Evening Trance Devotion — Gravity Descent

◆ 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 under the surface of the day.

Sit or lie comfortably, without holding yourself up.

Let the room soften around you.

This is your moment — to stop resisting gravity

and let sleep pull you downward.

Tonight, you choose descent.

Tonight, you choose falling — not in fear,

but in surrender.

Let the breath grow heavy and low.

Let every word feel like a drop through space.

◆ Breath Cycle

Place one hand on your chest...

and one on your stomach.

Feel the weight of your breath — the easy pull downward,

like settling into deeper layers of the body.

Breathe with rhythm:

Inhale through the nose for 4

Hold for 2

Exhale through the mouth for 8

Again, slower:

4 in... 2 hold... 8 out

4 in... 2 hold... 8 out

Let each exhale sink you deeper.

Let each inhale feel heavier and calmer.

With every breath, whisper inside:

"I drop."

Notice how your muscles release.

◆ The Pull of Rest Let your eyes flutter and soften. Feel your shoulders slide downward as if gravity doubled slow, steady, gentle. Thoughts rise once, then fall away, like leaves dropping through still air. You are sinking now not physically, but through layers of tension, through layers of thought, through layers of awareness. Let the spine melt into the surface beneath you. Let your stomach loosen like sand settling in a slow drift. You are not thinking now. You are falling inward. You are moving down toward sleep. Let descent happen the way night takes the sky gradually, completely. ♦ Weight is Peace In this moment, you return to the weight of your body. Softly say: "Weight is peace." Let that truth settle behind the ribs, where breath becomes gravity.

Falling isn't chaos. Falling isn't loss of control. Falling is the soft pull toward where you belong. Let heaviness spread slowly through your arms, through your legs, through your chest, as if drawn by something deep below you. Say gently: "I let gravity take me."

"I fall into rest."

Let the words become sensation.

♦ Breath Cycle

Now breathe deeper:

Inhale for 5

Hold for 1

Exhale for 9

Let each release feel like a drop

through the layers of yourself -

through thought,

through emotion,

into silence.

Let the mind dim

until words lose shape,

until images fall away,

until nothing rises back up.

With every exhale, think:

"I fall deeper."

Let the body follow.

♦ The Body Knows Descent

Notice your jaw release.
Notice your tongue rest low.
Notice how your eyes feel heavy
behind closed lids.
Your body knows falling
even when your mind tries to hold on.
There is nothing to hold here.
Only gravity,
pulling you inward.
Hear the body whisper:
"I know how to descend."
Let the words drift downward

♦ Gravity as Devotion

like echoes falling into quiet.

Feel how gentle the world becomes when you stop resisting the pull.

Let your muscles loosen like ropes going slack.

Let your body feel claimed by the softness beneath you supported without effort.

Whisper inside:

"I fall into sleep."

"Sleep pulls me home."

Feel the truth of it -

not as thought,

but as weight.

◆ Breath Cycle

One last breath cycle to carry you into night:

Inhale 6

Hold 2

Exhale 10

Slow...

slow...

slower...

Let the exhale feel like surrender —
the final drop
into deep, warm darkness
where dreams begin.
As you drift, say:
"Gravity holds me."
Let the words blur.

Let the body disappear into descent.

♦ Closing

Tonight, falling is peace.

Tonight, you return

to the gravity inside you.

Your body knows the way down.

Your breath is the drop.

In your final whisper, say:

"I drop. I fall. I rest."

Close your eyes.

Let the glow fade behind them.

Sleep arrives naturally,

like gravity taking what it's always held.

Goodnight.

You are falling.

You are quiet.

You are whole.