



7 CHAKRAS

Sleep, Heal & Release

A Complete Guide to Deep, Healing Rest Through Energy & Chakra Work

By Benson A. Wong

Spiritual Advisor & Energy Healer • 50 Years of Healing Practice

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A Letter From Benson

Dear Friend,

Thank you for trusting me with your most sacred hours — the quiet space between wakefulness and sleep.

For over 50 years, I have sat with people in their pain, their confusion, and their longing for peace. Time and again, I have seen that the body knows how to heal. The spirit knows how to restore. But we must learn to get out of the way and allow that healing to happen.

Sleep is not a luxury. It is a necessity — a divine appointment your body makes every single night to repair, release, and renew. Yet so many of us arrive at that appointment carrying the full weight of the day, our minds still racing, our energy scattered across a dozen unfinished thoughts.

This ebook is my gift to you. It is the wisdom I have shared in private readings, in workshops, in quiet conversations at 2 a.m. when someone called because they simply could not sleep.

You deserve deep, healing rest. You deserve to wake up feeling restored, energized, and ready. That is not a dream — it is your birthright.

Let us begin this journey together.

With love and light,

Benson A. Wong



Introduction — Your Sleep Is Sacred

Sleep is not simply the absence of being awake. True healing sleep requires your whole being — body, mind, and spirit — to let go simultaneously.

When we sleep, our bodies perform extraordinary work: repairing cells, consolidating memories, flushing toxins from the brain, and restoring the energy reserves we draw on every waking moment. But more than this physical restoration, sleep is the time when our energy body — our chakra system, our aura, our life force — undergoes its deepest healing.

Modern life has made true rest increasingly rare. We carry our phones to bed. We fall asleep to screens. We lie down physically but never truly arrive in sleep because our minds are still racing through the day's unfinished business.

This ebook will guide you through a complete system for healing sleep — one that addresses not just your physical body but your energetic body as well. You will learn how to release the day, clear your energy field, balance your chakras, and create the sacred conditions that allow deep, restorative sleep to happen naturally and easily.

Your sleep is sacred. Protect it. Prioritize it. Allow it to heal you.

♦ FROM BENSON'S JOURNEY

One of my longtime clients came to me completely exhausted. She was sleeping eight hours every night but waking up feeling drained. During our session, I realized she was physically sleeping but mentally she never stopped working.

Sleep is not simply the absence of being awake. True healing sleep requires your whole being — body, mind, and spirit — to let go simultaneously.

When you protect your sleep as something sacred, everything changes. Your energy

returns. Your clarity sharpens. Your spirit feels lighter. In the pages ahead, I will show you exactly how to make that shift.

◇ CHAKRA CONNECTION

Crown Chakra (Sahasrara) — Violet / White

Your Crown Chakra connects you to divine wisdom and universal healing energy. When it is open and balanced during sleep, your body receives the highest level of restoration — physical, emotional, and spiritual. Bring your awareness to the top of your head as you drift off tonight.

◇ YOUR REFLECTION

Before sleep tonight, place your hand on your heart and say: 'I am open to receiving healing as I sleep. My body knows what it needs. I trust the process.'



Chapter 1 — The Energy-Sleep Connection

You are, at your core, an energetic being. Every thought you think, every emotion you feel, every interaction you have generates and moves energy through your body. Understanding this fundamental truth is the first step toward truly restorative sleep.

Your body's energy system — centered on the seven main chakras — is in constant communication with your physical body, your emotions, and your environment. When your energy is balanced and flowing freely, you fall asleep easily, sleep deeply, and wake feeling restored. When your energy is blocked, scattered, or depleted, sleep becomes elusive or shallow.

The quality of your sleep directly reflects the state of your energy. Have you ever noticed that after a day when you felt truly aligned — peaceful, purposeful, present — you sleep like a baby? And after a day of conflict, stress, or emotional upheaval, you lie awake for hours?

This is not coincidence. This is the energy-sleep connection at work.

