

FEEL GROUNDED + BALANCED

Integrate + Elevate · Spiritual Integration · Grounding · Balance · Nervous System Regulation · Spiritual Awakening · Ascension · Embodiment · Restoration · Chakra Alignment · 528 Hz · Energy Healing · Higher Dimensions · Healers · Sacred Soul Symbols · Subliminal Affirmations

DESCRIPTION:

When your spiritual growth accelerates faster than your body can keep pace, life can feel like it is pulling you in two directions. This subliminal is for the healers, lightworkers, and awakening souls who are rising quickly while still showing up for full, demanding lives in the physical world.

Integrate & Elevate helps your body and spirit move as one. Its affirmations ground higher-dimensional awareness into your body, calm your nervous system, and bring balance to every part of your life, so each new level of awakening settles in gently and steadily.

Each affirmation is layered in two voices: the “I” of your own inner voice and the “you” of a voice speaking directly to you. Your subconscious receives every truth from both directions. The audio opens and closes with Sacred Soul Symbols chosen for integration, grounding, and restoration.

This subliminal contains only positive, present-tense affirmations. There are no negative words, no “don’t” or “not” statements, only language your subconscious can fully absorb and act on.

HOW TO USE:

- Listen as you fall asleep — headphones optional but recommended
- Play at a comfortable, low volume
- Allow the track to play through completely
- Consistent nightly listening deepens results over time
- Headphones optional

WHAT THIS SUBLIMINAL SUPPORTS:

- Integrating rapid spiritual growth with ease and grace
- Grounding higher-dimensional awareness into your body and everyday life
- A calm, regulated nervous system as you expand
- Balance between your spiritual path and your daily responsibilities
- Restoring your energy, rest, and physical vitality

FREQUENCY:

528 Hz. Known in sound healing as the “love frequency” and the “miracle tone,” 528 Hz is associated with transformation, restoration, and harmony at the cellular level. It is the ideal companion for a body integrating new levels of light. Music: “Patience” by Jaapi.

SPOKEN AFFIRMATIONS:

Opening

I am fully expanded and fully grounded, all at once.
Every part of me is in harmony, seen and unseen.
My body restores itself with every breath.
I integrate and elevate with ease and grace.

Opening Sacred Soul Symbols

Calling in the following cocktail of Sacred Soul Symbols:
Open, to open you fully to this integration.
Divine Aspect, to connect you with your highest self.
Above and Below, to bring your higher frequencies down into your physical body.
Spiritual Body, to expand your capacity to hold higher light.
Frequency Finder, to locate your body's perfect frequency.
Attune, to attune every energy body to that frequency.
Calibrate, to dial in your signal with precision and ease.
In Divine Love & Light, Creator Change It.

Affirmations (*layered in "I" and "you"*)

My breath moves gently through my body.
My feet rest on the Earth.
My heart beats steady and strong.
My body is here, and I am here.
I feel the ground holding me.
I am present in this moment.
My shoulders soften.
My jaw relaxes.
My breath deepens naturally.
My body is my sacred home.
I am a healer.
I love deeply.
My light is real.
I am a soul becoming human.
I am a human becoming soul.
My higher self and my human self walk together in perfect balance.
I live as divine light in a human body, perfectly balanced.
My intuition is clear.
I trust the wisdom of my body.
My body is wise.
My body is capable.
I am worthy of ease.
Heaven and Earth support me.
Heaven and Earth meet through me.
I am at home in both worlds.
My roots run deep as I rise.
I have the ability to anchor into multiple frequencies at once with ease and grace.

I am anchored in the physical world.
I am anchored in higher dimensions.
I am the bridge, balanced and whole.
My root chakra anchors me into the Earth.
My sacral chakra flows with creative life force.
My solar plexus shines with grounded confidence.
My heart chakra bridges Heaven and Earth.
My throat chakra speaks my truth with ease.
My third eye sees clearly in every dimension.
My crown chakra opens to divine light.
Every chakra is aligned and balanced.
My awakening unfolds gently and steadily.
I expand at a pace my body loves.
Every upgrade settles softly into my cells.
Every cell remembers its natural state of wholeness.
My body integrates every activation with grace.
Integration feels smooth and natural.
My body moves at the pace of my soul.
My body and spirit rise together.
My capacity expands gently every day.
My body holds light with ease.
My nervous system is calm and regulated.
My body feels safe as I expand.
My body and soul understand the same language.
I hear my body clearly.
I am tuned to my body's frequency.
My signal is clear and strong.
Energy flows freely through every cell.
My skin is calm and radiant.
I am fully present in my everyday life.
My daily tasks are sacred.
Each awakening shines through ordinary moments.
I bring my higher wisdom into every conversation.
I handle my responsibilities with grace.
I lead with grounded confidence.
I am clear, focused, and capable.
My spiritual gifts make my daily life easier.
I hold my light and my to-do list with ease.
My energy is restored to its full, radiant strength.
My energy renews itself every day.
I am replenished, restored, and renewed on every level.
I rest deeply and wake refreshed.
I receive support with an open heart.
I ask for help and receive it.
My life is balanced and beautiful.

My inner world and outer world are aligned.
I am grounded, centered, and present.
I am balanced in body, mind, and spirit.
I breathe in, grounded and whole.

Closing Sacred Soul Symbols

Calling in the following cocktail of Sacred Soul Symbols:
Install, to install these truths into every layer of your being.
Align, to align you with your highest available timeline.
Cellular Memory, to awaken your cells' memory of wholeness and vitality.
Balance, to harmonize your body, mind, and spirit.
Flow, to move energy freely through your body.
Stabilize, to steady your nervous system as you expand.
Ripple, to carry this balance into every area of your life.
Ground, to anchor your consciousness fully in your body.
Step Down Frequency, to integrate every upgrade at the perfect pace for your body.
Foundation, to land this integration in your body, nervous system, and daily life.
Anchor, to secure this work across all dimensions.
In Divine Love & Light, Creator Change It.
And so it is. Sealed, activated, and complete.

Closing

I am fully expanded and fully grounded, all at once.
Every part of me is in harmony, seen and unseen.
My body restores itself with every breath.
I integrate and elevate with ease and grace.

For more healing meditations, subliminals, and spiritual transformation tools, visit:

HealEverything.co

Thank you for trusting me to support your transformation. You are powerful, worthy, and whole—this subliminal simply helps you remember what has always been true.

With love and light,

Christina

Founder + Healer

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