



TREE MEDITATION STEPS

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[Walking the Land playlist](#)

WHAT YOU WILL NEED: Journal, colored pencils, cell phone for photos (optional), cornmeal in a pouch, blanket to sit on, bottle of water and a snack.

STEPS TO TAKE TO “TALK” WITH YOUR TREE FRIEND!

1. Give a small handful of cornmeal or whatever is appropriate for your country or region to give to your “relative.”

2. Telepathically greet the tree (we’ll use this as our example of a nation) “My name is _____ and I’d like to have permission to sit with you? May I?”

You will get a “feeling” or a sensation (sometimes warmth, tingles, a pleasant, welcoming feeling, etc.) or you may feel an unseen energy drawing you forward toward it. That is an invitation, an energy tree embrace showing you that you are welcome and it is ready to help you. All of these signs/signals by the tree because they don’t speak English or any other verbal wordage from any country in our world. But the SENSATION is a “YES, come and sit with me.” If it’s a no, you may become suddenly chilled or icy feeling, or some trees send an invisible energy to gently push you AWAY from them. If this happens? Give the tree another handful of cornmeal, thank it with humbleness and love, and walk away. They do not want to work with you. Don’t be downhearted about this. Just remember trees are just like human beings: they are all different. Not every tree is a teacher tree. Not every tree wants to teach. So, honor the process until you get one who draws you warmly toward it. Be patient. You may have to do this THREE TIMES before you find a tree who will teach you.

3. Telepathically thank it. Always remain respectful, thoughtful, humble with the spirit of the tree. They are just like humans: they have emotions/feelings, they are physical (i.e., roots/feet in the skin/soil of mother Earth, a trunk (body), branches (arms), top of the tree (their head) pretty much mimicking a human being in some ways. Once you get comfy with your back against the tree, close your eyes and GROUND YOURSELF with the Grounding Technique . That will anchor your auric energy with the auric energy of the tree being. And yes, all living things have an aura/chakras just like 2-legged humans do. Now, you are ready to listen, feel, learn and if fortunate, the tree may help heal you in one of numerous ways....but that is up to the tree spirit to decide how best to work with you.

4. Trees personality/character-wise are just like humans. You have ten humans standing before you and each one is very different from the other. It is the same with all the nations. Some trees are extrovert, some are introverts, some are both depending upon their mood, the weather and season. They have good days and bad days just like we do. Just consider it another human being that you are working with in a positive, heart-centered way and that it doesn't look like you, but that looks are only the outer portion of who we are and says NOTHING about what we know/were taught through experience/learned. There are wiser trees than other trees, just as the same as among humans. The older the tree, the matriarchs and patriarchs, are the ones you want to try and get permission to work with. They know the most, have the most experiences that younger trees do not, just because they've been around a lot longer in terms of years. Age means wisdom among the nations. The rock nation is our oldest nation, wisdom-wise, for example. Trees can live to be thousands of years old (Bristlecone Pine in USA is our oldest nation of them). The oldest was found to be 5,060 years old.

5. Let's suppose the tree you chose tells you "yes," and invites you to sit with it a spell. Depending upon your right hemisphere of your brain is operational? You may well "hear" the tree talking with you and it's a telepathic imprint upon you that comes with information, love toward you, as well as respect. And, of course, you are treating the tree spirit with the same response as it has given you. If you don't "hear" (this means your clairaudience "tool" in your right hemisphere of your brain is not turned "on" and working yet) then you may feel many different types of "knowing" because the tree can only talk in telepathy along WITH their emotions. This is usually the 'normal' way we first learn to talk with a tree friend relative. They can be a lifelong friend to you/for you. They are a nation of teachers as is every other nation...they all want to help the hapless, ignorant human beings because if they can teach us about them, we won't see them as some inanimate object to be used and or destroyed or changed without their permission.

Trees are just like human beings and they too are at different spiritual steps on their ladder just as humans do. They're all different. They come with being like a baby (a sapling tree), or a teenager (a tree gaining more height and girth 20 or 30 feet tall) and an adult tree who is fully grown or a Grandmother or Grandfather tree who is fully matured and is the guardian mother or grandmother of their local area (and the web of life, the mycelium just beneath the ground that connects all of them like an Internet inches below the ground, with one another). And the grandparent trees are the ones who feed the saplings and teen trees with nutrients, sugar and help them to grow and also protect them from disease.

