

# HER ENCHANTED CREATIONS TREE OF LIFE MEDITATION

BEGIN BY SETTLING INTO A COMFORTABLE SPACE. MAKE SURE THE LIGHTING SOOTHES AND THAT THE SCENTS SURROUNDING YOU ARE COMFORTING. IF YOU LIKE, HAVE RELAXING INSTRUMENTAL MUSIC PLAYING IN THE BACKGROUND. PLACE THE TREE OF LIFE SYMBOL IN FRONT OF YOU. IT COULD BE IN THE FORM OF A SUNCATCHER OR WALL HANGING, A CHARM OR A PHOTO. OR IT COULD SIMPLY BE IN YOUR IMAGINATION. WHATEVER THE FORM, SEE THE TREE.

AS YOU RELAX YOUR BODY, STARTING AT YOUR TOES, FOCUS ON THE TREE OF LIFE. LET YOUR BODY SINK DEEPER INTO YOUR SPACE, DEEPER INTO THE EARTH, AS YOU STUDY THE ROOTS OF THE TREE. FEEL YOUR OWN ENERGETIC ROOTS, TRACING THEM AS THEY POUR DOWN INTO THE EARTH, DEEP INTO THE CORE OF YOUR HISTORY. SEE OR IMAGINE YOUR OWN ROOTS, THOSE THAT NURTURE AND FUEL YOU. NOTICE WHICH IMAGES, WHICH MEMORIES ANCHOR YOU TO THE NURTURING CENTER OF ALL. TRACE THOSE ROOTS TO ASCERTAIN WHICH ONES GROUND YOU, GIVE YOU A SENSE OF CONNECTION AND STRENGTH.

WHEN YOU FEEL READY, SHIFT YOUR EYES, YOUR IMAGINATION, YOUR SENSES, TO THE TRUNK OF THE TREE.

PULL THE ENERGY UP THROUGH YOUR BODY AS YOU STUDY HOW THE TRUNK RISES, HOW IT'S THICK CORE EASILY HOLDS THE WEIGHT OF THE BRANCHES. HOW IT SUPPORTS, NOURISHES AND EMPOWERS THE REST OF THE TREE TO GROW. FEEL THAT STRENGTH WITHIN YOUR OWN CORE, WITHIN YOUR OWN BODY. FEEL THAT STRENGTH EXPAND, NOTICE HOW THE ENERGY FLOWS, HOW IT FEELS, HOW IT TAKES HOLD IN YOUR OWN BODY.

WHEN YOU FEEL READY, ONCE AGAIN SHIFT YOUR EYES, YOUR IMAGINATION, YOUR SENSES, THIS TIME TO THE BRANCHES OF THE TREE.

SEE HOW THOSE BRANCHES REACH OUT, HOW THEY INTERCONNECT, INTERSECT AND SPREAD THEMSELVES WIDE AND FAR. AS YOU NOTICE THE MANY PATHS THEY TAKE, CONSIDER THE WAYS THAT YOUR OWN LIFE EXPANDS. THE MANY ASPECTS OF YOUR OWN PERSONALITY, THE VARIETY OF YOUR OWN INTERESTS. SEE HOW YOU CONNECT WITH OTHERS, HOW YOU REACH OUT. NOTICE ANY BRANCHES THAT CALL TO YOU FOR ATTENTION. CONSIDER IF ANY ARE IN NEED OF MORE OF THE CORE STRENGTH FROM THE TRUNK, MORE OF THE NURTURING ENERGY OF THE ROOTS. NOTICE WHICH BRANCHES ARE STRONG AND SOLID.

WHEN YOU FEEL READY, AGAIN SHIFT YOUR EYES, YOUR IMAGINATION, YOUR SENSES, THIS TIME TO THE LEAVES SPROUTING ON THOSE BRANCHES OF THE TREE.

SEE THE UNIQUE BEAUTY, THE INDIVIDUAL PERFECTION OF EACH LEAF. ACCOMPLISHMENTS, WORDS, RELATIONSHIPS, FRIENDSHIPS, CREATIONS, EXPRESSIONS. THESE ARE ALL LEAVES ON THE TREE. CONSIDER THE MANY WAYS YOU'VE BROUGHT SOMETHING INTO THE WORLD. THE UNIQUE BEAUTY OF EACH CONNECTION, OF EACH CREATION, OF EACH EXPRESSION. FROM THE SIMPLEST TO THE MOST COMPLEX, EACH IS A PART OF YOU. EACH HOLDS IT'S OWN POWER, IT'S OWN BEAUTY. REVEL IN AND APPRECIATE THE WONDER OF THAT, THE FULLNESS OF THOSE LEAVES AND HOW BEAUTIFUL THE TREE IS IN FULL FOLIAGE. TAKE NOTE OF HOW INSPIRING AND COMFORTING IT IS TO VIEW THAT TREE - FOR YOU, AND FOR OTHERS.

AND FINALLY, NOTICE HOW THAT TRUNK GROWS UPWARD, HOW THOSE BRANCHES REACH TO THE SKY, TOWARD DIVINE ENERGY. SEE OR IMAGINE HOW THE TREE IS FUELED, EMPOWERED AND ENHANCED BY THAT DIVINE ENERGY. BE WITH THAT THOUGHT, SIT WITH THAT FEELING FOR AS LONG AS IT FILLS YOU. ASK FOR ANY GUIDANCE, ANY WISDOM.

AND WHEN YOU FEEL READY, SLOWLY BRING YOURSELF BACK TO YOUR WAKING SELF. AGAIN, IMAGINE THE ROOTS THAT CONNECT YOU DEEPLY TO THE EARTH. DRAW ON THAT ENERGY TO GROUND YOURSELF. FEEL THE UNIVERSAL ENERGY OF THE DIVINE THAT EMANATES FROM ABOVE AND FROM ALL AROUND YOU. DRAW ON THAT ENERGY TO CENTER YOURSELF.

TAKE NOTE OF ANY SPECIAL MESSAGES, ANY PARTICULAR ENERGIES YOU ENCOUNTERED IN THE MEDITATION.

AND BE FUELED BY THE NURTURING POWER OF THE TREE OF LIFE.

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