed.

Is it common to replay daily events as the last thought before sleep?

Yes, many people naturally review their day or ruminate on events as their last thought, which can either help process emotions or cause anxiety depending on the nature of the thoughts.

Can setting a bedtime intention influence the last thought before sleep?

Yes, setting a positive intention or affirmation before bed can guide your last thought toward a constructive and peaceful mindset.

How does technology use before bed impact last thoughts?

Using technology before bed, especially social media or news, can introduce stimulating or negative content that affects your last thoughts and disrupts your ability to fall asleep.

Are last thoughts before sleep linked to dreams?

Sometimes, the content of your last thoughts can influence your dreams, as the brain continues processing thoughts and emotions during sleep.

What role does anxiety play in last thoughts before sleep?

Anxiety often causes repetitive, worrisome last thoughts that can prolong sleep onset and reduce sleep quality by keeping the mind overly active.

Additional Resources

1. The Quiet Mind: Reflections Before Sleep

This book explores the calming power of mindful reflection as one prepares to drift off. It offers gentle prompts and meditative practices designed to quiet the mental chatter and foster peaceful rest. Readers will find solace in its soothing language and guided exercises aimed at cultivating serenity before sleep.

2. Whispers of the Night: Thoughts to End the Day

A poetic collection that captures the subtle emotions and insights that surface just before sleep. Each poem invites readers to embrace the stillness

of night and reflect on the day's experiences. The book encourages a gentle unwinding, easing the transition from wakefulness to dreams.

3. *Last Light: Evening Meditations for a Restful Mind*

This book provides a series of evening meditations focusing on gratitude, forgiveness, and self-compassion. It is designed to help readers release daily stresses and welcome relaxation. The meditations are concise but profound, perfect for establishing a calming bedtime routine.

4. *Nightfall Narratives: Stories to Soothe Your Soul*

A collection of short, comforting stories intended to be read just before bedtime. Each narrative emphasizes themes of hope, kindness, and tranquility, creating a nurturing atmosphere. The book serves as a gentle companion to ease worries and invite peaceful sleep.

5. *The Last Thought: Embracing Stillness Before Sleep*

Delving into the science and spirituality of the mind's final focus before sleep, this book blends research with personal anecdotes. It offers insights into how our last waking thoughts influence dreams and overall sleep quality. Readers learn techniques to cultivate positive and restorative final thoughts.

6. *Dream Gateways: Preparing the Mind for Rest*

This guidebook presents practical strategies for preparing the mind and body for restful sleep through visualization and relaxation. It emphasizes the importance of mental decluttering and intention-setting at day's end. Readers will discover tools to create a peaceful mental space conducive to deep sleep.

7. *Evening Echoes: Contemplations at Day's End*

A reflective journal that encourages nightly contemplation and self-inquiry. With thoughtful prompts, it invites readers to process emotions and acknowledge achievements before sleep. The journal aims to foster emotional balance and a sense of closure each evening.

8. *Silent Reflections: The Art of Mindful Sleep Preparation*

This book teaches the art of mindfulness as a means to prepare for sleep, focusing on breath awareness and body scanning. It offers exercises that help release tension and cultivate presence in the moment. Readers can develop a mindful bedtime ritual that enhances relaxation and sleep quality.

9. *Between Wakefulness and Dreams: Exploring the Last Thought*

An intriguing exploration of the state between wakefulness and sleep, this book examines the nature of the last conscious thoughts before drifting off. It combines scientific research with philosophical perspectives to deepen understanding of this liminal space. Readers gain insight into harnessing this moment for personal growth and healing.

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last thought before sleep: The Pressure's Off Larry Crabb, 2012-04-17 You can stop trying to get everything right. Is the pressure getting to you? Do you try to make everything work, only to find that your best efforts are largely ineffective? Christians have unknowingly embraced two errors: that following the rules guarantees a good life, and that God is important because He dispenses blessings. When God's blessings seem to taper off and when life doesn't work out, people take it upon themselves to make things work. And that creates pressure that we are all too familiar with. In *The Pressure's Off*, best-selling author and counselor Larry Crabb introduces you to the New Way of living. God does not guarantee ease or convenience—or even a good outcome as the result of your obedience. But he does promise himself, no matter what the circumstances of your life. When you seek God and nothing else, the pressure truly is off you. Workbook included!

last thought before sleep: The Pressure's Off Lawrence J. Crabb, Larry Crabb, 2004 Bestselling author Crabb opens readers' eyes to the New Way to live, and helps them experience true freedom in Christ. The New Way brings true freedom and refreshment through the power to draw closer to God in a personal way.

