

The Path Lighter

This saying is what it says: grounding, connecting into Mother Earth as well as connecting to Source

Using this everyday can be great help to staying present and assist in letting go of whoever's energies you may be taking on OR whomever may be projecting their energies at you. This is not about protecting as much as letting it all go.

When you do this – as with all the other sayings – you should always do it slowly. This slow pace allows your body to be with the vibration of the words. That is what is going to affect a change. You will notice that each pause in the audio coincides with the words on a single line.

I Command

Now

I AM

Powerfully and authentically

Grounded into

And connected with

Mother Earth

And

I AM

Connected with Source

AND

I AM

Aligned

Balanced

And Centered

With Both