

# I AM A TREE MEDITATION....

**Aelah Sophia**

Welcome! And a hearty welcome from the trees.

Today we are bringing you a dose of embodied wisdom to take out to the trees, and a way of connecting with these ancient sources of wisdom, and portals of literal light that exist all around us. The trees!

So please, take this meditation outdoors with you via phone or printed sheet. Find a favorite tree, or simply one that draws you in and sit beneath the tree.

There is so much that comes from tree wisdom, and the trees have a special way of connecting with each other that holds a frequency across our planet for our safety, growth, luminous love, and so much more. The trees are giving us an opportunity to be welcome into their deep consciousness and connection, and to grow alongside them as we follow our hearts into a space of connecting with the Oneness that unites us all.

Do you sometimes sense this connectedness while you're in nature?

The remembering that we are part of earth, not above it or separate from it. All of the beings, creatures, plants, and elementals that exist here are the part of the form and body of Gaia herself. Just like a lung cell and a bone cell in our bodies, we each have a part to play as one body.

So, this meditation today is all about going deep into your heart and envisioning yourself as luminous light node in the form of a tree.

I've used a version of this meditation many times in the sound baths I lead. When I started doing it I noticed how powerful it was for many people simply because most of us have a natural affinity and trust for trees. Isn't that funny? We might not think of it, but trees and forests are often places where we find ourselves returning to our heart, our peace, our naturalness, and so it is easier to connect with trees because that trust and relationship is often already there.

Can you think of your favorite tree? Or one that has held a special place for you in your heart?

I remember the willow tree that grew outside my bedroom as a child, and how I've always loved the whispering willows. We had a swing tied to her branches, and it once broke when I was swinging, crashing me down to the ground. With a thud, and awe, and a pain in my butt. That's how I learned that willow's limbs are not strong, they are more flexible and are great for weaving. I have so many beautiful memories with that willow tree, climbing on her, sitting in her crook. She was a friend to me and a stable force for me during my childhood. There are Ash, Birch, Oak, Maple, Cedar, Redwood, Acacia trees....which one are you remembering now?

The great mother and father trees of our planet share the wisdom through the ages, generations of memories are passed on through soil, plant hormones shared with their neighboring plants and organisms, as well as the knowing of the climate changes and seasons. All of this has been shown in scientific studies now.

So as we start to drop in...can you can start to witness yourself as a great mother or father tree. A beacon of light in your forrest that is here for connection, rest, peace, integration, luminous love, courage....as we start to go into a guided space of meditation, what is the word that you'd like to bring with you? What is your intention?

So ask you find your place to sit, or stand, or lay down near the tree that you have found outside. I invite you to find the posture that feels comfortable. And you can start going into a meditative state.

Start to feel your branches, your arms, and your roots, your feet.

Feel your trunk, and your heart wood.

You can start to lay your arms out wide like a tree now if you'd like, so that you can really feel it. You can sway in the wind if you'd like, or feel the wind rustling through your leaves.

Now picture your nervous system throughout your body, and imagine the nerves that are flowering out throughout your body, that instead of electric impulses, they carry water. Water lines. Like your roots, they are drawing a soothing and calm stream of water to bring you life.

Now follow this stream down to your toes, and just as you feel your toes, sense that they are becoming roots that dig deep into the soil. Seeking for water. Now imagine they find some water underground. Where do they find it? How deep does it go?

Can you feel this connection deep underground with Mother Earth? Can you start to feel your closeness

with her? Can you start to feel how these waters and these soils are part of our connection to her and to each other? That we share these waters with life, and how it keeps us all going.

Now feel into the quality of these roots. How much water do they carry? How thick are they? How deep are they? Are there any parts that need more water? If so, spend some time opening to this experience of your roots.....

What do they need from you? How beautiful and connected are they? How can you feel your stability through them?

Feel into that.

Now, start to draw from your water up through your roots into your trunk, all the way up through your legs, torso, into your heartwood, and up through your arms as your branches, and the top of your head. Imagining now that your branches and upper body are reaching towards the sun, the stars, and the cosmos.

Feel all the light there that is coming into you now.

Feel your leaves starting to respond to this light, absorbing it. Feeling the rays of luminous light coming into your skin and nervous system now from the cosmos and the great central sun. Allowing your leaves and your branches to take this light in, and share it throughout your body.

How do your branches feel as they reach toward sunlight? Are they strong? Are they connected? Are they full of little woodland creatures? Are there areas that might need your attention?

Let yourself feel into your branches reaching up and out now.

And feel the rays of sunshine coming down and opening your neural pathways in your brain, sending this all the way down through your spinal cord and down throughout your whole body and into your heart.

Now feel both the water and the sunlight mixing and coming together like a mist. Feel them swirling into the chambers of your heart. As you start to bring your awareness into your heart wood. The part of your tree that is most protected.

As you feel yourself going deeply within to this sacred chamber, you can bring your hands over your heart and start to feel the love within this experience.

You can bring your word, your intention for this meditation into this space now if you have a word. Let that sound reverberate in these sacred chambers of your heartwood.

As you feel this word you may wish to speak it out loud.

And then suddenly, with the mixing of this sunlight, the mists of water, your heart and your intention a rainbow bursts forth! Like an aurora or an arc it graces you with a knowing of yourself and the beauty you share with this world.

Let that rainbow shine through you.

Feel yourself growing straight and tall as you emanate this rainbow of YOU.

Now feel how the rainbow lands in the woods or forest around you, touching each of the creatures, insects, birds, clouds, soils, rocks, trees and plants nearby.

How does this feel?

As you look around you now, start to sense your breath, the stillness, the movement all around, and all that is....smiling.

Ahhhh.