Morning Trance Devotion —Desire

◆ 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.



Settle somewhere soft. Sit or lie comfortably, without haste. Let morning light touch your skin in whatever way it arrives soft, warm, curious. This is your moment to awaken the fire within, to rise with intention. to feel your inner hunger as something beautiful. Today, you choose desire. Today, you choose to want fully, openly, without restraint. Let the breath warm your chest. Let every line feel like a slow ignition. **♦ Breath Cycle** Place one hand on your chest... and one on your lower stomach. Feel the heat there subtle at first, gathering with each inhale. Breathe with rhythm: Inhale through the nose for 4 Hold for 2 Exhale through the mouth for 6 Again, slower and warmer: 4 in... 2 hold... 6 out

4 in... 2 hold... 6 out

Let the inhale brighten you.

Let the exhale awaken longing
through the body.

With each breath, whisper inside:

"I want."

Feel the warmth respond.

♦ Desire Rises Gently

Let your eyes soften.
Feel your shoulders release
as warmth spreads
in slow, rising waves.
Desire doesn't rush.

It opens.

It blooms.

It stretches through you like heat spreading through gold.
Let the night fall away.

Let morning touch your body from the inside out.

Notice the spark in your chest, the warmth low in your belly, the sweetness behind your breath. You are not resisting now.

You are rising
toward what you crave.
Let desire move
the way sunlight climbs the sky –
inevitable, radiant, slow.

♦ You Are Allowed to Want

In this moment,
you return to the truth
that desire is not a flaw
but a force.

Softly say: "Desire is allowed." Let that truth settle deep in the body in your breath, your blood, your center. Desire is energy. Desire is clarity. Desire is direction. Let heat gather in your chest, your stomach, your hips a warm ascent awakening you fully. Say gently: "I rise with desire." "My wanting gives me power." Let the words become sensation.

♦ Breath Cycle

Now breathe deeper:
Inhale for 5
Hold for 1
Exhale for 7
Let each inhale feel like fuel.
Let each exhale spread heat
through every nerve.
Let your mind brighten
with the fire of wanting—
a clear, steady flame.
With every inhale, think:
"I claim my desire."
Let the body rise with it.

♦ The Body Knows Hunger

Notice your lips soften.
Notice the glow behind your eyes.
Notice the pulse waking in your body,
subtle but undeniable.
Your body knows desire
better than your mind ever has.
There is no shame now.
Only heat,
only longing,
only awakening.
Hear the body whisper:
"I want fully."
Let the words vibrate in you,
a warm hum expanding outward.

♦ Desire as Devotion

Feel how the morning changes
when you rise through desire.
Let your muscles lengthen
with purpose.
Let your breath grow warmer,
deeper, fuller.
You are alive today
in a way only desire can summon.
Whisper inside:
"Desire shapes my path."
"Desire lifts me."
Feel the truth of it —
not as thought,
but as heat.

Breath Cycle

One last breath cycle

to carry desire into your day:

Inhale 6
Hold 2
Exhale 8
Slow...
warm...
powerful...

Let the inhale feed the fire.

Let the exhale spread it through you like morning light over skin.

As you breathe out, say:

"I rise with desire today."

Let the words become intention.

♦ Closing

Today, desire is your compass. Today, you rise not just into the morning, but into your hunger, your fire, your longing, your truth. Your body knows desire. Your breath awakens it. In your final whisper, say: "I rise. I want. I burn." Open your eyes slowly. Step into the day with heat. Good morning. You are desire. You are awake. You are alive.