Learning to work with your energy — rather than against it — is the foundation of everything we will explore together in this ebook.

♦ FROM BENSON'S JOURNEY

A client once told me his sleep had been restless for months. As we talked, I asked him to describe how his energy felt during the day. He said, 'Like a phone that never fully charges.'

That image stayed with me. We are energetic beings. Just as your phone needs a full charge to function at its best, your body and spirit need complete energetic restoration during sleep.

I taught him a simple practice: before bed, visualize a golden cord of energy from the base

of your spine going deep into the earth. Feel yourself connected, anchored, safe. Within two weeks, his sleep transformed completely.

◻ CHAKRA CONNECTION

Third Eye Chakra (Ajna) — Indigo

Your Third Eye Chakra governs your intuition, inner wisdom, and the quality of your dream states. When this chakra is balanced, your sleep is deep, your dreams are vivid and meaningful, and you wake with clear insights. Practice gazing softly at a candle flame or the night sky before bed to gently activate this center.

✧ YOUR REFLECTION

Notice: when you sleep poorly, what does the next day feel like? When you sleep deeply, how does your energy shift? Your body is already telling you the truth about this connection.



Chapter 2 — How to Release Your Day

Every day, we accumulate energy — from our interactions, our thoughts, our environment, the news, other people's emotions. By the time evening arrives, most of us are carrying far more than we realize.

Bringing this accumulated energy into your bed is like trying to sleep while holding a heavy backpack. Your body cannot fully relax because it is still processing, still carrying, still working to make sense of everything that happened.

The practice of consciously releasing your day is one of the most powerful things you can do for your sleep quality. It is a deliberate transition — a bridge between the active, doing energy of daytime and the receptive, healing energy of nighttime.

The Evening Release Practice:

Find a comfortable seat and close your eyes. Take three slow, deep breaths. With each exhale, imagine the weight of the day leaving your body — every interaction, every worry, every unfinished task — releasing like leaves falling from a tree.

Say aloud or silently: "I release this day with gratitude. I keep only the love, the learning, and the peace. Everything else, I gently release."

Take three more breaths. Feel yourself lighter. Feel the transition happening.

You are no longer in the day. You are entering the sacred space of evening — the threshold of sleep.

♦ FROM BENSON'S JOURNEY

In my practice, I call the evening hours 'the decompression chamber.' Just as deep-sea divers must decompress before surfacing, we must decompress before entering the sacred space of sleep.

A client who worked as an emergency room nurse came to me unable to leave her work at the hospital. She would replay difficult moments for hours each night.

Together we created her 'shift-ending ritual' — a 10-minute practice of intentional breath, a brief body scan, and speaking aloud: 'I did my best today. I release what I cannot carry.' She told me it was the first time in years she felt like her evenings belonged to her.

◇ CHAKRA CONNECTION

Solar Plexus Chakra (Manipura) — Yellow / Gold

Your Solar Plexus Chakra holds the energy of your personal power, stress responses, and emotional processing. When you carry unresolved stress from the day into your bed, this chakra stays activated — keeping you mentally alert when you need to rest. A simple exhalation practice: breathe in for 4 counts, hold for 2, breathe out for 8. The long exhale signals your Solar Plexus to release and let go.

◇ YOUR REFLECTION

What are you still carrying from today that does not belong in your bed? Name it. Then imagine placing it gently in a golden box and setting it outside your bedroom door. It will still be there in the morning if you need it — but tonight, you do not.



Chapter 3 — Grounding Practices for Deep Rest

Grounding is the practice of consciously connecting your energy to the earth — anchoring your awareness in your physical body and in the present moment. For many people, this is the missing piece that makes the difference between restless sleep and deep, healing rest.

When we are ungrounded, our energy is scattered — in our heads, in the future, in the past, in the problems we are trying to solve. Grounding brings our energy home to the present, to safety, to the body.

