

# Now I lay me down to sleep

Mona Green



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Mona Fay Cartman lives with her family in a shabby house owned by a crooked landlord. At the age of six Mona and her family moves to the town of Mulberry fulfilling her father's dreams, while for Mona cultural changes become a living nightmare. Her greatest fear spins into a life-long paralyzing sleep disorder. Her mother calls it The Witch--that rides you. Other may know it as The Old Hag. Just the mention of most simple childhood phrases, seems to scare Mona to death. Teachers neglect her; classmates mock her, and make fun of her name. Mona feels academically challenged but her father says she can learn. She depends on miracles to get from grade to grade then one year her miracles runs out. Although Clayton's friendship is better than anyone can imagine, Mona's real best friend is her cousin P.J. She tries to base life on numerology but the epitome of a blind date happens to be one number she does not see coming. He treats her like the Sand-Man and also become a real Bogey-Man. As an adult Mona is still afraid of the dark. She believes ghost, spirits, and demons are the real Witches that holds her down while she is asleep. She attends church regularly, but where is her faith? A new revelation causes her to think differently about her paralyzing sleep disorder. Fear was once her bondage; how she overcomes it is why she can now peacefully pray:

NOW I LAY ME DOWN TO SLEEP



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