

Third Entity Tree

VISUALIZATION

Get into a comfortable position. Now allow your eyes to close and begin focusing your thoughts on your breath. Breathing in. Breathing out. Breathing in easily and effortlessly. Then breathing out. Each breath allows you to become more relaxed and more comfortable. Outside sounds only allow you to go deeper inside: a reminder of how good it is to leave the noise and stress of the outside world and journey into the quiet and peace of your inner world.

As you start to feel a sense of deep relaxation, picture yourself standing in front of an open meadow. It is full of lush green color and deep texture. There is a light breeze and you watch as the wind moves through the grass like a wave, rippling out across the expanse. You feel the air against your skin as it flows around you. The air is clear and fresh. You breathe deeply. And as you exhale, the wind begins to slow until the grass comes to be silent and still. All movement has ceased and you come to be at peace with yourself and your surroundings.

Gently, you turn around, away from the meadow and you see now before you a vast forest. Notice the trees, the plants, the vegetation. And as you look, you see a path in the midst of the trees that is pleasant and inviting. With curiosity, you begin to walk along the path into the forest.

As you step into the forest, notice the change in the atmosphere. What does the air feel like? Perhaps it feels wet and cool. Perhaps it's warm and cozy. What does it smell like? Take notice of the sounds of nature around you. See how the light filters through the trees. Like a blanket, you let the forest gently wrap around you as you walk.

Tree

The path you walk eventually leads you to a tree that seems to stand out to you among the rest. This is your tree; your idea; your work. You have cultivated and cared for this tree for some time now—perhaps years; perhaps months; perhaps weeks. You approach the tree and stand next to it. What type of tree is it? Is it a young sapling or a grand, weathered tree? Notice each aspect of the tree: the texture of the trunk; the weave of the branches; the color of the foliage. In your mind's eye, drink in the full view. [PAUSE]

Standing next to it, what type of presence does it offer? What does it feel like standing next to your tree?

As you look at your tree, what stands out to you?

Is there something that is missing? Is there something that has been added?

Notice the state of its health. Is its foliage full or sparse? Is the trunk solid or split?

Environment

Once you've really taken in a full picture of your tree, take a few steps back away from it. Allow yourself to see the environment surrounding your tree. Notice the space. Is it open or crowded? How does it feel? What is there?

What stands out to you? What belongs near your tree? What doesn't belong?

Now look down at the ground. What type of earth is your tree planted in? Notice the color and the texture. You reach down and take a handful of it, letting it sift through your fingers.

Beneficiaries

Brushing the earth out of your hand, you walk around to the other side of the tree. As you move, you feel yourself becoming more and more transparent until you come to the other side of the tree. While you are still fully present, you are no longer visible to the environment around you. The breeze moves through you without any hindrance. You are completely still and silent, waiting and watching. You inhale and exhale without a sound.

After a moment, you notice something come out of the forest and approach your tree. It's hard to make out at first, but as it moves closer, its shape begins to sharpen into a clear form. What or who is it? What is unique about it? What stands out to you?

As you watch, you see that it has come to receive a gift from the tree. Take a moment and watch the interaction.

What is this gift? What is the tree offering?

How does the gift affect the receiver?

What about the tree draws the receiver to come?

Eventually, the receiver moves off into the forest with the gift, slowly disappearing from view. You are now alone again with the tree. Walking around to the path, you look up once more at the tree, taking it all in. Knowing that you can come back to the tree at any time, you turn to the path and begin to make your way out of the forest.

As you walk, you become more and more solid again, feeling the ground beneath you. Returning to the present, allow the sounds around you to draw you back to this moment. Take a deep breath and stretch and move your body a little. When you feel ready, open your eyes.