

SECURE IN THE *3rd Dimension*



Offer a vibration that matches your desire rather than offering a vibration that keeps matching what-is. You don't have to take the bad with the good. Why include the bad in the vibration? Only include the good in the vibration, and then only the good can come to you.

Abraham-Hicks Daily Quote

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**To those who have,
more will be given, and
they will have an abundance, but
from those who have nothing,
even what they have
will be taken away.**

Matt. 13.12

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When we're internally stable and centered in the here and now, we can relax enough to open our hearts – no matter how unsafe our circum-stances appear.

Marci Shimoff – *Love For No Reason*

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The energy you feel from walking barefoot promotes health, vitality, and better sleep, harmonizes and stabilizes the body's basic biological rhythms, knocks down and even knocks out chronic inflammation, and reduces and eliminates pain.

Martin Zucker – *Earthing*

The feet are exquisitely sensitive. They take information in from the earth and feed it up to your root. The ultimate result is never feeling alone or separate, and always feeling completely held, loved, protected, and known by earth.

Janet Sussman

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GROUND YOURSELF WITH THE

5-4-3-2-1 Sensory Method

5 things you see

4 things you can feel

3 things you hear

2 things you smell

1 thing you taste

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The Universe is designed to support me.

Right now, in this moment, I am safe.

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**I am supported by a loving Universe where
all is designed to work for my good.**

