

Aligned Nights: *A Guide to Restful Sleep Through Spiritual Alignment*



WRITTEN BY CHRISTINA FLETCHER



LET'S GET YOU RESTED AND ALIGNED.

Hi, I'm Christina Fletcher, a spiritual alignment coach and energy healer offering practical tools in self development so you can show up whole in every aspect of your life.

I have to admit, even if I'm in the midst of perimenopause, I sleep like a log.

But so many people have trouble sleeping these days. It is said to be from stress, hormones, anxiety, or even just age!

No matter what, some nights, it might feel impossible to get the rest you've been told you need.

But what if sleep isn't entirely a physical issue?

What if sleep is also a spiritual experience and lack of sleep is your inner self trying to tell you something?

In this guide, I'll share:

- The spiritual side of sleep.
- How to prepare your spiritual self for deep rest.
- A simple bedtime checklist to help you sleep better.
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Sometimes, there's a physical reason for sleep struggles, but in my experience, many sleep issues come from an energetic imbalance.

So, let's align your energy so you are in the optimal position for a restful night!

Love and light,
Christina



WHAT IS SLEEP, REALLY?

While your body rests, your soul explores!
You are more than just your body: you are a spiritual being. Every night, while you sleep, your soul stretches beyond this world. It may help others, visit new places, or process your emotions from the day.

But if your body is stressed or your mind is racing, it can be hard to fully relax. Your nervous system might be on high alert, making it feel unsafe to let go.

Therefore, included with this guide you will find a meditation mp3, which includes an energy healing imprinted to the recording, and a pre- bedtime exercise routine video to help you feel safe, calm, and ready for deep sleep.



BUT I'M TIRED, WHY WON'T MY HEAD SHUT UP SO I CAN SLEEP?

Your brain has one main job: to keep you safe.

So while all that chatter in your head might drive you nuts, it's actually your brain reacting to a triggered nervous system. It's scanning for danger, searching for solutions, and trying to help.

It just isn't helping at all!

This is why in this process you'll find tools to ground, which is the practice of letting the energy that is pouring to you from the universe flow through your whole body and into the earth...

It's also important to know that you are picking up a lot of energy from around you. You are receiving energy from other people as well as electromagnetic energy from devices, and the world around you. That energy needs to be released so your body feels safe to rest and relax.



WHY DO I WAKE UP AT 3 AM OR 5 AM?

Sometimes, your soul, your angels, your ancestors or the Universe is trying to tell you something!

There's no better way to get your attention than when you've got nothing else to do!

If you wake up at odd hours, don't panic.

Instead, place a hand on your heart and ask:

"Is there something I need to know right now?"

Breathe deeply and see if anything comes to mind. Don't push, don't over think, just talk to your spiritual source and focus on **LOVE FLOWING THROUGH YOU.**

FYI: This restful mid-night connection time doesn't rob you of sleep, it can just be a meditative space which is just as restful. TRUST!

If you still feel restless, try some gentle stretching or journaling before going back to bed, or put the MP3 Meditation back on to focus on spiritual energy moving through you.



BUT I NEED MORE SLEEP!!!!

I get it, sleep is really important! But spiritual connection, alignment to your whole energetic self, is more so!

Also sometimes, our beliefs about sleep make things harder. For instance, I remember when my son was a newborn, I got only a few hours of sleep each night. I did a little experiment: If I told myself, "*I didn't sleep enough, I'll be exhausted,*" I felt terrible.

But when I changed my mindset to "*I got some rest, and my body will get what it needs,*" I never noticed being tired.

Listen to your body. Some days you may need more sleep, some days less. Be open to what feels right for you not what you've been taught you need!

Meanwhile, don't hesitate to take a nap when you can, change things around, sleep in later than you ever thought you "should". We've been taught a lot about sleep... why not figure out what you are being told from the inside out?

HOW TO ALIGN TO SLEEP!

Your spiritual energy, your soul, flows through you from the top of your head and down into the earth, creating balance and assimilation of your physical and spiritual self.

When your nervous system is triggered, when you are stressed or too in your head, your energy gets stuck.

Where attention goes, energy flows.

So when your thoughts are churning, the energy can't move through you.

Therefore, the process I'm leading you through:

- Gets your energy moving through your body, by going through the process of the video routine.
- Creates a space for mental and emotional clarity through the checklist on the next page.
- Regulates and grounds your nervous system through the meditation and energy clearing Mp3 recording.

By following the simple steps in the following checklist, you will align yourself to a restful night!

YOUR PRE-BEDTIME CHECKLIST

STEP

1

AVOID STIMULANTS *(even emotional ones!)*

Of course, you know not to have caffeine or sugar before bed... but did you know that phone usage, watching tv or the news or having emotional conversations before bed, triggers your nervous system.

STEP

2

This simple process will shake off any excess energy, using the image of the 4 elements within your body. It will have you feeling fully present in your body.

FOLLOW THE PRE-BED ROUTINE VIDEO

STEP

3

GROUND/ EARTH

If possible, stand barefoot outside for a few minutes to release any electromagnetic energy you've stored in your body over the day. In cold weather, stand barefoot on the floor.

STEP

4

Your phone is always looking for that internet connection, bringing in electromagnetic waves into your house and through your body, triggering your nervous system. Shut them down. If you need an alarm, use airplane mode or get a clock.

TURN OFF YOUR PHONE DATA AND YOUR WIFI ROUTER.

YOUR BEDTIME CHECKLIST

READ A BOOK!

STEP 5

A kindle can be alright, but use airplane mode. Also, consider reading fiction instead of self help and non fiction. It shifts your mind to an open space of imagination vs more to-dos, and facts about you or your world.

When you focus on appreciation you create a feeling of love and security within you. Write down a list... or find something you appreciate for every letter of the alphabet while you go to sleep!

STEP 6

LIST WHAT YOU APPRECIATE

LISTEN TO THE MEDITATION.

STEP 7

Time for lights out. Let the meditation play gently in the background. Follow the guided process and then allow the energy clearing to take your stress away.

You will go to sleep when you are ready. Breathe deeply, knowing you are getting the rest your body needs and you are safe. All is well. Let sleep find you whenever it is the right time.

STEP 8

ALLOW SLEEP TO FIND YOU.



MAY YOUR NIGHTS BE BLESSED AND YOUR MORNINGS FRESH!

I hope this process serves you well!

Please share your results on your favorite social media and tag me at @spirituallyawareliving!

Meanwhile, if you enjoy this process, especially the meditation experience, why not come check out my membership program, The Energy Reset Circle.

We meet every Sunday at 9pm UK time, to align to a calm, connected week ahead, using a process similar to what you heard during the Mp3. Replays are sent out and you will also find support in a whatsapp group as well as a member portal with courses and other resources.

Check out the program [here](#).

In the meantime, “*may flights of angels sing thee to thy rest.*”

Sleep well, dearest!

Love and light, Christina

“You allowed me to give myself time for me... without making the excuses that often get in the way.. so thank you.”



CHRISTINA FLETCHER

Christina is passionate about helping overwhelmed and over run women, reignite their inner fire through practical spiritual tools.

Having run her own business while homeschooling her 3 kids she knows a bit about busyness and active brain chatter.

However, through spiritual practices, energetic tools and alignment to her soul and source, she found alignment and smooth sailing.

Dive into Christina's world by visiting her website, [Spiritually Aware Living!](#)