



# CONNECTING WITH A *tree guide*

## WORKING WITH THE SPIRIT OF TREES FOR GUIDANCE & PERSONAL HEALING

### *The Key to this Guide*

- 1 Don't ask too much – keep it simple!
- 2 Stick to one intention and avoid changing during your experience.
- 3 Avoid Fortune Telling. This is a murky business and not particularly helpful. Your ACTION NOW will affect your future!
- 4 Avoid asking the tree what you 'should' do. Keep the responsibility for your decisions in your own heart. Instead, ask for ACTIONABLE advice or healing for blocks.
- 5 You don't have to remember your intention for the whole experience. Write it down, pop it in your pocket and relax with your tree.
- 6 You can go back with the same intention more than once, each time you will receive more information and your tree will soon tell you when you've had all the information you're going to get!



# Choosing your Tree Guide

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Do you currently LOVE a tree? or a species? Like Oak, Ash or Beech? This is a good sign that you already have a tree to work with.

Take a walk in Nature, local park or somewhere else near your home with trees. Feel your body pulled in a direction and choose a tree that calls to you.

*Tip*

*Go with your first thought! That's usually correct...*

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## Spending time

Take time to notice the bark, leaves, branches, mosses & lichens. Really look at the tiny patterns, bumps and textures. What do you see....?

Use your other senses to spend time with your Tree. Touch, smell, sound and feel into your body.

*Tip*

*We often expect our messages and connections through sight.... begin to open up your other senses.*

## Breathe

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Use your breath when you are working with Trees. Notice yourself breathing in and out.

When you spend time with your tree also connect mindfully with your breath.

Connecting with our breath helps to quiet our minds and brings us into the present moment.



## Connecting

Sit now with your tree that you have spent time with. Continue to breathe and keep your mind as quiet as you can.

Send out the request to your Tree, 'Connect with me'

Notice how you feel in your body and in your heart.

*Tip* Keeping your mind quiet takes practice. try not to fight it. Relax!

## Asking for guidance

Choose a question for your Tree Guide.

For example:

- 🌿 Help me understand this difficulty I'm facing.
- 🌿 Show me action I can take in this situation.
- 🌿 How do I overcome this issue in my life?

## Asking for healing

Examples:

- 🌿 Take away my pain
- 🌿 Release me from the fear of this situation
- 🌿 Take my tension, negativity, or grief and transmute it to light
- 🌿 Imbue me with the strength I need to reach my future vision

*Tip* Nature is infinite and so is the guidance and healing available to us. We can never give too much to our Tree Guide.



# Gratitude & Honouring

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Your Tree will be with you now whenever you need help. Just think of your Tree and ask it to support you.

Always give Gratitude and thanks to your Tree Guide. Leave offerings, love and heartfelt thanks to your Tree.

*Tip*

*Always use bio-degradable offerings such as petals, lavender heads or other locally sourced, non-invasive items.*

## Final Tips

- 🌀 This work takes practice - be patient with yourself.
- 🌀 Go at this work with determination & focus - flippancy tends not to yield good results!
- 🌀 Try to let go of any fear of 'getting it wrong' - go with your first thought.
- 🌀 If you're worried that you're just making it up then please try to let that go... our imagination is one of our most precious gifts!
- 🌀 Put your guidance into ACTION for transformational change.