The Four Grounding Practices:

- 1. Earthing** — Walk barefoot on grass, soil, or sand for 5-10 minutes before sunset. Direct skin contact with the earth neutralizes excess electrical charge in your body and has been scientifically shown to reduce cortisol, the stress hormone.
- 2. The Grounding Breath** — Breathe in for 4 counts, hold for 2, breathe out for 8. The extended exhale activates your parasympathetic nervous system — your body's healing and rest response.
- 3. The Tree Visualization** — Imagine roots growing from the base of your spine deep into the earth. Feel yourself anchored, supported, held. The earth is stable beneath you. You are safe.
- 4. Feet on the Floor** — Before bed, sit on the edge of your mattress, press your bare feet firmly into the floor, and take five deep breaths. Feel the solidity of the earth beneath you. You are here. You are safe. You can rest.

✦ FROM BENSON'S JOURNEY

Early in my practice, a young mother came to me trembling with anxiety. She could not sleep for more than an hour at a time. Her mind was constantly scanning for danger — always waiting for something to go wrong.

I asked her to remove her shoes and stand barefoot on the grass in her backyard for five

minutes each evening. She laughed. It seemed too simple.

Three weeks later she called me. 'Benson, I slept six hours straight for the first time in two years.' Grounding works. The earth literally absorbs excess electrical charge from your body, calming your nervous system in ways no pill can replicate.

⬢ CHAKRA CONNECTION

Root Chakra (Muladhara) — Red / Earthy Brown

Your Root Chakra is the foundation of your entire energy system. When it is unbalanced — through anxiety, financial stress, or feeling unsafe — your nervous system stays in a state of vigilance, making true rest nearly impossible. Grounding practices bring your energy back down from your head and into your body, signaling safety to your nervous system at the deepest level.

✧ YOUR REFLECTION

Feel your feet on the floor right now. Press them down gently. Notice the solid earth beneath you. You are held. You are supported. You are safe. Carry this feeling into your bed tonight.



Chapter 4 — Chakra Breathing for Sleep

The breath is your most powerful tool for shifting your energy state. In a single minute, you can move from anxious to calm, from scattered to centered, from wired to gently sleepy — all through the intentional use of breath.

Chakra breathing takes this even further by directing your breath and awareness through each of your seven energy centers, clearing and balancing them one by one. This practice takes about 7 minutes and can transform your sleep completely.

The 7-Chakra Sleep Breath:

Lie comfortably on your back. Close your eyes. Take one slow breath, and with each breath, bring your awareness to the following energy centers:

Breath 1 — Crown Chakra (top of head): "I am connected to all wisdom and healing."

Breath 2 — Third Eye (between eyebrows): "I trust my inner knowing. I see clearly."

Breath 3 — Throat Chakra (throat): "I have spoken my truth today. I am at peace."

Breath 4 — Heart Chakra (chest): "My heart is open. I am loved. I love."

Breath 5 — Solar Plexus (upper belly): "I release all stress. I am at ease."

Breath 6 — Sacral Chakra (lower belly): "I flow with life. All is well."

Breath 7 — Root Chakra (base of spine): "I am safe, grounded, and deeply at rest."

Repeat the cycle three times. By the end, most people are already drifting toward sleep.

✦ FROM BENSON'S JOURNEY

I once worked with a retired military officer who had not slept more than four hours a night for fifteen years. He was skeptical of energy work — he was a man of facts and evidence.

I offered him a simple challenge: practice the seven-chakra breath for seven nights and track what happened. On the eighth morning he sent me a message: 'I slept seven hours. I don't understand why it works. But it works.'

The breath is the bridge between your conscious mind and your autonomic nervous system. When you breathe intentionally, you take direct control of your healing response.

◻ CHAKRA CONNECTION

All 7 Chakras — Full Rainbow Spectrum

Chakra breathing activates your entire energy column — from the Root at the base of your spine to the Crown at the top of your head. As you breathe in, visualize white healing light entering at your Crown and flowing downward through each chakra. As you breathe out, release any darkness, heaviness, or stagnant energy through the soles of your feet into the earth. Seven slow breaths. One for each chakra.

