

When I am grounded, my face relaxes.

When I am grounded, my eyes see more clearly.

When I am grounded, I hear the silence.

When I am grounded, my sense of smell is heightened.

When I am grounded, words flow with ease.

When I am grounded, my neck loosens.

When I am grounded, my shoulders drop.

When I am grounded, my arms feel strong and light.

When I am grounded, my hands and fingers feel every nuance.

When I am grounded, my chest expands.

When I am grounded, my breath deepens.

When I am grounded, my belly unwinds.

When I am grounded, my posture improves.

When I am grounded, my hips support me fully.

When I am grounded, my legs are powerful.

When I am grounded, my feet and toes are firmly planted.

When I am grounded, my whole body becomes one with the Earth.

I am grounded