Morning Trance Devotion —Rise

♦ Begin

Find a quiet place.
Sit or lie comfortably.
Let the room grow soft around you.
This is your moment —
to unwind, to release, to fall inward.
Read slowly, as if every word is sinking into your body.

→ Begin

Find the quiet before movement.

Sit comfortably, without rushing.

Let the morning be soft around you.

This is your moment — to wake from the inside,

to rise slowly,

before the world makes a sound.

Today, you choose ascent.

Today, you choose rising -

not in force,

but in natural growth.

Let the breath brighten by itself.

Let every line feel like a gentle lift upward.

→ Breath Cycle

Place one hand on your chest...

and one on your stomach.

Feel the spark of breath —

the first warmth of morning,

the upward pull toward clarity.

Breathe with rhythm:

Inhale through the nose for 4

Hold for 2

Exhale through the mouth for 6

Again, lighter:

4 in... 2 hold... 6 out

4 in... 2 hold... 6 out

Let each inhale lift you higher.

Let each exhale open space for light.

With each breath, whisper inside:

"I rise."

Feel how the body responds.

♦ Morning Awakens

Let your eyes soften, even if they're open. Feel your shoulders loosen as warmth spreads into awareness gentle, glowing, slow. The night falls away behind you, like mist leaving the surface as the sun rises. Thoughts come lightly now – not heavy, not demanding. Your spine lengthens without trying. Your ribs open like a flower turning toward light. You are not rushing now. You are rising. You are lifting into the day.

You are lifting into the day.

Let rising happen the way dawn takes the sky —

♦ Light Lives in You

gradually, beautifully.

In this moment, you return to the light inside you. Softly say:

"Rising is my nature."

Let that truth settle
behind the ribs,
where breath becomes energy.

Light is not effort.

Light is not struggle.

Light is the natural expansion
of who you already are.

Let warmth spread slowly through your chest, your arms,

your mind -

like sunlight melting the last of the dark.

Say gently:

"I rise from within."

"Light opens in me."

Let the words become sensation.

◆ Breath Cycle

Now breathe brighter:

Inhale for 5

Hold for 1

Exhale for 7

Let each inhale feel like upward motion -

thoughts clear,

energy roots,

awareness blooms.

Let the mind wake

like petals unfolding in morning air.

With every inhale, think:

"I lift."

Let the body follow.

→ The Body Knows Morning

Notice your jaw awake now.

Notice your tongue soft and light.

Notice how your eyes brighten

behind their lids.

Your body remembers morning even when your mind feels slow.

♦ Rise as Devotion

Feel how gentle the world becomes when you wake from the center. Let your muscles lengthen like branches reaching into light. You are supported here, without force. Whisper inside: "I rise for this day." "The day rises for me." Feel the truth of it not as thought, but as a lift in the breath.

♦ Breath Cycle

One last breath cycle to carry you into the morning:

Inhale 6

Hold 2

Exhale 8

Slow...

bright...

open...

Let the inhale feel like sunrise spreading through the body – radiant, calm, alive.

As you exhale, say:

"I rise into the day."

Let the words become intention.

♦ Closing

Today, rising is peace.
Today, you return
to your upward nature.
Your body knows the way up.
Your breath is the lift.
In your final whisper, say:
"I lift. I open. I rise."
Open your eyes.
Let the morning enter.
Movement arrives naturally,
like light returning to the world.
Good morning.
You are rising.
You are bright.
You are whole.

