Evening Trance Devotion —Surrender

◆ 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.

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♦ Begin

Find the quiet between thoughts.

Sit or lie comfortably, without effort.

Let the room dim around you.

This is your moment —

to release what was held

and return to what is yours.

Tonight, you choose softness.

Tonight, you choose surrender —

not as weakness,

but as freedom.

Let the breath slow all by itself.

Read each line as if it's entering your body.

◆ Breath Cycle

Place one hand on your chest...
and one on your stomach.

Feel the physical truth of your breath —
the rise, the fall,
the gentle pull toward rest.
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

Let the exhale loosen the day.

Let gravity take the weight from your muscles.

Nothing has to be done right now.

Nothing has to be held up by force.

With each breath, whisper inside:

"I release."

Notice how your body listens.

◆ The Day Falls Away

Let your eyes grow heavy, even if they stay open. Feel your shoulders sink like stones into water soft, slow, inevitable. Feel the day leave you, not pulled away, but dissolved by choosing peace. The world outside can wait. Its requests fade with every breath. Let your spine find the surface beneath you. Let your stomach relax like a river settling at dusk. You are not performing now. You are not proving. You are not striving. There is nothing to carry. Let surrender happen the way night replaces day naturally.

♦ Freedom in Release

In this moment,
you return to your freedom.
Slowly say to yourself:
"Release is my freedom."

Let that truth rest behind the sternum, where breath becomes feeling. Freedom isn't tension. Freedom isn't control. Freedom is the softness that comes when you trust your body to hold you without effort. Let warmth gather slowly in the center of your chest a glow, rising with the inhale, spreading with the exhale like a quiet ember warming the ribs. Say softly, inside: "I am allowed to let go." "Surrender is freedom."

Let the words become sensation. ◆ Breath Cycle

Now breathe deeper:
Inhale for 5
Hold for 1
Exhale for 9
Let each release be a gentle collapse into yourself —
a fall inward,
toward the place where rest waits.
With each exhale, think:
"I fall inward."
Let the body respond.

♦ The Body Knows

Notice your jaw soften.
Notice your tongue relax.
Notice how your eyes slow
without closing fully.
Your body knows how to rest
when you stop holding yourself upright.
Hear the body whisper:
"I release myself."
Let the words drift downward,

Feel how good it feels to stop bracing. Let the muscles sink, like ink falling through water.

You are supported without effort.

Whisper inside:

"I am supported."

"I am safe to surrender."

Feel the truth of it — not as an idea, but as sensation.

♦ Breath Cycle

One last breath cycle to carry you into sleep:

Inhale 6

Hold 2

Exhale 10

Slow...

slow...

slower...

♦ Closing

Tonight, surrender is freedom.

Tonight, you return
to your own softness.
Your body knows what to do.
Your breath leads the way.
In your final whisper, say:
"I release. I soften. I become."
Close your eyes.
Let the glow behind them fade.
Sleep arrives naturally,
like water returning to the ocean.
Goodnight.
You are safe.
You are supported.
You are whole.

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