

# BELOVED DEVOTIONS

*A simple daily rhythm for presence, love, and joy*

I'm offering something simple and sincere—a gentle daily rhythm I call *Beloved Devotions*. It's how I begin and end my days, not in response to the world, but as a way of living. These devotions steady me, soften me, and bring me home to myself again and again. They ask for no perfection and no performance—only presence.

*This is how I hold my days and how the days hold me.*

If you're longing for a softer beginning, a steadier center, or a more loving way to live your days, you're warmly invited to receive this offering. It's my gift to you, shared with care and devotion, from my heart to yours.

With love,

*Victoria Dahan*

[Mundancing.com](http://Mundancing.com)



# BELOVED DEVOTIONS

## *The Practice*

~ ♦ ~

### *Morning Devotions*

Prayer—gratitude, wonder, blessings, questions, asking, listening.

Meditation—quiet stillness, breath, deep listening, and conscious dreaming.

Journaling—meeting yourself on the page with honesty and love.

Movement—stretching, strengthening, balancing, dancing, bringing joy into the body.

Learning—reading, listening, or studying something that expands the mind and heart.

~ ♦ ~

### *Evening Devotions*

Reading—something spiritual, uplifting, poetic, or beautiful. It might be one line, one page, or one chapter.

Prayer—gratitude for the day, forgiveness, blessings for the world.

Before sleep, softly repeat: *I love. I love. I love.*

~ ♦ ~

These devotions are meant to be simple and benevolent. Do less rather than skip. Let devotion lead instead of perfection. Return again and again to what brings you home to yourself. Over time, clarity grows, the heart softens, and life begins to feel more spacious, more aligned, and more loving.