

When I am grounded, my life unfolds with ease.

When I am grounded, I connect easily with others.

When I am grounded, others easily connect with me.

When I am grounded, I see alternatives to knee-jerk reaction.

When I am grounded, my heart opens.

When I am grounded, my mind expands.

When I am grounded, I am closer to spirit.

When I am grounded, there is no hurry.

When I am grounded, my fear dissolves.

When I am grounded, my strength emerges.

When I am grounded, my judgments vanish.

When I am grounded, I listen with attention.

When I am grounded, I speak with clarity.

When I am grounded, I sleep deeply.

When I am grounded, my dreams come true.

When I am grounded, I become whole true self.

I am grounded.