

## **Exercise:**

### **Sending Your Energy into a Tree**

\*Substitute a houseplant or garden plant for a tree...really any plant will do, but I highly recommend a tree\*

### **Working on Knowing and Feeling Senses**

Find a special tree that you can build a relationship with. It can be in your yard, your neighborhood, on a walking trail, in a park...etc. Somewhere that you can visit the tree regularly and have a quiet atmosphere to work in.

Tell the tree “hello” and ask it if it wants to talk. If you feel a “yes” proceed. If you feel a “no” find a new tree. In the unlikely event the tree you choose doesn’t want to connect, you will feel a slight pressure pushing you away from it or an understanding that the tree isn’t interested.

Once you gain permission from your tree friend, touch the bark, look and feel the intricate details of the wood. Tell the tree how beautiful it is. Give it a hug if you want to! The tree will be happy to share its energy with you and connect.

When you are ready, sit down facing the tree. I recommend sitting about four feet away from the trunk of the tree.

Now, run through the Earth Star Chakra exercise provided in the first day to ground your energy.

Bring the waterfall of light down through your head and let it trickle all the way down into the Earth Star Chakra. FEEL your chakra centers as the light passes through each one.

When you feel calm, centered and connected, imagine that you are collecting energy from each chakra and drawing that energy into your heart center.

Feel the ball of energy you just collected. It may feel as though your heart is swelling.

When you're ready, gently imagine that you are floating that ball of energy towards the tree. Think of a bubble, gently floating in the air.

When your energy ball reaches the tree. You will then be connected.

Notice how you feel. Did you feel a sudden change within your body?

- Are you all of a sudden thirsty?
- Do you feel bogged down or full of water?
- Do you feel sluggish or full of life?
- Are you happy or sad?
- Do you sense something? Tingles, warmth, cooling?
- Is the tree moving its leaves or branches when before it was not?
- Do you feel a sudden slight breeze?

All of these are messages from the tree and signs you are connected.

Ask the tree a question. Something you don't know the answer to.

- How long has it been here?
- Does it have any messages?
- What is its purpose?
- How is it feeling?
- Can you do anything for the tree?

If you don't feel as though you are receiving messages, try shutting your eyes. That reduces distraction and allows your mind to focus more on the subtle sensations you may feel.

**Write *EVERYTHING* down even if doesn't make sense or feels silly!!**

Thank the tree for sharing its space with you.