

Sending Your Spirit's Intentions Through a Tree

Start by using the same process of connecting to tree energy.

After quieting your mind and connecting to the tree in your spirit, say to the tree, "Please send my intentions through the universe."

Hold your heart's desire for the highest good of all – that whatever the universe brings from your intention will be for the highest good of all parts of the universe.

Start with your Spirit's Intention for all parts of the universe to know they are one with Universal Spirit/ the Whole/God. Say each of the 5 parts of this intention, picturing in your mind that all people who lived in the past, who are alive now, and who will live in the future, are speaking with you.

Say the intentions to the universe with great confidence and joy on their behalf, knowing they already fully desire this intention (because their spirits do):

- a. We know we are spirit.
- b. We align our mind to hear our spirit.
- c. We consciously choose to live as spirit.
- d. We live in harmony with the abundance of the universe and receive all things as good.
- e. We fully express our spirit's desires for the highest good of all.

Place your attention in the tree energy or in the sky. In your mind, picture the intention flowing up the tree, through the leaves, into the sky, and throughout the universe.

Continue to hold the tree with your hands and your thoughts. After a few moments – or when you feel your intention reaching the universe – give your love and thanks to Universal Spirit/God and to the tree.

Allow a few more seconds or moments to see if you can feel a return flow of energy, love, or gratitude from the universe.

Repeat these steps, substituting any other intentions you may have, such as to transmute unhelpful electromagnetic energy in the universe to helpful vibrations, or personal intentions for your life.