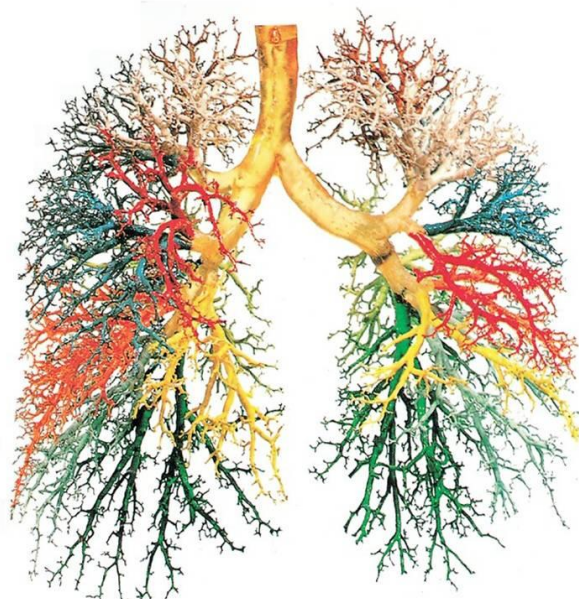


A Practice for Singing to the Trees

This five-step practice can be done anywhere and anytime. It may be adapted to best suit your needs and preferences. Thanks to Beautiful Painted Arrow for the vision that brings us together and sharing with us the Tiwa sound of the tree.

Honoring: Begin the practice by looking at an individual tree or group of trees. Give thanks to the tree for all that it provides that you can easily see – beauty, shade, fruit, nuts, home for the birds. Give thanks for all that trees and forests give you that you cannot see, especially oxygen, which is essential to supporting life. Bow to the tree as a divine manifestation of Spirit or God or whatever you understand as the Ultimate.

Sing to the Tree/ Sing the Tree's Song: Open your heart and begin singing to the tree. Include in your singing the Tiwa sound for tree - Pee Wheh Neh. Initially, be aware of the apparent separateness between you, the sound of your voice and the tree. Open your heart more and more and allow the tree to sing through you, to feed oxygen to you, to support your well-being. The tree is a metaphor for greatness and the heart. Honor the greatness of the tree and the greatness of the heart - Pee Wheh Neh.



Bronchial Tree

Acknowledge One-ness: Allow the practice to deepen and shift. Know that the tree is within you. As you breathe, experience the inverted tree where your mouth is the bottom of the trunk of the tree. Each breath awakens a very lovely tree whose trunk is your throat and whose branches extend to your lungs and chest. Experience the light of the tree opening and healing your all of the breathing passages of your lungs. Experience its vibrancy and the light of well-being spreading through your chest area and across your whole body, just as the branches and leaves of a tree spread into the clear blue sky. When you are filled with healing light and peace, focus on the beautiful clear blue sky.

Let the Mind Disappear into Silence: As you focus on the clear blue sky, let the mind disappear and enter the silent experience of being ONE with all creation. Know that you do not exist as the mind thinks you exist. See yourself in all beings and all beings in yourself. Experience yourself as the unified field of consciousness that is indivisible, always and everywhere. Know that there is only loving awareness. Loving awareness without beginning. Loving awareness without end. Loving Awareness.

Accept the perfection that is right in front of you: After a time, come back to awareness of the body. Filled with light and a sense of peace, give thanks for this moment and all that is present. You are loving awareness and what is in front of you is a gift from Spirit/God. Embrace what is in front of you without grasping and without aversion. Know that you are exactly where you need to be. Your presence is a gift. You are connected with all beings. You are loved. You are loving. You are love itself.