

Tree of Life Meditation

Begin with the breath.

Bring your focus to your feet if you are standing or your seat if you are sitting. With every inbreath, begin to send your energy towards the Earth. With every outbreath, settle deeper into your body.

Begin to visualize a root growing down from the place on your body that is touching the ground. With every inbreath, send your energy down through the root into the Earth. With every outbreath, feel your root growing deeper into the earth.

Continuing this pattern of breath, feel your root system stretching and spreading out into the earth. Notice a green glowing energy coming from deep within the earth, stretching out towards you. As you breathe in, pull up this green energy through your roots. As you breathe out, relax further into this green, growing energy.

Pull the energy up through your roots, into your feet or seat. Pull the energy up through your toes, your feet, your legs and hips.

Breathe deep this green earth energy into your belly.

Pull the energy up through your belly, your chest and shoulders.

Pull the energy down your arms to the very tips of your fingers.

Let the green energy rise up your neck, the base of your skull, your entire head, reaching up and beyond your crown.

Feel this green energy throughout your body.

On the next inbreath, feel branches stretching out from the top of your head, green with life and stretching towards the sky.

With every outbreath, feel the green energy filling up and stretching through all of your branches.

When you reach the curve of darkness above you, feel the starry brightness of the night sky reaching towards you. Take a deep breath in and pull that starry energy towards and into your branches.

Pull the starry energy, mingling with the green energy of earth, down through your branches and into your head.

Pull the starry energy down your neck, into your shoulders, your arms, hands, and the very tips of your fingers.

Pull the starry energy into your chest and filling your belly.

Breathe in deep as the starry energy flows through your hips, legs, down into your feet and the tips of your toes.

Breathe deep as the energy of earth and star flows within you.

When you are ready, breathe in, starting to pull your branches in from your head and down back into your body.

With every outbreath become more settled and centered in your physical form.

Breathe in, and pull your roots up and into your body.

Breathe out, becoming more settled in your physical form.

Breathing in, pull that dancing starry and green energy into the very center of your body, an inch or two below your belly button.

Feel as the energy ebbs into the form of a bright light, your own inner power.

Breathe in earth.

Exhale stars.

Be centered in your own becoming.

Blessed be.