

# Grounding Affirmations

*I am grounded in peace and guided by divine wisdom.*

*In silence, I reconnect with my soul.*

*My mind is calm, my heart is open, my spirit is free.*

*Each morning, I awaken in harmony with the Universe.*

*Stillness is my power; peace is my home.*

*I trust the guidance that comes through quiet moments.*

*My breath is sacred. My presence is divine.*

*I release all need for control and surrender to flow.*

*I am one with the stillness of the morning.*

*I carry this peace into everything I do.*

