



TREE OF LIFE MEDITATION

- Stand with your feet shoulder width apart and knees slightly bent so they are not locked.
- Rock back and forth on your feet a little to find a good position so that your balance becomes distributed evenly over your feet.
- Close your eyes and take a few deep breaths to relax and focus.
- Picture roots growing out of your feet and into the earth. Send the roots down through all the layers of the Earth. Send them down as far as they can go, branching out in every direction.
- Then picture a big white ball of energy in the centre of the earth. Picture light from this ball moving up through the layers of the earth and up through the roots of your feet. Draw the light up through your body to your heart.
- See the light go down to your fingertips and back to your heart. See the light go up through your head and reach up to touch the sun. (If I do this at night I picture it touching the moon)
- Feel the sun on your face as you draw down it's white light through your head and trace the way the earth light came through you. Down through your head, to your heart, to your fingertips and back to your heart, down through your body, out through your feet, through the roots and connect with the ball of white light in the centre of the earth.
- Now that you are connected like the tree of life 'as above, so below' you need to shield yourself.
- You can picture a big white bubble in front of you that you step into, or maybe a shield pops up all around you. I picture impenetrable light shields around me (3 in fact, I'm not sure why I chose 3, just go with whatever feels right for you). Fill your shield full of white light and know you are protected.