6. Sit with your back against your tree friend. GROUND yourself FIRST then utilizing the Grounding Technique, see: PDF handout. Take 3 deep breaths into your nose, deep down into your belly and release the breath gently through your mouth. This will put you into a state of harmony with your tree friend. Then, just sit there relaxed, quiet your mind as much as you can, and allow the smells, the fragrance of the tree bark itself, the sounds of birds singing or anything other feeling or sensation THROUGH YOU. This is not a MIND exercise. It is a HEART, loving exercise. Love expresses itself in many, many natural ways through your relations who live around your tree friend.

7. You may hear, smell, sense, know things that aren't from you or your experience. This is the tree "talking" to you...they use all their six senses just like humans do 😊. A bee might land on your hand...remain still, welcome it as a sister, cousin or brother, and ask: **WHAT MESSAGE DO YOU BRING ME?** And it will answer you telepathically just as the tree does. Please thank the bee for coming....and then it will either stay with you, lending HER energy into your 4D+ school lesson with your tree friend. Eventually, she will fly off, her gift to you delivered. Telepathy is the seamless communication between "all our relations," and that include humans, who have that "tool," as well. It does not matter how near or far they are from you, either. It can be lightyears away and you receive a telepathic feeling/message from perhaps, a star being who may well be in some other dimension other than the 3rd dimension we live in. It's important to understand that you are part of the All. That you are not separate and that we've only separated ourselves through the Patriarchal society that rules our world, presently. We are not separated from all of the living beings who exist around you. We are ONE. Our Mother is the EARTH. We are her CHILDREN...all of us. And sometime, if you work with your tree daily or weekly? You may come to realize this and FEEL IT WITHIN YOU...that is when you have made a living CONNECTION ENERGYWISE with Mother Earth and all our relations. It will happen over time if your heart is leading you on this journey with your tree teacher.

8. You will know when the energy of the tree surrounding you while in this STATE OF BEING (I suppose it could be called meditation, but this energy connection is more active, more direct and you are treated as the individual you are). You will feel the energy release around you when your tree friend has finished the lesson you were given for that day. With eyes still closed, take 3 deep breaths deep into your belly and release gently through your mouth. And when you are done, open your eyes: you are back in what we call the "here and now," of your 3D world. Always carry a journal with you write in or colored pencils to draw in it, or if you have an iPhone, speak into it and save the information into it as an audio description, and describe everything you saw, felt, heard, colors, symbols, sounds...it is endless what can be given to a human...and all of it is always positive, heart centered and sent to you. It is part of your spiritual education process and you have just found your first teacher: a tree.

9. When done, telepathically thank your tree guardian. Stand up slowly, get your bearings because you were in 4D when the tree taught you. You come back into your 3D world after the the 3 breaths of air and opening your eyes once more. Look around. Do you see anything different than before? Often, some people see the world as much brighter in color, the intensity of it. That is the lingering effects that your 3D brain is still carrying that is 4D+, in actuality. You always will know if you are still in 4D+ if the colors around where you sit or stand are vibrating, far more crisp, brilliant and intense. If this occurs to you? It is a good sign that your right hemisphere of your brain is opening up to one step toward becoming clairvoyant sometime in your life if you keep up this “meditation,” with your relative tree spirit who has agreed to help support/heal/ and educate you. This 4D+ experience will eventually fade and go away, and you’ll see the 3D colors are far less intense. That is a sign you’re fully “back” in 3D. It’s a beautiful gift to see this 4D+ like that and your tree spirit is there to show you something ‘new’ that you are working to open up in your right hemisphere of your brain. That is a very exciting moment to experience!

10. I always hug my tree spirit friend, thanking her or him for helping me. I leave a nice handful of cornmeal (of any color) or you leave an appropriate gift in the country you live in, as thank you to your tree friend for teaching and showing you some amazing things that actually exist....except you didn’t see them before this ceremony that indigenous people around the world utilize to make that heart connection with their relative.



QUESTIONS? Just put them in YOUTUBE CHANNEL for me and I’ll be happy to try and answer them 😊

I would love to hear about your adventures! You can always get a hold of me at www.walkingtheland.net under CONTACT. Write your adventure, the possible chat you have with the tree, or questions and click and send to me. I’ll answer you as soon as I can!

See my blog for all kinds of magical, mystical true stories!

<https://walkingtheland.net/walking-the-land-caves-part-i/>



Walking the Land: Caves Part I

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Walking the Land: Caves Part II

Land Formations Walking the Land