✧ YOUR REFLECTION

Place one hand on your chest and one on your belly. Which hand rises more when you breathe? Shallow chest breathing keeps your nervous system alert. Belly breathing activates the healing response. Practice letting your belly hand rise first.



Chapter 5 — Releasing Stress & Other People's Energy

If you are a sensitive, empathic person — and most people who seek healing work are — you absorb energy from your environment throughout the day without even realizing it. The anxiety of a stressed coworker. The grief of a struggling friend. The collective fear that emanates from the evening news.

By bedtime, you may be carrying emotions and energies that are not even yours. This is one of the most common and least recognized causes of sleep difficulties.

Learning to clear your energy field each evening — to return what belongs to others and reclaim what is truly yours — is an act of profound self-care.

The Energy Clearing Practice:

Sit quietly and take three grounding breaths. Then say, either aloud or silently:

"I release and return all energy that is not mine — with love and without judgment. I call back all of my own energy from everywhere it has traveled today. I am whole. I am complete. I am entirely myself."

Feel a gentle wave of release move through your body from head to toe.

The Protective Shield:

Before sleep, imagine a beautiful bubble of soft golden or white light surrounding your entire body — extending about two feet in every direction. This is your energy field, protected and clear. Nothing that doesn't serve your highest good can enter this space. You sleep safely within this light. Practice this nightly and notice how much lighter and more rested you feel each morning.

✦ FROM BENSON'S JOURNEY

Of all the sleep challenges I have helped people with over fifty years, carrying other people's energy is the most common and the least recognized.

An empath — someone who deeply feels the emotions of others — can absorb an enormous amount of psychic weight in a single day. A difficult conversation. A troubled friend. The evening news. The energy of a crowded workplace.

I teach a practice I call 'the energy shower.' Before bed, stand in the shower and imagine the water washing not just your physical body but your entire energy field. Watch the heaviness, the stress, the borrowed emotions swirl down the drain. You step out clean — entirely yourself.

⬢ CHAKRA CONNECTION

Heart Chakra (Anahata) — Green / Pink

Your Heart Chakra is your energetic center of compassion, love, and connection. As a sensitive, caring person, you naturally absorb the emotional energy of those around you throughout the day. Before sleep, place both hands on your heart, take three deep breaths, and say: 'I return all energy that is not mine. I keep only what is truly me.' This simple practice creates a powerful energetic boundary that protects your sleep.

✧ YOUR REFLECTION

Think of one person whose energy felt heavy today — someone whose stress, fear, or negativity lingered with you. Breathe in. Breathe out. As you exhale, imagine that energy leaving your body like smoke dissolving into clean air. It is not yours to carry.



Chapter 6 — Your Nightly Healing Ritual

A nightly healing ritual is a deliberate sequence of actions that signal to your body, mind, and spirit that sleep is coming. Over time, this ritual becomes a powerful anchor — your nervous system learns to begin the transition to sleep the moment you begin the ritual.

Your ritual does not need to be long or elaborate. Even ten minutes of intentional practice is transformative.

Building Your Personal Sleep Ritual:

Choose 3-5 of the following elements and combine them into your own nightly practice. The key is consistency — do the same sequence, in the same order, every night.

Physical Elements: Warm shower or bath, gentle stretching, changing into comfortable sleepwear, turning down lights an hour before bed.

Sensory Elements: Diffusing lavender or chamomile essential oil, playing soft healing music or nature sounds, lighting a candle (then extinguishing it safely), placing crystals on your nightstand.

Energetic Elements: The grounding breath, the chakra clearing visualization, the protective light shield, gentle self-massage of hands, feet, or temples.

Mental Elements: Writing in a gratitude journal (3 things you are grateful for), writing your intention for sleep, reading something uplifting or spiritual, speaking your sleep affirmation aloud.

