Evening Trance Devotion —Trust

◆ 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.

(CO)

♦ Begin

Find the quiet.

Let everything else wait.

Sit or lie comfortably.

Let the room dim down around you.

This is your moment —

to return to yourself,

to fall inward,

to remember your softness is strength.

♦ Breath Cycle

Place one hand on your stomach and one over your heart.

Feel the warmth of your own skin.

Feel the pulse beneath your fingertips.

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 breath empty the day.

Let the exhale melt the pressure.

Let your muscles soften without permission needed.

With each breath, whisper inside:

"I can let go now."

Feel how your body listens.

◆ The Day Releases You

Let your eyes grow heavy.
Feel your shoulders descend,
like leaves falling from branches —
natural, weightless.
Feel the weight of the day...
then feel how gently it leaves
when you choose softness.
The day is behind you.
It cannot ask anything more of you.
You are not performing now.
There is nothing to carry.
Let your spine settle,
let your stomach relax,
let gravity take over for you.
You do not owe the world strength right now.

♦ Soft Power

In this moment, you return to your power. Slowly repeat: "My softness is my strength." Feel that truth settle in your chest. Power isn't tension. Power isn't effort. Power is the peace that comes when you trust your body to hold you. Let warmth collect slowly: in the center of your chest, behind the sternum, where breath becomes emotion. With each inhale, feel warmth rise... with each exhale, feel it spread like honey through the ribs. Say, softly:

"I am allowed to be soft."

"Softness is powerful."

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 slow surrender

into yourself.

With each release, think:

"I fall deeper."

♦ The Body Understands

Notice your jaw loosen.

Notice your tongue soften.

Notice how your eyes relax

without closing.

Your body knows how to rest

when your mind allows softness.

There is nothing to protect right now.

No guard to hold.

No mask to wear.

Feel your body say:

"I trust myself."

"I know how to rest."

Let the words drift down

like echoes that settle deeper than thought.

♦ Trust as Devotion

Now feel how good it is

to stop holding yourself upright.

Let your muscles sink,

like sand easing into water.

You are supported,

without any effort from you.

Whisper inside:

"I am held."

"I am safe to let go."

♦ Breath Cycle

One last breath cycle to carry you into sleep:

Inhale 6

Hold 2

Exhale 10

Slow...

slow...

slower.

Let the exhale feel like falling

into soft darkness.

As you drift, say:

"I melt into the night."

Let the words blur.

Let the body dissolve into comfort.

♦ Closing

Tonight, softness is power.

Tonight, trust is devotion.

Tonight, you surrender

into your own wisdom.

Your body knows what to do.

Your breath leads the way.

In your final whisper, say:

"I rest. I trust. I become."

Close your eyes.

Let the glow behind them fade.

Sleep comes naturally,

like a wave returning to the ocean.

Goodnight.

You are safe.

You are held.

You are whole.