Morning Trance Devotion -Pleasure

◆ 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 into the soft quiet of morning.

Sit or lie comfortably, without urgency.

Let the light around you be gentle.

This is your moment -

to awaken not just the body, but the warm current of pleasure that lives beneath everything.

Today, you choose sensation.

Today, you choose pleasure —

not as indulgence, but as energy,

as presence,

as your natural state.

Let the breath fill you slowly.

Let every line feel like warm hands moving through the inside of your body.

◆ Breath Cycle

Place one hand on your chest... and one on your stomach.

Feel the breath swell... feel it glide through you...

soft, warm, awakening.

Breathe with rhythm: Inhale through the nose for 4 Hold for 2 Exhale through the mouth for 6 Again, smoother: 4 in... 2 hold... 6 out 4 in... 2 hold... 6 out Let each inhale gather warmth. Let each exhale spread it through the body. With each breath, whisper inside: "I awaken pleasure." Feel the warmth respond. ◆ Pleasure Wakes Gently Let your eyes soften. Feel your shoulders roll loose, as if melting into morning warmth. Pleasure doesn't rush. Pleasure arrives slowly a quiet hum beneath the ribs, a glow low in the belly, a soft pulse of aliveness spreading outward. Let the night fall away behind you. Let your body awaken from the center first. Notice the gentle currents: the way breath feels on the lips, the way the chest expands, the way your stomach softens into warmth. You are not forcing anything now. You are inviting. You are opening. You are rising into pleasure.

In this moment, you return to the truth of your body that pleasure lives inside you, ready to rise whenever you welcome it. Softly say: "Pleasure is allowed." Let that truth settle behind the ribs, warming you from the inside. Pleasure isn't distraction. Pleasure isn't escape. Pleasure is presence the body waking fully, alive, receptive, open. Let warmth gather slowly in your chest, your stomach, your hips, your throat a soft glow spreading through every muscle. Say gently: "I rise into pleasure." "Pleasure fills me." Let the words become sensation. ◆ Breath Cycle Now breathe deeper: Inhale for 5 Hold for 1 Exhale for 7 Let each inhale lift warm energy upward. Let each exhale spread it downward

through the body.

◆ Pleasure Is Your Nature

Let the mind brighten
with the pleasure of being alive,
awake,
and connected to sensation.
With every inhale, think:
"I open."
Let your body follow.

♦ The Body Knows Joy

Notice the warmth in your jaw.
Notice the softness in your lips.
Notice the glow behind your eyes
as your breath brightens.
Your body knows pleasure
even when the mind forgets.
There is no resistance now.
Only warmth,
only openness,
only aliveness.
Hear the body whisper:
"I welcome pleasure."
Let the words vibrate inside you,
a soft current through every nerve.

→ Pleasure as Devotion
 Feel how gentle the world becomes
 when you rise into pleasure.
 Let your muscles lengthen
 as warmth spreads through them.
 Let your breath thicken with sweetness.

Let your body feel claimed
by its own aliveness.
Whisper inside:
"I rise with pleasure."
"Pleasure moves through me."
Feel the truth of it—
not as thought,
but as sensation blooming
in slow, delicious waves.

♦ Breath Cycle

One last breath cycle to carry you into your day:

Inhale 6

Hold 2

Exhale 8

Slow...

warm...

alive...

Let the inhale feel like rising heat.

Let the exhale feel like pleasure

moving freely through you.

As you breathe out, say:

"I welcome pleasure today."

Let the words become intention.

♦ Closing

Today, pleasure is your guide.

Today, you rise

from warmth,

from softness,

from desire,

from truth.

Your body knows pleasure.

Your breath awakens it.

In your final whisper, say:

"I rise. I open. I feel."

Open your eyes slowly.

Let the morning enter you.

Step into the day glowing.

Good morning.

You are warm.

You are alive.

You are pleasure.