Your Sleep Affirmation:

Choose words that feel true and comforting to you. Mine is: "I am safe. I am loved. I sleep deeply and heal completely." Repeat yours three times as you settle into your pillow, and let it carry you gently into sleep.

✦ FROM BENSON'S JOURNEY

A client who was a public speaker — always on, always performing — came to me with a surprising problem. She could not stop talking, even to herself at night. Her internal monologue was relentless.

I suggested she create a ritual of writing three sentences before bed: what she was grateful for, what she was releasing, and what she was calling in for tomorrow.

Three sentences. That was all. But it gave her mind a specific task with a clear ending point. Once those three sentences were on paper, her mind had permission to stop. She told me it was like closing a browser with too many tabs open.

◻ CHAKRA CONNECTION

Throat Chakra (Vishuddha) — Sky Blue / Turquoise

Your Throat Chakra governs your voice, your truth, and your ability to express what is held inside. Unexpressed emotions create energetic blockages that disrupt sleep. Your nightly ritual is an opportunity to speak your truth, even if only to yourself. Write in your journal, speak your affirmations aloud, or simply say: 'Today I was heard. Tonight I rest.'

✦ YOUR REFLECTION

Create your own sleep ritual phrase — three to five words that signal to your entire being that it is time to rest. Mine is: 'I am safe. I am loved.' Repeat yours softly as you settle into your pillow tonight.



Chapter 7 — Morning Practices for a Clear Day

The quality of your morning directly reflects the quality of your sleep — and the quality of your morning determines the energy you bring to your entire day. This is why the morning practice is just as important as the evening ritual.

Most people begin their day by immediately reaching for their phone, scanning notifications, and absorbing the world's news and demands before they have even had a chance to fully arrive in their own consciousness.

What if, instead, the first five minutes of your day belonged entirely to you?

The Sacred Morning Practice:

- 1. Before you open your eyes:** Take three slow breaths. Notice how your body feels. Thank yourself for another night of healing rest.
- 2. Set your feet on the floor:** Feel the ground beneath you. Breathe. Say your morning intention: "Today I am [choose your word — centered, joyful, open, strong, loving]."
- 3. Hydrate first:** Drink a full glass of water before coffee or tea. Your body has been fasting and gently detoxifying all night. Water is the first step in completing that process.
- 4. Move your body:** Even 5 minutes of gentle stretching, walking, or yoga reactivates your energy flow and wakes your body fully.
- 5. Protect your first hour:** Delay email, social media, and news for at least 30 minutes. Use this time to journal, meditate, pray, or simply sit quietly with your morning beverage and your thoughts.

This morning practice is not a luxury. It is the container that holds all the healing work you did the night before and helps you carry it into your day.

✦ FROM BENSON'S JOURNEY

The morning practice is just as important as the evening ritual. I learned this the hard way early in my career. I was working long hours, jumping out of bed and immediately into the demands of the day. My energy was scattered by 10 a.m.

A teacher I respected told me: 'The first five minutes of your morning belong to no one but you. Protect them like gold.'

I started giving myself five intentional minutes each morning — breathing, gratitude, setting an intention. My energy became consistent, my focus sharpened, and I found I could give more to my clients because I was no longer running on empty.

◻ CHAKRA CONNECTION

Sacral Chakra (Svadhithana) — Orange

Your Sacral Chakra governs your creativity, joy, and the flow of vital life energy. The first moments of your morning set the energetic tone for your entire day. Before you reach for your phone, before you let the world in, spend two minutes in gratitude. Feel the warmth in your belly — the seat of your Sacral Chakra — and fan that spark of joy into a flame that carries you through the day.

✦ YOUR REFLECTION

Tomorrow morning, before you do anything else, place your feet on the floor and say: 'Thank you for this new day. I am healthy, I am whole, I am ready.' Notice how your body responds. That shift you feel is real — it is your energy system aligning for the day ahead.



Conclusion — You Deserve Deep Rest

You have come to the end of this journey — but in truth, you are just at the beginning.