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brings together the imaginative genius of literary legends such as Charles Dickens, Edgar Allan Poe, Agatha Christie, and Fyodor Dostoyevsky. The collection is a rich amalgamation of authors whose backgrounds span the globe, each contributing unique perspectives shaped by their historical and cultural milieus. Their collective works serve as a cornerstone for understanding the narrative and stylistic evolution of the mystery genre, reflecting broader societal shifts and human incognita. This intersections of cultures and epochs form a compelling mosaic, enriching our understanding of narrative arcs and character development. Engage in this anthology as an illuminating exploration of the mystery and detective narrative traditions. For scholars and enthusiasts alike, it offers an unparalleled opportunity to traverse through a plethora of perspectives and storytelling techniques. Embrace the chance to explore this profound literary dialogue, powerful in its ability to impart a depth of understanding and appreciation for the genre's enduring relevance and allure. This collection is not only a journey into the enthralling world of mysteries but also a timeless conversation in literary artistry and human inquisitiveness.

last thought before sleep: The Collected Works of Prentice Mulford Prentice Mulford, 2023-12-07 In The Collected Works of Prentice Mulford, readers are ushered into the transformative realm of 19th-century American thought, where Mulford's writings encapsulate his unique philosophy of mental dynamics and the power of positive thinking. This volume serves as a comprehensive anthology that showcases Mulford's distinct literary style'—laced with fervent optimism and rich metaphors'—inviting readers to consider the interplay between personal belief and life outcomes. His essays and stories, peppered with parables and inspired anecdotal narratives, delve into concepts of self-improvement and the paramount importance of willpower and consciousness in achieving one's aspirations, setting the stage for subsequent thinkers in the New Thought movement. Prentice Mulford (1834-1891) was a pioneering voice in the arena of spiritual and philosophical literature. A contemporary of Ralph Waldo Emerson and Mark Twain, Mulford's life experiences'—ranging from fortune and failure in the gold rush to his engagement with spiritualism'—shaped his perspectives on optimism and human potential. His works reflect a synthesis of personal reflection and wider cultural hopes, presenting a window into the evolving American psyche of his time. This anthology is highly recommended for readers seeking to explore the roots of modern self-help literature and for those interested in the philosophical questions surrounding personal agency and mental empowerment. Mulford's insights remain strikingly relevant today, urging readers to harness the power of their thoughts in the pursuit of a fulfilling life. In this enriched edition, we have carefully created added value for your reading experience: - A comprehensive Introduction outlines these selected works' unifying features, themes, or stylistic evolutions. - A Historical Context section situates the works in their broader era—social currents, cultural trends, and key events that underpin their creation. - A concise Synopsis (Selection) offers an accessible overview of the included texts, helping readers navigate plotlines and main ideas without revealing critical twists. - A unified Analysis examines recurring motifs and stylistic hallmarks across the collection, tying the stories together while spotlighting the different work's strengths. - Reflection questions inspire deeper contemplation of the author's overarching message, inviting readers to draw connections among different texts and relate them to modern contexts. - Lastly, our hand-picked Memorable Quotes distill pivotal lines and turning points, serving as touchstones for the collection's central themes.

last thought before sleep: Your Forces And How To Use Them Prentice Mulford, This edition contains all essays that Prentice Mulford published before in six different volumes. That makes more than seventy valuable and extremely useful writings on how results may be obtained in Art, Business, and Health through the force of thought and silent power of mind.

last thought before sleep: An Encounter with Venus Elizabeth Mansfield, 2014-04-01 A Scottish spinster reignites a long-simmering passion in this unforgettable Regency romance from the author “renowned for delighting readers” (*Affaire de Coeur*). As perfect as a marble statue, George Frobisher, the future Earl of Chadleigh, was thunderstruck when, at the age of seventeen, he accidentally glimpsed Miss Olivia Henshaw emerging naked from her bath the day of his sister’s

wedding. That vision of a Venus, his Venus, would fuel his fantasies for years to come. Ten years after the wedding, Olivia Henshaw has resigned herself to spinsterhood caring for her ailing uncle in a cold and dark castle in the Scottish Highlands. She has no expectation of anything but a cozy visit with her best friend, Felicia Leyton, when she accepts her invitation to an intimate house party in the countryside. No one at the Leytons' Yorkshire abbey can guess what will transpire when fantasy finally meets reality.

last thought before sleep: Eternally Yours Brenda Jackson, 2008-02-01 *Eternally Yours* by Brenda Jackson released on Feb 01, 2008 is available now for purchase.

