

## **Connecting to Tree Energy**

1. If possible, go barefoot or wear leather-soled shoes or moccasins.
2. Stand comfortably within a few inches of a large tree.
3. Place your fingers and the palms of your hands on the trunk of the tree.
4. Lean your forehead against the tree for extra connection, if you would like to.
5. Close your eyes.
6. Take 3 deep belly breaths, inhaling slowly through your nose, and exhaling through your nose even slower than you inhale. This will help calm your mind so you can listen to spirit.
7. When your mind is calm, ask the tree, “May I feel your energy?”
8. Empty your mind – just let it go blank – and stand quietly for several seconds, waiting and expecting an answer. Stay quiet.
9. Rely on your senses and what lies beyond your senses. With eyes still closed, slowly place your attention to the left then right side of your body, pausing at each side to let your attention feel into the space with curiosity and gratitude for what you’ll find. You can pretend you’re looking into the space, only your eyes are closed.
10. In a few seconds, you may feel energy flowing up and down between you and the tree, or flowing around you and your biofield.
11. Stay quiet and continue listening. You can ask the tree, “How do you feel?” You may feel an emotion from the tree. This will be what the tree and the earth are feeling where you are standing.
12. You can also ask the tree, “Do you have a word for me?” Maybe you’ll feel or hear in your spirit a message of wisdom from the tree.
13. If, after a few minutes, you don’t feel energy, emotion, or a message, don’t worry. We are trained to use our minds instead of our spirit and inner senses. Open your eyes and express thanks or hold gratitude toward the tree.
14. Practice connecting to tree energy once or twice a day until you can feel it. Everyone has the ability to eventually connect with trees. It just takes learning how to quiet your mind and listen to your spirit, and having a desire to know what Universal Spirit in the tree wants to share with you.