Evening Trance Devotion —Blank Mind

◆ 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 beneath your thoughts.
Sit or lie comfortably, without effort.
Let the edges of the room soften.
This is your moment —

to unwind the mind and fall into stillness.
Tonight, you choose quiet.
Tonight, you choose emptiness — not as absence, but as peace.

Let the breath become slow and wide. Let every line soften something inside you.

♦ Breath Cycle

Place one hand on your ribs...
one on your stomach.
Feel the rhythm of the breath —
thoughts move with it,
thoughts leave with it.
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 empty the mind.
Let the inhale arrive without thinking.
Let everything unnecessary soften away.

With each breath, whisper inside:
"I let go of thought."
Feel how the body agrees.

♦ Thoughts Drift Away

Let your eyes blur,
even if they stay open.
Feel your shoulders dissolve
as if melting out of awareness —
soft, slow, inevitable.
Thoughts arrive,

I houghts arrive, but they don't stay.

They pass through you

like clouds fading into night.

They don't matter here.

They don't belong here.

Let your spine settle in the space beneath you.

Let your stomach soften

like a wave settling flat on still water.

You are not thinking now.

You are dissolving.

You are drifting

into a mind without edges.

Let blankness happen

the way darkness replaces day — quietly.

♦ Emptiness is Peace

In this moment, you return to the blank space inside you.

Softly say:

"Blankness is peace."

Let that truth rest

behind the ribs,

where thoughts once were.

Quiet isn't empty.

Quiet isn't numb.

Quiet is a soft sky

where nothing needs to exist.

Let stillness spread slowly
through the mind,
like ink fading in water
until it disappears.
Say gently:
"I let my mind go blank."
"Blank is peaceful."
Let the words become sensation.

♦ Breath Cycle

♦ The Body Knows Stillness

Notice your jaw release.
Notice your tongue soften.
Notice how your eyes seem to float
just behind their lids.
Your mind knows how to blank
when you stop holding thoughts upright.
There is no control now.

Only quiet,
pulling you inward.
Hear the body whisper:
"I rest without thought."
Let the words fall through you
like echoes you don't need to understand.

◆Blank Mind as Devotion

Feel how gentle the world becomes

when thinking stops.

Let your muscles loosen
and disappear from attention.

Let your mind expand

until it is impossible to find the edges.

Whisper inside:

"I am blank."

"I am quiet."

Feel the truth of it—
not as a concept,

♦ Breath Cycle

but as a feeling of space.

One last breath cycle to carry you into night:

Inhale 6

Hold 2

Exhale 10

Slow...

slow...

slower...

Let the exhale erase the final thought -

the last word,

the last image -

leaving nothing but darkness

and softness.

As you drift, say:

"My mind is blank."

Let the words blur.

Let the body dissolve into emptiness.

♦ Closing

Tonight, blankness is peace.

Tonight, you return
to the quiet inside you.
Your body knows silence.
Your breath is the doorway.
In your final whisper, say:
"I empty. I soften. I become silence."
Close your eyes.
Let the glow behind them fade.
Sleep arrives naturally,
like ink disappearing into water.
Goodnight.
You are quiet.
You are blank.
You are whole.