last thought before sleep: American Ghost Janis Owens, 2012-10-09 A complex and compulsively readable novel about how unresolved family history and the racial tensions of the past threaten a love affair between two young Floridians. Jolie Hoyt is a good Southern girl living in Hendrix, a small Florida Panhandle town. All too aware of her family's closet full of secrets and long-held distrust of outsiders, Jolie throws caution to the wind when she meets Sam Lense, a Jewish anthropology student from Miami, who is in town to study the ethnic makeup of the region. Jolie and Sam fall recklessly in love, but their affair ends abruptly when Sam is discovered to have pried too deeply into Hendrix's dark racial history and he becomes the latest victim in a long tradition of small-town violence. Twelve years later, Jolie and Sam are forced to revisit the unresolved issues of their young love and finally shed light on the ugly history of Jolie's hometown. A complex and compulsively readable Southern saga, *American Ghost* is a richly woven exploration of how the events of our past haunt our present.

last thought before sleep: After Ever After Jordan Sonnenblick, 2012-05-01 Jeffrey isn't a little boy with cancer anymore. He's a teen who's in remission, but life still feels fragile. The aftereffects of treatment have left Jeffrey with an inability to be a great student or to walk without limping. His parents still worry about him. His older brother, Steven, lost it and took off to Africa to be in a drumming circle and find himself. Jeffrey has a little soul searching to do, too, which begins with his escalating anger at Steven, an old friend who is keeping something secret, and a girl who is way out of his league but who thinks he's cute.

last thought before sleep: The Greatest French Classics Of All Time Stendhal, Jules Verne, Gustave Flaubert, Anatole France, Émile Zola, Victor Hugo, Guy de Maupassant, Jean-Jacques Rousseau, François Rabelais, George Sand, Marcel Proust, Gaston Leroux, Charles Baudelaire, Molière, Pierre Corneille, Jean Racine, Voltaire, Pierre Choderlos de Laclos, Alexandre Dumas pere, Alexandre Dumas fils, 2023-12-13 *The Greatest French Classics Of All Time* serves as a literary voyage through the rich landscape of French literature, encapsulating the vibrancy and diversity of its canon. From the piercing introspection of Proust to the adventurous realms of Verne, this anthology curates an essential compendium of works that have shaped not only national but global thought and imagination. Each piece is a testament to the multifaceted nature of human experience, woven through a spectrum of genres that include tragedy, comedy, realism, and romance. The anthology stands out for its inclusion of seminal works that have sparked literary movements, challenged societal norms, and transcended the confines of their temporal settings to offer timeless reflections on life and society. The contributing authors, a constellation of literary luminaries such as Voltaire, Hugo, Sand, and Baudelaire, bring a wealth of perspectives to the collection. Their backgrounds, ranging from the philosophical musings of Rousseau to the stark realism of Zola, highlight a period of intense literary innovation and exploration in France that corresponded with tumultuous social and political change. Together, these authors have not only contributed to the shaping of modern French identity but have also left an indelible mark on world literature, allowing readers to trace the evolution of literary forms and themes across centuries. *The Greatest French Classics Of All Time* is an indispensable treasure trove for anyone keen to embark on a comprehensive exploration of French literary heritage. It offers an unparalleled opportunity to engage with the works of master storytellers whose narratives have perennially captivated the hearts and minds of readers around the globe. This anthology is not just a showcase of France's literary genius; it is a gateway to a broader appreciation of the universal themes of human condition,

love, conflict, and aspiration. Through its pages, readers are invited to participate in a continuous dialogue with the past, enriching their understanding of the evolving nature of literature and the enduring power of storytelling.

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last thought before sleep: The Greatest Works of French Literature (English Edition) Charles Baudelaire, George Sand, Anatole France, Molière, Voltaire, Stendhal, Émile Zola, Alexandre Dumas, Alexandre Dumas fils, Jules Verne, Victor Hugo, Marcel Proust, Guy de Maupassant, Jean-Jacques Rousseau, Jean Racine, François Rabelais, Gustave Flaubert, Gaston Leroux, Pierre Corneille, Pierre Choderlos de Laclos, 2020-12-17 This unique collection of the greatest French classics books has been designed and formatted to the highest digital standards: A History of French Literature François Rabelais: Gargantua and Pantagruel Molière: Tartuffe or the Hypocrite The Misanthrope The Miser The Imaginary Invalid The Impostures of Scapin... Jean Racine: Phaedra Pierre Corneille: The Cid Voltaire: Candide Zadig Micromégas The Huron A Philosophical Dictionary... Jean-Jacques Rousseau: Confessions Emile The Social Contract De Laclos: Dangerous Liaisons Stendhal

last thought before sleep: Alien Baby Pact Compilation Aurelia Skye, Seven years ago, the Faction agreed to save Earth from the vorathan invasion in exchange for Earth women giving them one year of proxy rights to act as a surrogate, since the aliens of the Faction faced a dwindling population. With the vorathans feared throughout the galaxy as bloodthirsty, vicious marauders, the Earth's government agreed. That doesn't mean the women did. This is a compilation of all seven

