



Sacred Anatomy Earthwork Technique

## Sensing the Earth: Tree Talking

These instructions are applicable to Tree Talking in nature. You can do this anywhere there are trees; in your garden or in a dense forest. Tree Talk with absolutely any tree- I love the big old ones but little tiny trees are willing and able, too. When we enter non-ordinary reality it is an altered state. Be sensible. Don't operate heavy machinery, handle poisonous snakes, drive a race car, or negotiate a peace treaty in this state of mind.

1. Implement your Sacred Anatomy Earthwork Technique: Lower Hemisphere Edge.
2. Choose the tree you want to speak to. Ask permission to Tree Talk. If yes- proceed. If no- move on in gratitude.
3. Breathe deeply- 3 times. Attune to the energy of the tree by slowing down your breathing, emptying your mind and sensing the connection the tree will gladly make with you.
4. As you connect, simply experience the tree, feel the bark, sense the power and authority of the tree. Be quiet and listen to even the most minute sound.
5. Press your body against the trunk- feel the length of the tree.
6. Send Down Your Roots down into your own structure feel how your roots are compatibly – entangled with and yet not hampered by the Tree roots.
7. Feel the pulse of life expressed by the tree. Sense your awareness going up the trunk from deep in the roots where the trunk begins go up to where the tree breaks through the soil. Keep going up and up beyond the lower



branches into the canopy above. Feel the tree as a being. A presence in the world.

8. Listen- wait- feel the pulse of the tree and then ask your question.
9. Wait. Listen- Trees are slow talkers. So hang on, be patient and release your need to Tree Talk, to be perfect or get it right...
10. When you are finished Tree Talking, Breath- 3 times
11. Consciously return to ordinary reality. Look around and relax.