

# roots & foundation

## *Grounding Affirmation*

Take a deep breath.  
Let these words wash over you

I feel my hips, butt, legs, feet and toes.  
This connects me to what roots me in this life, on this earth.

As I feel my feet on the ground I connect to a solidity and  
sturdiness that is as old and enduring as this planet, this  
home.