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last thought before sleep: Harlequin Presents February 2015 - Box Set 2 of 2 Sarah Morgan, Annie West, Maya Blake, Rachael Thomas, 2015-02-01 Harlequin Presents brings you four new titles for one great price! This Presents bundle includes *Playing by the Greek's Rule* by USA TODAY bestselling author Sarah Morgan, *The Sultan's Harem Bride* by USA TODAY bestselling author Annie West, *Innocent in His Diamonds* by Maya Blake and *Claimed by the Sheikh* by Rachael Thomas. Look for 8 new exciting stories every month from Harlequin Presents!

last thought before sleep: *Shattered* Shirleen Davies, *Eternal Brethren: Elite*, undercover Navy SEALs tasked with eliminating threats on American soil. Qualifications: Dedicated, deadly, compassionate, body of steel, experienced with motorcycles. Mission: Deep-cover reconnaissance, high-value target extraction, hostage recovery. Destruction of enemy forces. Two people. Two heart-wrenching betrayals. *Shattered*, Book Two, *Eternal Brethren Military Romantic Suspense Series* Travis "Rock" Walker hasn't looked back since disappearing from his family's ranch to join the Navy. Nor does he feel any regret at leaving that life behind. All his time and energy on keeping the team safe while completing each mission assigned to the undercover motorcycle club, *Eternal Brethren*. If he has any regrets, it would be severing of a friendship with one very special woman. Doctor Tessa Clark has suffered enough betrayal to last a lifetime. Her focus is firmly on her young son and thriving medical practice. A friendship with an outlaw biker, no matter how he touches her heart, does nothing for her standing in the community. Months later, after many lonely nights and long weekends, she wonders if tearing apart a valued friendship is worth the cost. Extending a tentative olive branch not only brings their tenuous friendship back to life, but garners the attention of those who have a debt to settle with Rock and the *Eternal Brethren*. Men who don't care about using a woman as a shield to achieve their goals. As their friendship grows stronger, Rock must take a difficult look at the cost to not only their lives, but the heart he's so doggedly guarded since his last night on the ranch. He may see himself as invincible, but falling for Tessa could strike a fatal blow. One he's determined to avoid. Can Rock ensure her safety from the terror surrounding them while keeping his heart closeted away, protected from the woman he refuses to love? *Shattered* is book two in the *Eternal Brethren Military Romantic Suspense Series* by best seller Shirleen Davies. It is a stand-alone, full-length novel with no cliffhanger and a guaranteed HEA. PLEASE NOTE: This series contains strong language common within the military. It is also a steamy romance with open door love scenes. Book 1: *Steadfast* Book 2: *Shattered* Book 3: *Haunted* Book 4: *Untamed* Book 5: *Devoted* Book 6: *Faithful* Book 7: *Exposed* Book 8: *Undaunted* Book 9: *Resolute*

last thought before sleep: *Six Pack Two - Books 7-12: Six opposites attract, short and steamy, standalone, curvy girl romances* Hope Malone, 2023-08-20 Six short and steamy, standalone curvy girl, opposites-attract romances, with a guaranteed HEA, no cheating, and no cliffhangers. Welcome to Coogan's Break where the girls are curvy, and the guys hotter than hell. *JAIL BREAK* Lindsey is hiding out at the crumbling mansion she's inherited from her great aunt. Locked away for a crime he didn't commit, Ethan has decided the view from a prison cell isn't to his liking. Will this pair escape together? *BREAK LOOSE* Angie is a lawyer who is questioning the toll her career is taking. Drew has already faced the consequences of an all-consuming profession. Will these two learn that love beats work any day? *BREAK OF DAY* Bettany is a doggy daycare owner who's being run ragged by her charges. Dax is a personal trainer who loves a challenge. It's anyone's guess who'll be the first to lie down and roll over when they get together. *TOUGH BREAK* Phoebe is a plus-size model who's in danger of having her career and life derailed. Wyatt is in the business of making sure people play nice, whether they want to, or not. *BREAK AWAY* Macie spends her days designing and making jewelry. Brad also makes things, although he's happier with wood. Are they destined to build a life together, or will his past get in their way? *JOLLY BREAK* Natasha loves everything about Christmas. Lucian is more bah humbug about the season. Will sparks fly when the elf in charge of illuminations

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