

## Wednesday 7<sup>th</sup> March 2018

### **Tree of Life Meditation**

Hello and welcome to today's meditation. This is a meditation on the tree of life, of which we are all leaves on, on our own individual branches. With representations as far and wide as Celtic, Norse, African and Kabbalah/Jewish symbolism in different forms, it is a truly universal symbol of life and growth. For this reason, as well as the resonance of grounding ourselves into the web of life I have come to consider this an important symbol that most, if not all can relate to. For this reason today we will be looking at my own, universal interpretation of this symbol as a truly universal glue in the web of life.

My own view of this symbol has us each as a leaf in this great tree, the great branches, forks, trunks and roots that anchor us, the branches we are born upon, how our leaf moves with our life around the branches, and how as we nourish it as a leaf it nourishes us. This is a personal journey through this important symbol of vibrancy and connection in life, being a healthy vibrant leaf in the tree of life that is our connection to the earth. This looks at the trunks, the branches, roots that anchor us to to the physical, transmuting allowing access to the flow of the high etherial. Understanding the whole helps us as well a the tree that is the entirety of life.

## Poetic Meditations

### *The Tree of Life*

*The Tree of Life,  
The vital linking element,  
Revered by many,  
A universal living symbol.  
Linking humanity to nature,  
Linking us to our place,  
Our place on the Earth,  
Our place in life,  
Our place in Gaia.  
It plants our leaf on the tree of life,  
On the branch that we need,  
On the fork we belong,  
In connection to the trunk.  
With deep connections through the roots,  
Our own physical anchor,  
Connecting to the earth,  
Our great tie to Gaia,  
Our great tie to the higher etherial in the physical.*

*Connecting us to our planet,  
Allowing us to work with the material,  
In our scared space,  
Our sacred earth,  
Giving us our place in the web of life,  
The sacred glade that is the earth,  
The Tree of Life.*

## Guided Meditation

### The Tree of Life Meditation

- *Sit down comfortably, with your tailbone as closely as possible grounded to the tailbone to the solid earth to the floor.*
- *Feel yourself letting go to your energy being, feel your chakras. Go down through the cords, through the connections, to feel your Black, Deep Base Chakra, to the earth. Take ten deep breaths to connect to this centre, feel it pulling you in.*
- *Feel this as it pulls you in to your raw essence as it connects to your part in life. Feel yourself open up, feel yourself open up to how this cord connects to an energy flow in a branch, into the flow of universal life. Feel this branch. Feel how securely are you connected, how good is the energy flow, how well is nourishment coming to you in your leaf. As you do feel yourself, your energy connection like a leaf, seeing the other leaves in the tree around you. Feel this, feel the colour, feel the vibrancy of your leaf. Does it feel right. Are you securely connected? Is your colour vibrant or dull, healthy or unhealthy? Take a few moments of feel this, being aware of any blocks both inside and outside the leaf.*
- *As you do this take ten deep breaths, feeling yourself reconnect to the tree, clearing the blocks of energy to you and within you. You may find yourself moving, suddenly, visually trans locating. Or you may find yourself rooting into the place you are now. Feel yourself where you are now, rooted into the energy flow of the branch, the flow of the energy of life. Take a moment to feel this, be fully aware of this before moving on.*
- *Feel yourself moving down your branch, down this ancient, powerful tree, to the nearest major branch. Feel this branch, feel the vibrancy of the energy of the branch, feel the power coming through. Take ten deep breaths, feeling the energy, feeling the light, feeling the power and how you connect to it. Take a few deep breaths to process this before moving on.*
- *Feel yourself move down that major branch to the fork, where your major branch connects to the trunk. Feel the power, feel the raw, undivided power of the tree, feel the grounded power connecting and dividing at the branch. Feel it connect, feel it divide, feel the flow shifting and changing as the major branches come off with ten, deep breaths. Take a few moments to feel this in full awareness before moving on.*
- *Feel yourself move down to the ancient, powerful, trunk of the tree, this truly undivided power. Feel it, feel the power of the trunk, feel how this flows undivided, from the grounding of roots to the earth. Feel it, feel the flow with ten deep breaths. Take a moment to esorb this full awareness.*
- *Feel yourself now move into this ancient root system, this gnarled, solid, ancient, deep root system. Feel it as it draws nourishment and energy from the solid core of the earth, through the ether, through the spirit of Gaia. Now with ten deep breaths feel this elemental energy, coming through, taking form, drawing up. Keep your full awareness of this as you go up through this flow, focusing on your own energy signature, back to your place, your leaf.*
- *Feel yourself on the branch, vital, whole and feeling all the flow. Take ten deep breaths, feeling the vibrancy of your leaf change and become more vibrant. Note the colour of the energy of your leaf, note the colour and vibrancy of the energy flowing through it.*
- *After a few moments take ten deep breaths, feel yourself coming into your body through the deep base, up through your base, up through your spine. Feel your energy system reset, feel the flow come up through the deep base.*
- *Take a few moments, a few breaths to bring this into consciousness and fill out the sheet for later consideration. This is one that you can, and should do again as you change and grow into finding your true self.*

Worksheet  
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**How and Where did Your Leaf Start and Finish?**

**How did you see your Branch?**

**How did you see your Major Branch?**

**How did you see your Fork?**

**How did you see the Trunk?**

**How did you see the Roots?**

**How did you see your Overall Journey and Bring it Back?**

## Notes