



Sleep, Heal & Release

*A Gentle Guide to Deep Rest,
Nighttime Healing & Morning Renewal*

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Intuitive Advisor • 50+ Years of Experience

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A Letter From Benson

Dear Friend,

For over 50 years, I have sat with thousands of people who carry the weight of the world on their shoulders. They come to me exhausted — not just physically, but energetically. Their sleep is restless. Their minds won't quiet. And deep in their hearts, they know that something needs to change.

What I have learned — through my own life, through my spiritual practice, and through walking alongside so many beautiful souls — is this:

❖ *"Sleep is not just rest. Sleep is healing."* ❖

Every night, your body has a remarkable opportunity to release the energy of the day — the stress, the worries, the emotions that aren't even yours to carry — and to restore itself to wholeness.

This little guide is my gift to you. It is simple, gentle, and practical. You don't need to be a meditation expert. You just need a few quiet minutes before bed, an open heart, and the willingness to let go.

May you sleep deeply, heal beautifully, and wake each morning feeling refreshed, restored, and ready.

With warmth and light,

Benson A. Wong

San Francisco, California

Introduction

Your Sleep Is Sacred

We live in a world that treats sleep as optional — something to squeeze in between our busy schedules. We stay up too late, scroll through our phones, and carry the worries of tomorrow into the quiet of the night.

But here is the truth that healers and wisdom traditions have known for thousands of years:

❖ ***"Your sleep hours are your most powerful healing time."*** ❖

During sleep, your body repairs tissues, balances hormones, processes emotions, and restores your energy field. When we deprive ourselves of quality sleep — or when we go to bed carrying stress, anxiety, and absorbed energy — we interrupt this sacred healing cycle.

This guide will teach you how to:

- ❖ Release the energy of the day before you sleep
- ❖ Ground and center your body for deep rest
- ❖ Use your breath to balance your chakras
- ❖ Create a nightly ritual that becomes your sanctuary
- ❖ Wake each morning restored and ready

These practices take only 10–15 minutes. But their effects ripple through your entire life. Better sleep means clearer thinking, calmer emotions, stronger intuition, and more energy for the things and people you love.

— CHAPTER 1 —

Why What You Carry Into Bed Matters

You are not just a physical body. You are an energy being — and throughout every day, your energy field absorbs impressions from the world around you. The stress of traffic. The emotions of the people you spend time with. The news. The worry. The mental chatter.

Most people end their day by watching television, scrolling social media, or lying in bed replaying conversations from the day. Then they wonder why they can't sleep, why their dreams are anxious, and why they wake up feeling tired.

❖ *"What you bring into your bedroom, you bring into your sleep."* ❖

The Energy You Absorb During the Day

Think of your energy field like a sponge. All day long, you absorb energy — from interactions, environments, media, and your own thoughts. Some of this energy belongs to you. Much of it does not.

As an intuitive and sensitive person — and most people reading this are sensitive, whether they realize it or not — you are especially prone to absorbing the energy of others. You may have noticed that after certain conversations or environments, you feel drained, anxious, or simply not yourself.

What Happens When We Don't Release

When we carry this accumulated energy into sleep, it creates interference. Our nervous system stays activated. Our mind keeps processing. Our energy field remains cluttered. The result is poor sleep quality, vivid or anxious dreams, and waking up feeling unrested.

The beautiful news is that a simple nightly practice of intentional release — which you will learn in the pages ahead — can transform your sleep quality almost immediately.

❖ ***"Tonight, I release everything that is not mine to carry."*** ❖

— CHAPTER 2 —

The Art of Letting Go Before Sleep

Releasing your day is a skill — and like any skill, it gets easier and more natural with practice. The goal is simple: before you sleep, consciously let go of the energy, emotions, and thoughts you no longer need.

The 5-Minute Day Release Practice

Find a comfortable position — sitting or lying down. Close your eyes. Take three slow, deep breaths. Then follow these steps:

Step 1 — Review: Quickly scan through your day from morning to now. Don't dwell — just notice.

