

## Sensing the Earth: Releasing a Tree Spirit

When you have to remove a tree or cut saplings it is a good and compassionate idea to release the Tree Spirit before picking up the axe or the chain saw...

Trees all have a beautiful and living spirit within them- one of the reasons clear cuts feel so desolate is the sad and lonely Tree Spirits trapped in the Earth. This is an issue that can cause problems for people living in houses built on old forests that were cut down. Even if single trees are removed to build the Tree Spirit may be still there trying to grow through a room. Divine nature must express and the creative impulse that a tree carries when locked in the Earth and waiting to bust through the soil is powerful. That makes it tough to relax.

When you inform the Tree Spirit that their tree is to be cut down there is no argument or resistance. They are not attached in the way that we are to home and hearth. They will go back to the Earth with joy especially if the Tree Spirit is released and knows what is happening. The release of the spirit actually helps the tree die. It helps it let go and move to the next stage of growth.

Sacred Anatomy Earthwork Technique

## Sensing the Earth: Releasing a Tree Spirit

*In this exercise you will apply the Lower Hemisphere Edge Sensing Technique and your Roots. Do this with trees that are ready to be cut down.*

1. Determine which tree is to be cut down. Standing nearby extend your awareness to the tree.
2. With compassion and humility explain to the tree what is going to happen. Tell it you have appreciated it. That it made a great contribution and that it has been beautiful and useful. Explain that you would like to release the Tree Spirit so it can find a new home and live. Wait for the tree to agree- to say: yes. Apply Listening for the Yes and proceed when you get agreement. If the tree says no. Explain in greater depth and let it know you are happy to work with it so the Tree Spirit can leave when it is comfortable. Listen for the yes! Then proceed.
3. Extend your Light Fingers and test them against your hand, the ceiling and the floor. When you are confident they are out and you have a sense of them stick them into the tree.

4. Follow the energy of the tree up from the roots moving your hand in a swirling motion.
5. Do this slowly and evenly and as you reach the top of the tree, open your hand and release the spirit. You will feel it move out of the tree. Don't worry about it- the spirit will go into a neighboring sprout or seed and begin again.
6. Use the Lower Hemisphere Edge Technique to read the information being transmitted to you from the Tree Spirit. Listen as the Tree Spirit finds a new home and celebrate with it!
7. Thank it. Thank every part of the garden that was involved in the tree's experience of life. The soil, the sky, the rain, the other plants in the area, other trees nearby. Be humble and in service of all nature.