The practices in this ebook are not techniques to be learned once and forgotten. They are a living, breathing practice — one that will deepen and transform over time as you give it consistency and attention.

Some nights will be perfect: you will flow through your ritual, sink into deep sleep, and rise restored. Other nights will be challenging — the mind will resist, the body will ache, the world will intrude. On those nights, be gentle with yourself. Even imperfect practice is healing. Even one conscious breath before sleep is a victory.

What matters is the direction you are moving — toward greater awareness, greater care for yourself, greater alignment between your body, your mind, and your spirit.

A Promise:

I have worked with thousands of people over fifty years. I have seen profound transformations emerge from the simplest practices. I have watched people who hadn't slept well in decades discover deep, healing rest. I have seen anxiety dissolve, pain ease, and relationships heal — all as a result of better sleep and better energy management.

Your body wants to heal. Your spirit wants to rest. The path is always available to you — even tonight.

Begin where you are. Use what you have. Do what you can. And trust that every step, no matter how small, is taking you home.

With all my love and light,
Benson A. Wong

◻ CHAKRA CONNECTION

Crown Chakra (Sahasrara) — Violet / White

You have completed this journey through your energy body and its connection to healing sleep. Your Crown Chakra — your connection to the divine, to source energy — is always open and available to you during sleep. Trust that as you rest, you are being restored at every level. The work continues even while you dream.

✧ YOUR REFLECTION

You have everything you need. The wisdom in this book is not new — it is a remembering. Your body already knows how to heal. Your spirit already knows how to restore. You are simply learning to trust what has always been true.

✦ Your Sacred Sleep Space

Creating a Healing Sanctuary for Deep Rest

Your bedroom is not just a room — it is your healing sanctuary. The energy you cultivate in this space directly influences the quality of your sleep and the depth of your restoration. With a few intentional changes, you can transform your bedroom into a space that actively supports your healing every single night.

Step 1 — Clear the Energy First

Before any physical changes, clear the energy of your space. Open the windows for 10 minutes to let fresh energy in. You can also use sage, palo santo, or frankincense to cleanse the room. As you move through the space, set an intention: "This room is a place of healing, rest, and sacred renewal."

Step 2 — Crystals for Sleep

Place these healing crystals near your bed or under your pillow:

- **Amethyst** — promotes deep sleep and peaceful dreams
- **Rose Quartz** — fills the space with loving, gentle energy
- **Black Tourmaline** — absorbs negative energy and provides protection
- **Selenite** — cleanses energy and connects you to higher guidance

Step 3 — Scent as a Sleep Signal

Your sense of smell is directly connected to the emotional center of your brain. Create a consistent sleep scent that becomes a powerful trigger for rest. Lavender essential oil is the most studied and proven sleep aid in aromatherapy. Diffuse it 30 minutes before bed, or mist your pillow lightly. Your brain will quickly associate this scent with sleep.

Step 4 — Sound and Silence

Protect the sonic environment of your sleep space. Turn off screens at least 30 minutes before bed. Soft instrumental music, nature sounds, or gentle frequencies (432 Hz or 528 Hz) create a healing sound bath that supports deep sleep. Silence is also sacred — honor it when it comes.

Step 5 — The Power of Intention

Every night before you lie down, take 30 seconds to set an intention for your sleep. You might say: "Tonight I sleep deeply and heal completely. I release all that does not serve me. I wake restored, renewed, and ready." Your subconscious mind receives these words as instructions. Give it clear, loving direction.

✦ Your 7-Night Sleep Healing Plan

A Week of Intentional, Restorative Sleep

This 7-Night plan brings together all the practices from this ebook into a structured, progressive healing experience. Each night builds on the last. By Night 7, you will have established a complete healing sleep practice that you can continue for the rest of your life.

Night 1 — Grounding & Safety

Tonight's Practice: Walk barefoot on grass or earth for 5 minutes before sunset. At bedtime, feel your feet on the floor and breathe deeply into your belly 10 times. Say: 'I am grounded. I am safe. The earth supports me.'

