

Grounding meditation Be the Tree (Self energy, unburdening and boundaries)

Take a deep breath..., and with your next breath, bring the breath down into the **heart** space. Bring the next breath into your **belly**, bring the next breath into your **hips**. Let it swirl around there, feel how the hips are the cradle of the body. How they **cradle** the spine, bring the next breath through the **legs** to the **knees**, and the next breath through the legs to the **feet**. With this next breath extend **roots** through the bottom of the feet and extending from the bottom of the spinal cord and with each breath extend those roots **deeper** into the earth **10 sec** Each breath **deeper and deeper** into the earth, down, down, down.....

And imagine sort of den at the center of the Earth sort of a **mother (bear) den**, sort of surround that, like a **hug with your roots** and then feel that hug come back, up, through the roots, up - into you, breathe it in, and Breathe it out through the **top of your head**.

And each exhalation thru the top of the head like **branches** that are growing towards the **sky**. Breathing out the top, letting those branches grow. **Grow**. And when you feel the warmth of the **sunlight** again to really penetrate and warm the branches, Breathe that golden divine light, back inside of you,

and simultaneously feeling the exchange of the Divine golden **light** and that nurturing **supportive hug**, feel that moving up and down, like **sap** ... really feel into, that being supported and nourished and held by the Earth with your roots, ... and the open expansiveness and growth of the branches. Feel into, the **sap** moving at the core of you, the way it nourishes **all your parts**, the way it transports anything that needs to be released down into the roots, releasing all the burdens... 5 s. And the way it picks up **nourishment from the soil** and transports that to the leaves and the fruit on your branches.

And From this place of the **sap** moving back and forth at the center, Feel into the **rings of growth**, that radiate from the center, these rings of growth and protection feel how they strengthen you and form a sort of barrier, Insulate and protect the sap running up and down back and forth. Continue to feel out to these rings of growth and protection, until you get to the **bark**... feeling to how dynamic a boundary that bark is. How clearly it defines the edge of you, the edge of your personal space. How it lets you **release** what needs to be released, but also **protects** you from anything that could harm, coming in, feel into to all the different layers of protection that are in the bark. The different types of layers and the way they work together. **1minute**

And From this place of **rootedness**, from this place of receiving the Divine Light, from this place of **dynamism**, the rings of **protection and growth**, sensing that final barrier of the bark around your personal space, knowing that you can return to this **image** at any time during the day. If you start to feel like you're spinning a little bit ... just breathe, further down to **root in**, until you feel that hug from mother Earth and breathe out up to expand **above** until you feel that divine light from the father sky and then breath both of those in. You can breathe them both in **simultaneously**, into the heart space and exhale through the heart space to create a sort of **egg** around yourself, breathing in from the roots breathing in from the branches breathing out through the heart..... and knowing that you can do this on three to four breaths if needed at any time during the day.