

Evening Trance Devotion –Ocean Depth

◆ 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.

◆ Begin

Find the quiet below the surface.
Sit or lie comfortably, without effort.
Let the room grow soft and dark around you.
This is your moment —
to sink inward,
to drop below thought,
like a slow descent into blue silence.
Tonight, you choose depth.
Tonight, you choose the ocean —
not of waves,
but of still water below.
Let the breath widen and slow.
Let every line feel like a gentle pull downward.

◆ Breath Cycle

Place one hand on your stomach...
one hand on your ribs.
Feel the rise and fall like a tide.
Feel the body move
as if the ocean is breathing through you.

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 lower you
into deeper water.

Let each inhale feel cool, quiet, clean.

With each breath, whisper inside:

“I sink deeper.”

Feel how your body follows.

◆ **Descent into Blue**

Let your eyes soften,
like light fading through water.

Feel your shoulders drop
as if gravity thickened —
slow, heavy, natural.

The surface world floats above you.

Its noise stays behind,
left shimmering somewhere far away.

Here, everything is slower.

Here, everything is softer.

Thoughts drift like sand
falling through current.

Let your spine melt into the surface beneath you.

Let your stomach soften,
like a wave flattening into calm.

You are not moving now.

You are sinking.

You are going down
toward silence.

Let the descent happen
the way dusk becomes night —
seamlessly.



◆ The Deep is Peace

In this moment,
you return to the depth inside you.

Softly say:

"Depth is peace."

Let that truth settle
behind the ribs,
where breath becomes weight.

The ocean isn't effort.

The ocean doesn't strain.

The deep holds everything
without movement.

Let the quiet thicken around you,
like cool water wrapping your body
in gentleness.

Say gently:

"I fall into the deep."

"The deep holds me."

Let the words become sensation.

◆ Breath Cycle

Now breathe deeper:

Inhale for 5

Hold for 1

Exhale for 9

Let each release pull you down
another layer.

Let each inhale gather calm
like blue light sinking into darkness.

Let the mind soften
until sound fades,
until thought becomes feeling,
until you belong to the deep.

With every exhale, think:

"I go down."

Let the body respond.



◆ **The Body Knows Depth**

Notice your jaw release.

Notice your tongue rest low.

Notice how your eyes float
just behind the lids
like sea glass.

Your body knows depth
even when the mind lives on the surface.

There is no holding now.

Only sinking,
only release.

Hear the body whisper:

"I sink into rest."

Let the words drift downward
like bubbles rising from the dark.

◆ **Depth as Devotion**

Feel how gentle the world becomes
when you fall below it.

Let your muscles loosen
like seaweed moving in a current.

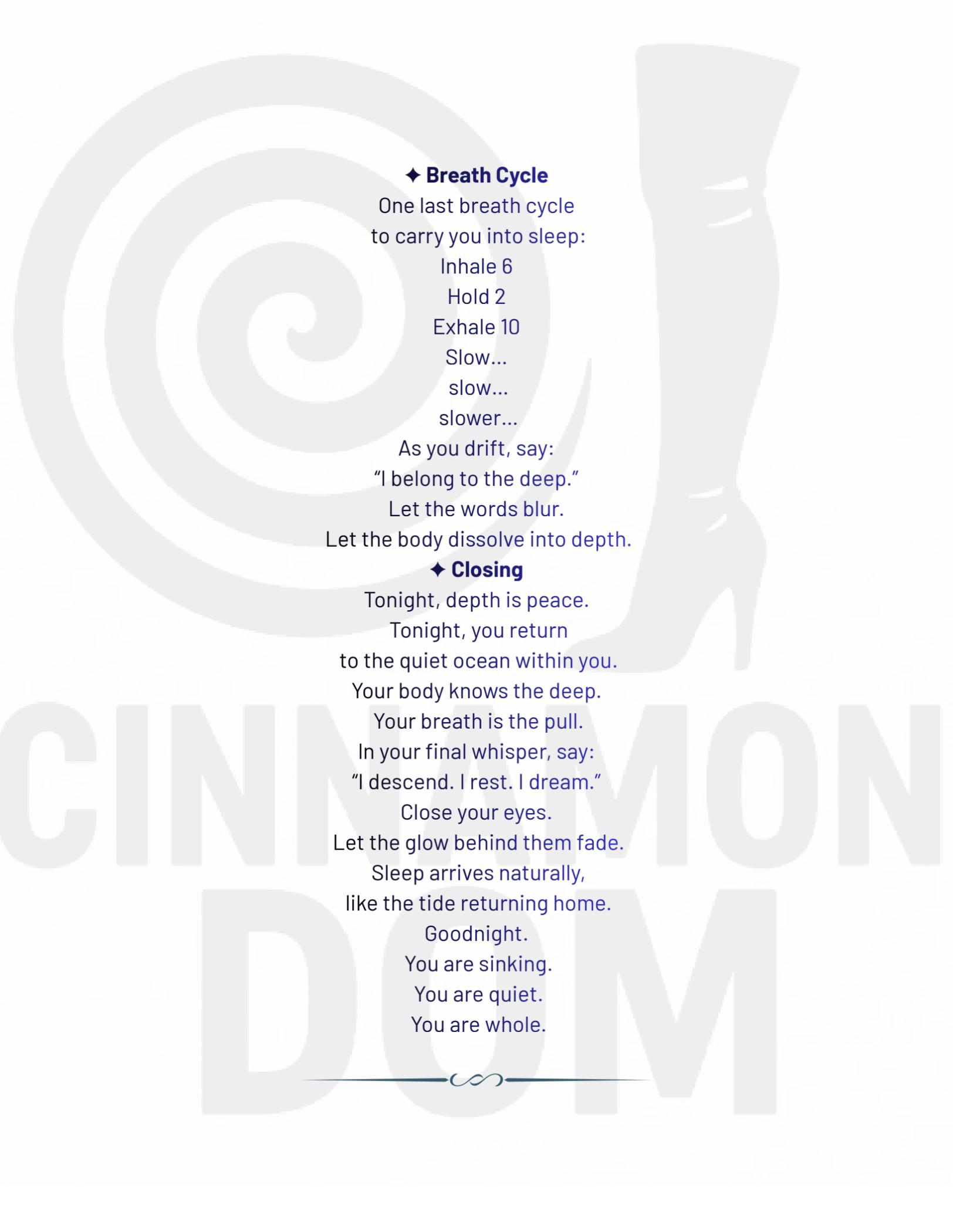
You are supported here
without effort.

Whisper inside:

"I am in the deep."

"The deep is safe."

Feel the truth of it —
not as an idea,
but as a weight pressing you inward.



◆ **Breath Cycle**

One last breath cycle
to carry you into sleep:

Inhale 6

Hold 2

Exhale 10

Slow...

slow...

slower...

As you drift, say:

"I belong to the deep."

Let the words blur.

Let the body dissolve into depth.

◆ **Closing**

Tonight, depth is peace.

Tonight, you return
to the quiet ocean within you.

Your body knows the deep.

Your breath is the pull.

In your final whisper, say:

"I descend. I rest. I dream."

Close your eyes.

Let the glow behind them fade.

Sleep arrives naturally,
like the tide returning home.

Goodnight.

You are sinking.

You are quiet.

You are whole.

