



Treeing – A Wizards Way of Connecting To Spirit

Stand upright with feet apart in a natural pose in line with your hips, your arms hanging loosely at your side, relax and close your eyes and visualise that you can see a golden orb of light high above your head, visualise that there is a silver ball of light deep in the Earth that is the centre of the Earth Goddess. You may also meditate on your breath to strengthen your internal energy and to prepare for the following steps.

Now visualise a ball of white light just below your navel, this is your energy, you are a living creature of light this ball of energy can exist within and without of your body. (Those used to Tai Chi or Qi Gong may wish to heighten this ball of energy with traditional exercise's) The energy itself is held within your body but as it strengthens it will naturally expand outside your body.

Now visualise this energy streaming down your legs into the Earth, push the energy deep into the Earth spreading out like roots of a Tree towards the silver ball of the Earth's energy, now imagine your energy roots drawing up the strength of the Earth back up through your legs up the spine through your body filling you with silver light, then visualise using this silver energy to grow a Tree out through the crown of your head, the Tree growing tall, spreading branches and growing leaves to receive the golden light of the Divine from the orb high above your head. It doesn't have to be the biggest Tree ever, just the shape with branches and leafs so that you can naturally capture the golden energy in the same way a Tree would capture the Sun's rays.

You can take this invigorated energy to flow down your legs into the Earth and grow your energy roots deeper and closer to the Mother Goddess and her silver energy, your roots drawing up the strength of mother nature into yourself through your roots, the energy flowing through your crown to grow your Tree closer to the Divine to receive even more golden energy and love.

You can continue this motion of growing your roots and then your Tree crown, when you have stopped your Tree growing, feel the energy coming back into your lower abdomen to strengthen your inner-self and when you are ready allow the light to flood out into all that you are, filling your whole body and every single cell with the universal Divine Love and the nourishing strength of the earth.

Another stage of Treeing will be to visualise growing your Tree branches and roots out to meet and touch the natural Trees of the Earth where you will be able to join your energy with the Trees of the Earth this will allow you to directly input your unconditional love into all of nature and the universe.

You could also grow out your branches to touch those that you love, transferring the love that you have just built up in your Dan Tein to those that you love or even people that are challenging you.

When you feel you are ready to move to the next step, you can allow your third eye sight to expand outside yourself, (keeping your eyes shut) through the skin of your physical body and through the inner layers of your aura, can you feel and see your aura, at this point? some people can see multiple colours, some can see only one colour of a glowing aura, the multiple colours represent the emotional colours of your aura, while the single colour of a glowing aura would be your inner etheric aura. (typically blue), it is not unusual to see both manifestations while Treeing, although typically you may only experience one manifestation of your aura, this is the individual nature of seeing and reflects your emotional feminine / male side of which you are at this time.



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