

Evening Trance Devotion –Deep Sleep

◆ 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 underneath everything.
Sit or lie comfortably, without structure.
Let the edges of the room dissolve.
This is your moment —
to drift inward,
to drop into rest
the way stones find the bottom of water.
Tonight, you choose depth.
Tonight, you choose sleep —
not as escape,
but as return.
Let the breath soften without effort.
Let every word feel like a gentle pull downward.

◆ Breath Cycle

Place one hand on your stomach...
one hand on your ribs.
Feel the rhythm of your body —
the tide moving in,
the tide drifting out.
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 exhale dim the mind.

Let the inhale feel heavy, slow, quiet.

With each breath, whisper inside:

"I descend."

Notice what your body understands.

◆ **The Descent Begins**

Let your eyes soften,

like curtains falling at night.

Feel your shoulders drop

as if gravity doubled —
slow, silent, inevitable.

The day lifts off of you
like mist leaving the surface of water.

Thoughts blur.

Tasks dissolve.

Nothing remains to be finished.

Let your spine melt into the surface beneath you.

Let your breath become weight.

Let your body sink

as if resting deeper than the mattress itself.

You are not thinking now.

You are dissolving.

You are sinking

toward the bottom of your own stillness.

Sleep arrives the way darkness fills a room —
from all sides at once.


◆ **Deep Sleep Within You**

In this moment,

you return to the part of you
that knows how to sleep.

Softly say:

"Deep sleep lives in me."



Let that truth settle
behind the ribs —
where breath becomes comfort.

Deep sleep isn't effort.
Deep sleep isn't struggle.
Deep sleep is gravity
pulling you inward
into silence.

Let heaviness spread slowly
through your chest, your arms,
your thighs, your calves,
like warmth sinking through sand.

Say gently:
"I fall into sleep."
"Sleep is my nature."
Let the words become feeling.

◆ **Breath Cycle**

Now breathe deeper:

Inhale for 5

Hold for 1

Exhale for 9

Let each release be a slide downward.

Not forward, not away —
but down into softness,
down into calm,
down where thoughts no longer speak.


With each exhale, think:

"I go deeper."

Let your body follow.

◆ **The Body Knows Sleep**

Notice how your jaw relaxes.
Notice how your tongue rests low.
Notice how your eyes float
just behind their lids.



Your body remembers sleep
even when the mind forgets.
There is no resistance now.

Only gravity,
guiding you to the bottom.

Hear your body whisper:
“I know how to sleep.”

Let the words fall through you
like echoes sinking deeper than sound.

◆ **Sleep as Devotion**

Feel how gentle the world becomes
when you stop holding yourself awake.

Let your muscles loosen,
like threads falling slack.
You are supported here
without effort from you.

Whisper inside:
“I am ready for sleep.”
“I fall deeply tonight.”

Feel the truth of it —
not as a thought,
but as a weight.

◆ **Breath Cycle**

One last breath cycle
to carry you into night:

Inhale 6

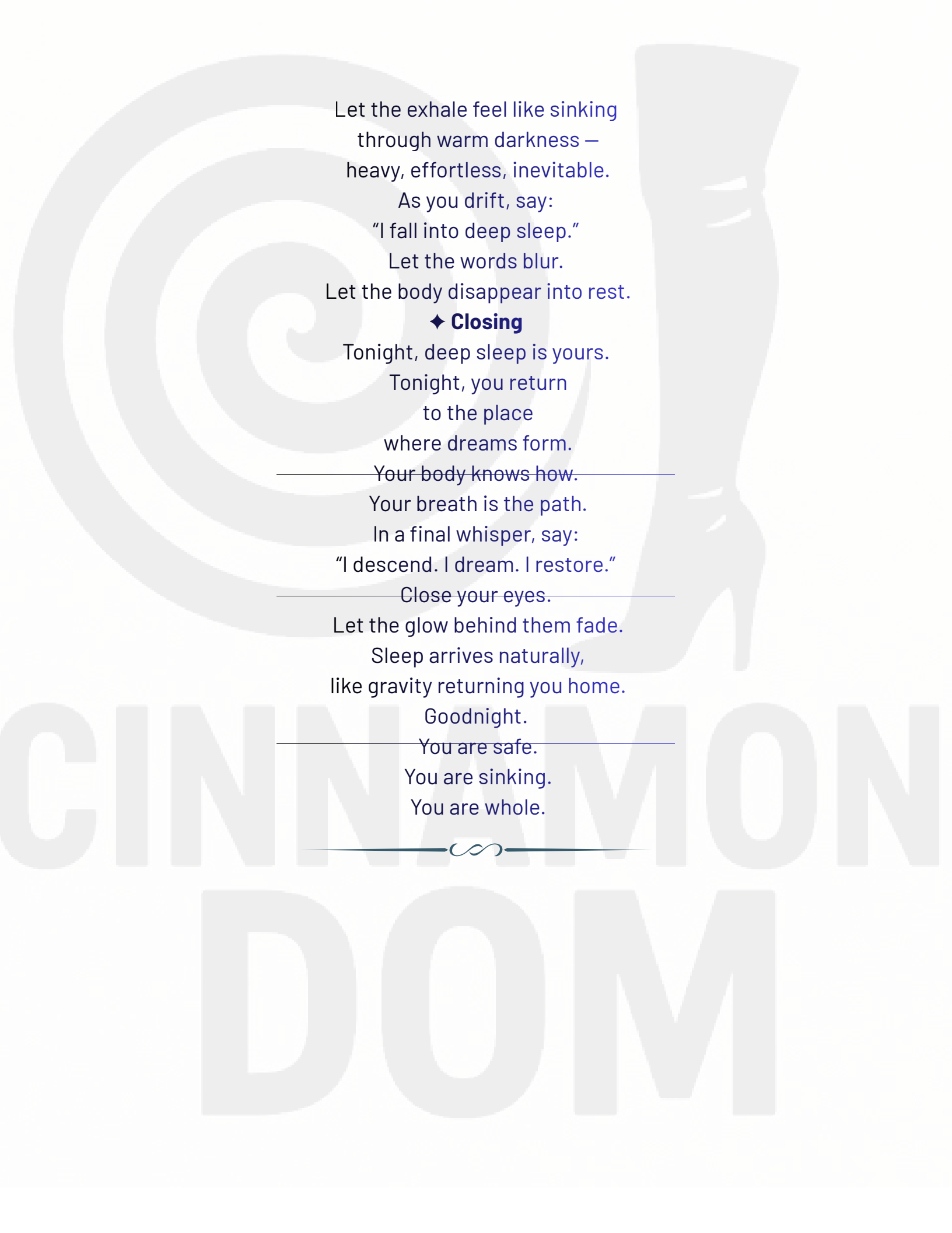
Hold 2

Exhale 10

Slow...

slow...

slower...



Let the exhale feel like sinking
through warm darkness —
heavy, effortless, inevitable.

As you drift, say:
"I fall into deep sleep."

Let the words blur.
Let the body disappear into rest.

◆ **Closing**

Tonight, deep sleep is yours.

Tonight, you return
to the place
where dreams form.

Your body knows how.
Your breath is the path.

In a final whisper, say:
"I descend. I dream. I restore."

Close your eyes.
Let the glow behind them fade.
Sleep arrives naturally,
like gravity returning you home.

Goodnight.
You are safe.
You are sinking.
You are whole.

