

My Tree



Allow yourself to be open to a creative exercise for greater insight. Sit comfortably in a chair or on the floor. Close your eyes and focus on your breath. Breathe long & deep through your nose. Imagine you are surrounded by nature. As you inhale, peaceful energy is drawn up through the earth into your body. You begin to grow branches that reach high into the sky. As you exhale, your breath travels into the earth, sending roots deep underground. Continue to breathe for a few minutes feeling this energy rooting you into the earth. Then turn your attention to your surroundings: the wildlife and the environment. Notice what you see, hear & feel. After a few moments open your eyes & draw your tree & the setting. The more childlike the better! Fill in the reflective questions below or add some of your own reflections.

- * Based on the tree you imagined, is there anything you notice about it? Is it summer/winter? Does it have leaves? How strong is it? Are there animals/other plants living in/around it? Does it get enough water/sun?

- * Is there anything missing or something that needs to be added?

- * If you could change something, what would it be? Why?