Tonight's Affirmation: "I am safe, supported, and deeply at rest."

Night 2 — Releasing the Day

Tonight's Practice: Write three things in your journal: one thing you are grateful for, one thing you are releasing from today, and one intention for tomorrow. Take a warm shower and visualize all stress washing away.

Tonight's Affirmation: "I release this day with gratitude and welcome deep rest."

Night 3 — Chakra Clearing

Tonight's Practice: Lie on your back and practice the 7-chakra breath from Chapter 4 — one breath per chakra, from Crown to Root. With each exhale, imagine each energy center glowing brighter. Do this sequence three times.

Tonight's Affirmation: "My energy flows freely. Every chakra is clear and vibrant."

Night 4 — Heart Opening & Energy Clearing

Tonight's Practice: Place both hands on your heart. Breathe in love for yourself for 5 minutes. Then practice the energy return from Chapter 5. Diffuse lavender oil in your bedroom.

Tonight's Affirmation: "I am clear, I am whole, I am filled with loving energy."

Night 5 — Sacred Ritual Night

Tonight's Practice: Create your full nightly healing ritual from Chapter 6. Set up your sacred sleep space with crystals, soft light, and your chosen scent. Speak your sleep intention aloud three times.

Tonight's Affirmation: "Tonight I enter a sacred space of healing and renewal."

Night 6 — Deep Restoration

Tonight's Practice: Go to bed 30 minutes earlier than usual. No screens after 8 p.m. Combine all practices: grounding breath, chakra clearing, energy return, and your sleep ritual phrase.

Tonight's Affirmation: "I surrender to deep healing sleep. I trust my body completely."

Night 7 — Integration & Gratitude

Tonight's Practice: Reflect on your week of intentional sleep. Write in your journal: what changed? Celebrate any shift — even small ones. Then practice your favorite combination of this week's tools.

Tonight's Affirmation: "I am grateful for every moment of healing rest I receive."

✧ MOVING FORWARD

This 7-Night plan is the beginning, not the end. Repeat it monthly. Notice what deepens over time. Your healing is a practice, not a destination — and every night is a new opportunity to restore yourself completely.

Bonus — 7 Healing Affirmations for Sleep

One for each night of the week • Repeat 3 times as you drift into sleep

SUNDAY

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

MONDAY

"My body knows how to rest. I trust it completely."

TUESDAY

"I release this day with gratitude. I welcome deep, healing sleep."

WEDNESDAY

"I am safe. I am held. I sleep in peace."

THURSDAY

"Every breath I take brings me deeper into healing rest."

FRIDAY

"I am worthy of deep rest. I receive it now with gratitude."

SATURDAY

"As I sleep, every cell in my body is renewed and restored."

With love and light — Benson A. Wong • BensonAWong.com

My Recommended Healing Products

Tools to support your nightly healing practice — personally selected by Benson

Note: These are Amazon affiliate links · I earn a small commission at no extra cost to you.

Cliganic Organic Lavender Essential Oil

4.6 ★ | 78,543 reviews

100% pure natural lavender — ideal for diffusing, pillow misting & your nightly relaxation ritual.

Price: \$8.99

[Shop on Amazon →](#)

Ultimate Aromatherapy Diffuser & 10 Oils Set

4.5 ★ | 64,400 reviews

Beautiful wood-grain ultrasonic diffuser with 7 LED light settings + 10 therapeutic essential oils.

Price: \$19.95

[Shop on Amazon →](#)

7 Chakra Crystal Healing Stones Set

4.6 ★ | 2,200 reviews

Real natural raw crystals for all 7 chakras — amethyst, rose quartz, tiger's eye & more.

Price: \$16.99

[Shop on Amazon →](#)

This Works Deep Sleep Pillow Spray

4.3 ★ | 24,700 reviews

Lavender, vetivert & chamomile — the world's most-loved sleep spray. Mist your pillow and drift into deep rest.

Price: \$33.00

[Shop on Amazon →](#)