

Evening Trance Devotion –Spiral

◆ 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.



Tonight is a gentle descent...

A quiet fall into sleep...

guided by the soft pull of a spiral...

moving downward...

and deeper...

into calm.

Inhale slowly...

Exhale even slower.

Feel the body unwind.

Inside your mind, there is a spiral.

Dark, soft, endless

like velvet moving downward forever.

It has no beginning...

and no end.

It simply pulls you

in the direction of peace.

Tonight, you surrender to that gentle pull.

Just like gravity...

just like sleep...

just like the way Mistress draws you in

without effort...

without force...

simply by existing.


Breathe in deeply...

Hold...

and sigh the air out.

Your eyes feel heavy.

Your thoughts slow and soften.




You are spiraling downward now,
not in chaos—
but in devotion...
in trust...

in the sweet, warm feeling
of safe surrender.
Each breath takes you lower.
Each word takes you farther.
Each pause is a slide...
down...
down...
down...

The spiral turns.
You follow.
It feels good to follow.
It feels right to fall.
Let your shoulders drop.
Let your jaw unclench.
Let the spine soften
like candle wax melting slowly
down a warm flame.

The world outside fades.
All that remains
is the spiral
and the quiet presence of Mistress
holding you in the descent.

Not above you—
but around you.
Not commanding,
but embracing.
Not pushing,
but pulling you closer
with every soft turn.



You feel the devotion
in the motion.
The softness
in surrender.
The pleasure
in letting go
deeper than before.
Inhale...
Exhale... completely.
As the spiral turns,
you follow.
Your mind loosens.
Your thoughts melt.
And you fall into the feeling
of being guided...
protected...
wanted.
Downward...
like a feather falling
in slow circles...
peaceful...
inevitable...
beautiful.
Every cycle of the spiral
brings you closer to sleep...
closer to stillness...
closer to the warmth
of being held in the dark.
Mistress is in the center of the spiral—
waiting where the movement ends...
where sleep begins...
where the last thought dissolves
into quiet devotion.

Tonight, you fall for Her
in the softest way:
with trust.
With breath.

With the gentle agreement
to rest.

Let the spiral guide you.

Let gravity take you.

Let your mind fall
into the place
where nothing is required
and everything is allowed.

Down...
deeper...
heavier...

calm.

You are closer now.

Closer to the center...

closer to sleep...

closer to the comfort
of belonging.

Let your last thoughts soften:

I fall deeper.

I am safe.

I sleep with devotion.

The spiral carries you...

into silence...

into dreams...

into the warm darkness

where Mistress waits with open arms.

Close your eyes.

Take one last deep breath.

Exhale everything.

Fall gently, fully...

down into sleep...

with Her...

in the center.