Step 2 — Acknowledge: Say to yourself: 'I acknowledge everything that happened today. I did my best.'

Step 3 — Release: Take a deep breath in. As you breathe out, say: 'I release this day. I let it all go.'

Step 4 — Gratitude: Find three things you are grateful for today. Feel the gratitude in your heart.

Step 5 — Seal: Imagine a soft golden light surrounding you. This is your peaceful sleep space.

❖ *"I close the door on today with love and step into peaceful rest."* ❖

— CHAPTER 3 —

Coming Back to Your Body Before Sleep

Grounding means bringing your awareness out of your busy mind and back into your physical body. When we are stressed or anxious, our energy rises up — we live in our heads. Grounding brings us back down, back to earth, back to the present moment.

Why Grounding Improves Sleep

Sleep requires us to be fully present in our bodies. Grounding practices signal to your nervous system: it is safe to relax now. It is safe to let go.

Simple Grounding Techniques

■ **The Body Scan (5 minutes)**

Starting at the top of your head, slowly move your awareness down through your entire body. Notice each area — not to fix anything, just to feel. By the time you reach your feet, most people are deeply relaxed.

■ **Earth Connection Visualization (3 minutes)**

Close your eyes and imagine roots growing from the soles of your feet down into the earth — deep, strong, beautiful roots. Feel the earth holding you, supporting you. Let any tension drain down through those roots into the ground.

■ **The Golden Light Fill (3 minutes)**

Imagine a warm, golden light entering through the top of your head. Slowly, it fills your entire body from head to toe. Every cell glows with this peaceful golden light.

❖ ***"I am grounded, safe, and deeply at peace."*** ❖

— CHAPTER 4 —

Using Your Breath to Balance Your Energy Centers

Your chakras are the energy centers of your body — seven main centers that govern different aspects of your physical, emotional, and spiritual life. A simple breathing practice that moves through your chakras before sleep can release stuck energy and prepare your body for deep, healing rest.

The Chakra Sleep Breath (10 minutes)

For each chakra, take 3 slow, deep breaths. As you breathe in, imagine bright, clear light filling that center. As you breathe out, release any tension held there.

- ❖ **Root Chakra** — Red light. Safety. *I am safe. I am grounded.*
- ❖ **Sacral Chakra** — Orange light. Flow. *I release and I flow.*
- ❖ **Solar Plexus** — Yellow light. Calm. *I am calm and at peace.*
- ❖ **Heart Chakra** — Green light. Love. *My heart is open and at rest.*
- ❖ **Throat Chakra** — Blue light. Truth. *I have said what needed saying.*
- ❖ **Third Eye** — Indigo light. Clarity. *My mind is quiet and clear.*
- ❖ **Crown Chakra** — Violet light. Trust. *I surrender to healing sleep.*
- ❖ ***"My energy flows freely. My chakras are balanced. I am ready to rest."*** ❖

You Don't Have to Carry What Isn't Yours

One of the most important — and least talked about — aspects of nighttime healing is this: much of the stress and heaviness you feel may not even belong to you.

Sensitive, caring people naturally absorb the energy of those around them. After a day of interactions — family, friends, clients, coworkers — you may be carrying emotional residue that isn't yours.

❖ *"I release what is not mine. I return it with love."* ❖

The Energy Return Practice

Before sleep, close your eyes and take three deep breaths. Then, mentally scan through your day. For each person you interacted with, say silently: 'I return your energy to you with love. I reclaim my own energy now.'

You may be surprised how much lighter you feel. This practice is especially helpful for caregivers, healers, parents, teachers — anyone who gives a great deal of themselves throughout the day.

The Stress Release Breath

Breathe in through your nose for 4 counts. Hold for 4 counts. Breathe out through your mouth for 8 counts — making a gentle 'whoosh' sound as you exhale. The long exhale activates your body's natural relaxation response.

