

Practicing the Liquid Light Relaxation, the Tree Meditation and Inviting your Challenges to the Tree for Resolution and Understanding

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, your hands resting on your lap. 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, 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 are being filled with liquid white light and are relaxing, my ankles are being filled with liquid white light and are relaxed, my calves are being filled with liquid white light and are relaxed, my knees are being filled with liquid white light and are relaxed, my thighs are being filled with liquid white light and are relaxed, my bottom and groin is being filled with liquid light and is relaxed, my belly and solar plexus is being filled with liquid white light and is relaxed, my chest is being filled with liquid white light and is relaxed, my shoulders and arms are being filled with liquid white light and are relaxed, my neck is being filled with liquid white light and is relaxing, my head is being filled with liquid white light and is relaxed, my whole body is being filled with liquid white light and is relaxed, my whole body is being filled with liquid white light and is relaxed...”* and so on repeating each part of the body till 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 (Universal – Omniscient, Omnipotent, and Omnipresent) Self, the Cosmic Parents, Absolute Truth and Love, which is our true reality. Visualise the Tree with many different coloured ribbons coming from the branches flowing down to the ground. Pick any of the coloured ribbons that you are drawn to, or you may notice that a particular ribbon finds its way to you, reach out, and take it in your hands



and give a gentle tug, to remind you that you are connected to the Tree. You can do this as a physical action. Throughout this exercise, periodically give the ribbon a gentle tug to remind you to be consciously aware that you are connected to the Higher Self.

Now that you are connected to the Tree which represents the Source of Wisdom and Love, ask the Tree to send down your ribbon **TRUTH** and visualise this as light flowing from the Tree via the ribbon and filling you up as you breathe in. As you breathe out, visualise any untruth or false beliefs (you do not need to know what they are) leaving you with the breath. Repeat this about three times (you can hold your thumb, finger, or chest or solar plexus to assist the process).



Ask the Tree to send down the energy of **SELF-RESPONSIBILITY** via your ribbon and visualise it flowing from the Tree and strengthening you as you breathe it in. As you breathe out, visualise any weaknesses or ignorance leaving you with your exhalation. You can visualise this energy of Self-Responsibility filling you with mental and physical strength. Repeat this about three times (you can hold your thumb, finger, or chest or solar plexus to assist the process).



Ask the Tree to send down **PEACE** and visualise the light of Peace emerging and flowing from the Tree via the ribbon and filling you up as you breathe it in. As you exhale visualise any disharmony, conflict or negativity that you are now ready to release leaving you. You can visualise peace as the energy of harmony. Repeat this about three times (you can hold your thumb, finger, or chest or solar plexus to assist the process).

Now breathe in **LOVE** from the Higher SELF and breathe out any fears, darkness, or resistance within you. Breathe in Love and breathe out fear. Continue to breathe in the Truth, Self-Responsibility, Peace and Love from the Higher SELF and breathe out anything that you are ready to release.



After this step we can conduct an individual or group session. For example we can visualise wrapping our ribbon around our fingers one at a time while releasing emotional stress. We can also invite whatever challenges, issues or projects we have and connect them to the Tree with other ribbons and then investigate them further for resolution, illumination and healing. We will use this exercise in many ways during the Heart of Understanding 8 day Class!!

For example:

Imagine taking the ribbon, wrapping it around each finger and inviting your challenges.

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|  | <p>Hold your THUMB (either side) and repeat within yourself for a minute or so:</p> <p><i>"I now invite all my anxieties and give them ribbons, whether they are anxieties about my family, the bills, work or home so they can be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher Self."</i></p> |
|  | <p>Hold your INDEX finger (either side) and repeat within yourself for a minute or so:</p> <p><i>"I now invite all my fears and give them ribbons, whether they are fears about failure, success, safety, loss, being unworthy and so on. I consciously invite them to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher Self."</i></p> |



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|  | <p>Hold your MIDDLE finger (either side) and repeat within yourself for a minute or so:</p> <p><i>"I now invite all the people and events in my life that frustrate (annoy/ anger) me and give them ribbons, I consciously invite them to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher Self."</i></p> |
|  | <p>Hold your RING finger (either side) and repeat within yourself for a minute or so:</p> <p><i>"I now invite my many losses, my sadness and grief in relation to these, whether it is the loss of innocence, loss of youth, loss of mobility, and loss of love. I give them ribbons and consciously invite them to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher Self."</i></p> |
|  | <p>Hold your LITTLE finger (either side) and repeat within yourself for a minute or so:</p> <p><i>"I now invite my many struggles, my many roles and jobs and offer them ribbons. I invite all my struggles to be connected to the Tree, so they too can receive the nourishing and nurturing energies from the Higher Self."</i></p> |

You can now ask the Higher Self to illuminate for you which area you need to work with. Once you know what this is, you can set the intention that as you work (in whichever way that feels appropriate) the benefits of this work will ripple out in all directions through all time and space and will have a healing affect on all areas of your life and everyone connected to you.

