

TREE MEDITATION

Trees are alive and carry ancient wisdom, and they are deeply rooted and connected to the Earth.

Daily, take a moment to sit by a tree and just Be, connect and pay it attention, show it gratitude for the oxygen that it gives you to breathe. Take conscious breaths and send it love, and it will communicate with you. Nature is full of Sacred Geometry which holds the Codes of Creation, by paying attention to nature, it will communicate with you on a cellular level and is incredibly healing. When you are feeling anxious or stressed, hug a tree, allow it to absorb all that stress for you. Mother Earth knows how to take care of all that for you, just let it go.

Once you are disciplined with your tree meditations, you can use a tree whenever you feel you need extra support in processing energy. Hugging or meditating by a tree is similar to grounding but a bit more powerful.

Utilize the power of trees and Mother Earth whenever you feel guided to.