Repeat this 5–7 times. By the last breath, most people feel noticeably calmer and ready for sleep.

— CHAPTER 6 —

A Complete Step-by-Step Bedtime Practice

Here is a complete nightly ritual that weaves together everything you have learned. It takes about 15 minutes and can transform the quality of your sleep — and your life.

Set the Space (2 minutes)

Dim your lights at least 30 minutes before bed. Put your phone in another room. If you enjoy it, light a candle or use a diffuser with lavender or sandalwood. Make your bedroom a sanctuary — a place where only peace and healing exist.

The Ritual (13 minutes)

Step 1 — Gratitude (2 min)

Think of 3 things you are grateful for today. Feel each one in your heart. Gratitude shifts your vibration immediately.

Step 2 — Day Release (3 min)

Use the Day Release Practice from Chapter 2. Acknowledge your day, release it, and seal your peaceful sleep space with golden light.

Step 3 — Energy Return (2 min)

Return any energy you absorbed during the day. Reclaim your own energy. Feel yourself becoming fully yourself again.

Step 4 — Chakra Breath (5 min)

Move through your 7 chakras with 3 breaths each. Fill each center with light. Release any tension stored there.

Step 5 — Sleep Intention (1 min)

Before closing your eyes, say: 'Tonight I sleep deeply, heal completely, and wake refreshed.'

❖ *"I drift into deep, healing sleep. My body knows exactly how to restore itself."* ❖

— CHAPTER 7 —

Starting Each Day Grounded, Centered & Ready

The way you begin your morning sets the tone for your entire day. Before you reach for your phone, before the demands of the world rush in — give yourself 5–10 minutes to arrive in your day with intention.

The 5-Minute Morning Reset

- ❖ Don't reach for your phone first — give yourself at least 5 minutes of phone-free time.
 - ❖ Take 3 conscious breaths before you get out of bed. Notice how your body feels.
 - ❖ Set an intention — ask yourself: 'How do I want to feel today?' Choose one word.
 - ❖ Ground before you rise — feel your feet on the floor. You are here. You are present.
 - ❖ Speak your morning affirmation aloud with conviction.
- ❖ ***"I wake refreshed, restored, and ready. Today is full of possibility."***



Conclusion

You Deserve Deep Rest

You have now learned everything you need to transform your relationship with sleep. These are not complicated practices. They require only your willingness to show up for yourself — to treat yourself with the same care and gentleness you offer to everyone else.

Begin tonight. Even if you only try one practice from this guide, that is enough. One conscious breath before bed. One moment of gratitude. One gentle release of the day.

❖ ***"Small, gentle steps create the most lasting change."*** ❖

Over time — usually within just a few weeks — you will notice the difference. Deeper sleep. Clearer mornings. More energy. A calmer, more centered version of yourself moving through your days.

Sleep well, dear friend. Heal beautifully. And wake each morning ready to live fully.

With gratitude and light,

Benson A. Wong

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Bonus Chapter

7 Healing Affirmations for Sleep

Choose one of these affirmations each night as you settle into sleep. Speak it softly, or simply hold it in your mind as you drift off.

Sunday

❖ *"I release this week with gratitude. I rest, I heal, I renew."* ❖

Monday

❖ *"I let go of today completely. Tomorrow will take care of itself."* ❖

Tuesday

❖ *"My body knows how to heal. I trust it completely tonight."* ❖

Wednesday

❖ *"I release all that is not mine. I reclaim my peaceful self."* ❖

Thursday

❖ *"As I sleep, healing light surrounds me."* ❖

Friday

❖ *"I surrender to rest. I am safe. I am loved. I am at peace."* ❖

Saturday

❖ *"Tonight I heal. Tomorrow I shine. I am grateful for both."* ❖

Thank you for reading Sleep, Heal & Release. Visit BensonAWong.com for private readings, workshops, and more resources.

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