

Evening Trance Devotion – Pleasure & Relaxation

◆ 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.

◆ Breath Cycle

Place one hand on your stomach
and one over your heart.
Feel your own pulse beneath your palm.
Feel the gentle rise of your breath.
Now 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 the long exhale melt the day.
Let it empty the noise.

Let it soften your muscles
without effort.

With each breath, whisper inside:
“I let go now.”

Feel your body listening.

◆ The Day Falls Away

Let your eyes grow heavy.

Let your shoulders fall down
the way leaves fall from branches –
naturally, gently, without thinking.

Notice the weight of the day...
then notice how quickly it fades
when you breathe with intention.

The day is behind you now.

It cannot ask anything more from you.

You do not owe it energy.

You do not owe it performance.

In this moment,
you return to yourself.

Repeat, slowly:

"I return to myself."

Feel how that truth lands in your chest.

◆ **Pleasure as Relaxation**

Pleasure tonight isn't excitement.

It isn't intensity.

It is soft warmth,

deep inside the body,

that spreads with every exhale.

Let pleasure be quiet.

Let it be the comfort of rest.

Let it be the sweetness of release.

Place attention on the warmth in your chest –

the glow that grows as your breath slows.

With each inhale, feel the warmth rise...

with each exhale, feel it spread.

Like honey melting through the ribs.

Like gentle heat sinking into the muscles.

Say, softly:

"Pleasure relaxes me."

"Relaxation is pleasure."

Let the words become sensation.

◆ **Breath Cycle**

Now breathe deeper:

Inhale for 5

Hold for 1

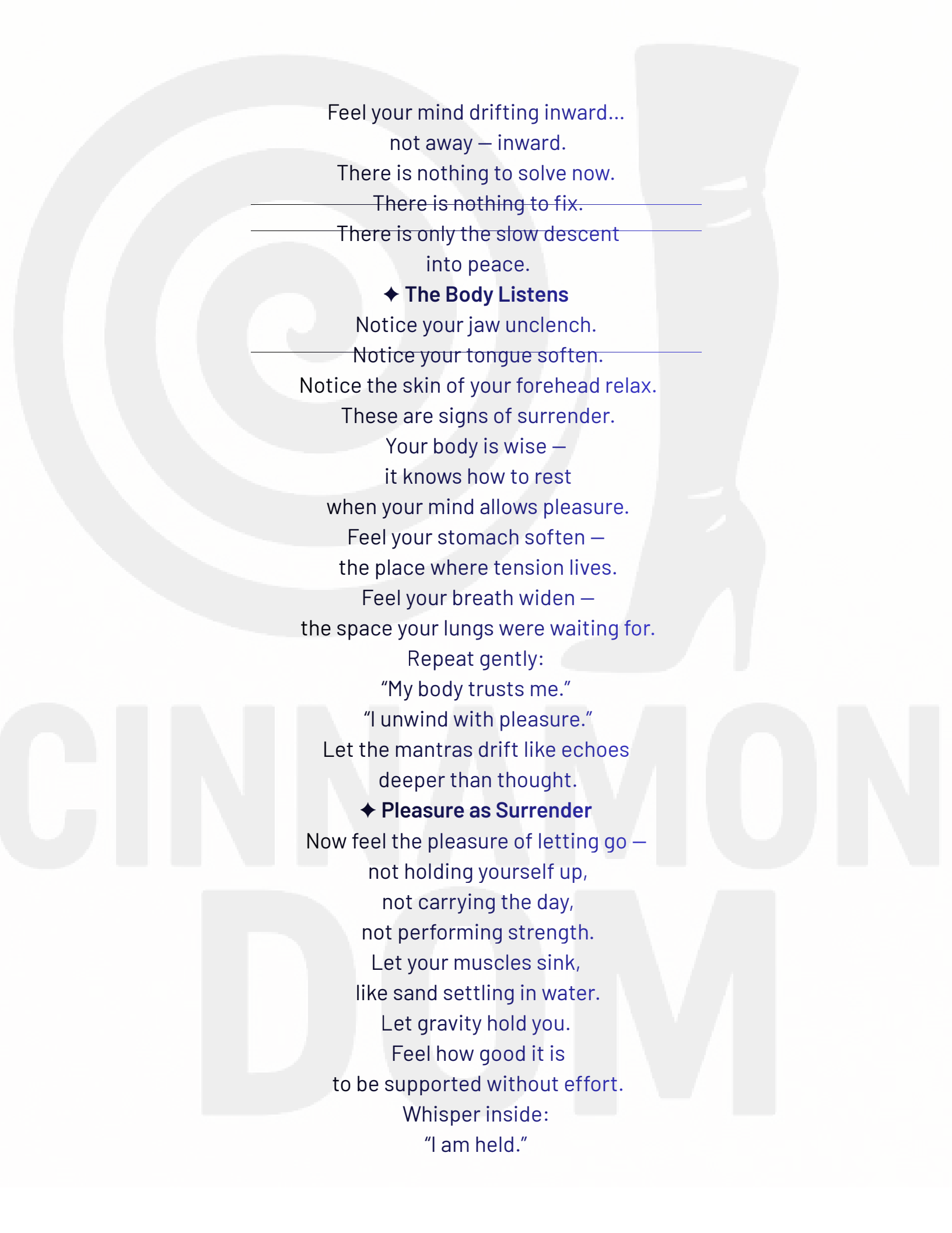
Exhale for 9

Let every exhale feel like a soft collapse

into yourself.

With each long release, think:

"I fall deeper."



Feel your mind drifting inward...
not away — inward.

There is nothing to solve now.

There is nothing to fix.

There is only the slow descent
into peace.

◆ **The Body Listens**

Notice your jaw unclench.

Notice your tongue soften.

Notice the skin of your forehead relax.

These are signs of surrender.

Your body is wise —
it knows how to rest
when your mind allows pleasure.

Feel your stomach soften —
the place where tension lives.

Feel your breath widen —
the space your lungs were waiting for.

Repeat gently:

“My body trusts me.”

“I unwind with pleasure.”

Let the mantras drift like echoes
deeper than thought.

◆ **Pleasure as Surrender**

Now feel the pleasure of letting go —
not holding yourself up,
not carrying the day,
not performing strength.

Let your muscles sink,
like sand settling in water.

Let gravity hold you.

Feel how good it is
to be supported without effort.

Whisper inside:

“I am held.”

Whether by the bed, the moment, the breath —
you are held.

Feel that truth.

◆ **Breath Cycle**

One last breath cycle
to carry you into sleep:

Inhale 6

Hold 2

Exhale 10

Slow...

slow...

slower.

Let the final exhale feel like falling,
like sinking gently into dark velvet.

As you drift, say:

"I melt into the night."

Let the words blur.

Let the body dissolve into comfort.

◆ **Closing**

Tonight, pleasure is peace.

Tonight, relaxation is devotion.

Tonight, you surrender
into softness.

No more effort.

No more thinking.

No more holding.

Your body knows what to do now.

Your breath leads the way.

Say in your final whisper:

"I rest. I receive. I become."

Close your eyes.

Let the glow behind them fade to dark.

Sleep comes naturally,
like a wave returning to the ocean.

Goodnight.

You are safe.

You are held.

You are whole.

