

Using the Tree Meditation to Realign yourself with the Cosmic Energies

First sit down on the ground or in a chair in any position that allows you to feel comfortable. Place the right hand above the left, in a cupped position, with the palms facing upwards, and the fingers extended at the level of the stomach or on the thighs. This classic hand pose is called the Dhyana



mudra as seen in many sculptural images of Buddha. Or you can place your fingers in the centre of your palm. Now, close your eyes and focus on your breath. Allow your body-mind to relax. As you breathe in and out, you can visualise your body as hollow and see liquid light, filling your body up from the soles of your feet to your head. As it fills up your feet, you can say in your mind, *'my feet is relaxed, my ankles are relaxed, my calves are relaxed...'* and so on repeating each part of the body till you reach the head and state that your whole body is completely relaxed.

Once you feel that you are completely relaxed, visualise yourself going deeper into the centre of your being. Now see the space within yourself expanding. See within this space the Tree which is a symbol of the Higher Self. The tree represents the Higher Self or Cosmic Parents which is our true reality. Face the tree and put your arms around the trunk to reassure yourself that it is strong and firm. Stand or sit with your back against it knowing it will support you.

Identify with the Tree, let your awareness merge with the tree. Imagine like the tree you are sending down your roots deep into Mother Earth to bring up the nourishment you need from the Cosmic Mother. Breathe in whatever you need and did not necessarily receive from your human mother, such as love affection, acceptance, compassion and anything else you feel you lacked. Breathe out any anger, resentment, disappointment or any other such emotion.

Reach up as the Tree does with its branches and leaves towards the sun, the Cosmic Father and breathe in whatever is being given to you from that source of nourishment. Breathe out anything that could prevent you from receiving it. You may want to specify what you wish to be given, which your father was unable to give you such as courage, validation, acceptance, affection and support or anything else that comes to your mind. As you breathe out release any negative emotion which you are ready to let go.



Now breathe in from both sources with each breath feel the two streams of nourishment flow through your body, bringing about the balance you need between the Yin and Yang forces of the earth and sun. Stay connected in this way, breathing in whatever you are being given. End this meditation by thanking the Tree and then stretching your arms and legs. You can return to the Tree at any time to seek guidance, nourishment and healing.

