

# The Tree Centering and Grounding Image

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From *Intuitive Techniques for Getting Thru to Your Soul* by Drs. Phillip and Jane Mountrose

Find a comfortable position, and, as you close your eyes, take a few deep breaths, turning your attention inward and noticing how your body feels as you open to your higher senses. Now focus on your spine and imagine that it is straight and strong, just like the trunk of a tree, allowing yourself to actually become this tree and as your trunk extends downward from the base of your spine and the bottoms of your feet, notice that you are firmly connected to the earth. From there, imagine that the roots of this tree extend into the earth, going down and down, reaching deep into the rich, abundant soil, anchoring your trunk solidly into the ground. Feel how sturdy and secure that is.

Now notice how the earth's abundant nutrients rise up through your network of roots, into your trunk, and feel your whole body being nourished by this wonderful, healthy connection with the earth. Continuing upward from the trunk of the tree, notice the nutrients filling each of the tree's branches, which extend further and further outward, like open arms, embracing the soothing, refreshing air, taking in all it needs. Now notice the breeze gently flowing around you, like a gentle friend, with its healing whispers. Observe how the leaves are rich in green chlorophyll, veined with energizing liquid sunlight. And as you go up higher, the branches just keep folding outward, with an abundance of graceful leaves, adorning the tree's magnificent presence.

And as you reach the tree's uppermost limbs, you notice how they stretch out toward the heavens and a beautiful glowing sun, which sends down its radiant light to touch each of your leaves with vibrant energy. This energy flows downward throughout the entire tree, nourishing every part and putting the tree in a perfect balance between heaven and earth. Just take in that marvelous energy, the sunlight streaming down from above... and the earth energy supporting from below.

Now let yourself come back to your earthly body, with its renewed solidness and higher vibrational energy. Sense how connected you are to the earth, to the sun, and to the stars. Know that you are grounded securely to the earth as you continue to receive guidance from above. Now you can take a nice deep breath allowing yourself to feel refreshed and alert.