



TREE OF LIFE GROUNDING EXERCISE

Before I do any spiritual work, I do the tree of life exercise to ground myself.

I do this standing to feel as much like a tree as possible. You may have your own way of doing it, so use whatever feels comfortable for you. The tree of life exercise is an extremely valuable part of any spiritual undertaking that creates your connection to earth and to the above energies. You should draw your energy from it, just as the tree draws its energy through its roots and leaves. To ground and connect:

- Stand comfortably with your feet shoulder width apart and unlock your knees. You can also do this lying down or sitting up in a seat. Find your centre and breathe out all of your tension.
- If you are standing, rock back and forth on your feet a little to find a good position so that your balance becomes distributed evenly over your feet. You will feel any areas of tension that you need to let go of.
- Close your eyes and take a few deep breaths to relax and focus. Picture roots growing out of your feet and tailbone and into the earth. Send the roots down through the earth. See them pushing through all the layers of the earth.
- Picture a big white ball of energy in the centre of the earth. Connect your roots to the ball of light. Picture the light from this ball moving up through your roots, like a tree drawing up water and nutrients from the soil. Draw this light up through the soles of your feet and tailbone. Draw the light up through your body to your heart. It may be easier to draw the energy up on every in breath to create a good rhythm.
- See the light go down to your fingertips and back to your heart. See the light go up through the centre of your head. See it extending out through branches sprouted from your head, shoulders and arms. Lift your arms to also draw the power up and to feel and become the tree. Send the energy out through the ends of the branches and out through the leaves into the sky. Watch it extend up through the layers of the atmosphere into space, and reach up to touch the sun or moon (depending on the time of day).
- Feel the sun or moonlight on your face as you draw down its white light through your head, and trace the way back that 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 and through the roots, and connect with the ball of white light in the centre of the earth.

- Now that you have connected like the tree of life, it is important to shield yourself. This will help deflect any negative energies but will also contain the energy you now have flowing through you.
- You can picture a big white or gold bubble in front of you that you step into, or maybe a shield pops up all around you. I picture three impenetrable light shields around me, but just go with whatever feels right for you. Fill your shield full of white light and know you are protected.