

## Guided Visualization

### PREPARATION (*Quiet Voice*)

Welcome to the Tree Spirit Meditation. This is a guided visualization to deepen your connection with the devic and elemental dimensions of the ancient forest; and to nurture, soften, and soothe the worn tired edges of your being.

Before we begin, settle yourself in an upright seated position where your body can feel supported and relaxed. If it is more comfortable to lay down, consider placing a pillow under your knees to ease your back. Don't worry if you fall asleep. You will still receive the nurturing benefits of this meditation. Minimize any distractions by turning off your phone, letting others know you will be unavailable for about 30 - 45 minutes, and closing the door. Still your mind and bring your full attention to the meditation.

### *Brief Silence*

### BEGIN MEDITATION (*Quiet Voice*)

Now lets begin.\_\_\_\_\_Close your eyes.\_\_\_\_\_Allow yourself to find stillness.\_\_\_\_\_Breathe deeply and imagine yourself in an ancient forest. Maybe a forest from childhood comes to mind, a forest where you enjoy walking in your current life, or one you frequent in your imagination.\_\_\_\_Find yourself there. (*Fade in forest sounds*) \_\_\_\_\_Feel the soft forest floor beneath you,\_\_\_\_the tree canopy towering above you,\_\_\_\_and the air, pungent and full surrounding you.\_\_\_\_\_With every breath you take, the presence of the trees grows stronger\_\_\_\_as you walk deeper,\_\_\_\_and deeper\_\_\_\_into the heart of the forest.\_\_\_\_\_You stop and look around.\_\_\_\_There is a rich silence permeating everything and an expectant energy fills the air.\_\_\_\_Gazing up and looking around, you take in the scene.\_\_\_\_Perhaps there is a green glow filling the space as sunlight shines through the leaves.\_\_\_\_Maybe a light snow is falling and the air has become still and hushed.\_\_\_\_Or the forest is vibrant with red, yellow and burnt umber-colored autumn leaves that are glistening with dampness left behind by a recent rain shower.\_\_\_\_\_As your senses adjust, you become aware of the individuality of the trees.\_\_\_\_Each one seems to have a personality,\_\_\_\_an energetic quality, \_\_\_\_a unique presence all its own.\_\_\_\_\_Be present with this awareness and open yourself to the possibility of receiving an invitation to connect with one.\_\_\_\_\_Tune in to which tree feels like it is reaching out to you.\_\_\_\_\_Perhaps a tree from childhood is calling to you,\_\_\_\_\_or you feel drawn to a tree you admire near where you live.\_\_\_\_\_Now,\_\_\_\_with gentleness, knowing you are safe and guided,\_\_\_\_slowly approach the tree that has extended a warm welcoming energy to you.\_\_\_\_\_With an open heart and reverence, allow yourself to be with this tree in the way that you're guided to be.\_\_\_\_Perhaps you find a way to nestle down in amongst its roots,\_\_\_\_or you curl up in a hollow between it's branches, feeling them supporting the contours of your body with ease, strength and

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suppleness.\_\_\_\_Or, you find yourself crawling out along a branch high up in the canopy,\_\_\_\_  
resting amongst the leaves, feeling light and free as a bird\_\_\_\_perched.\_\_\_\_  
Follow the guidance you receive.\_\_\_\_Be still.\_\_\_\_Be fully present.\_\_\_\_Hold a  
spirit of gratitude and honor the moment.\_\_\_\_All is well.\_\_\_\_For the next 10  
minutes continue connecting with the tree as my voice fades and the sounds of nature carry  
on.\_\_\_\_Be open and present to whatever appears in your conscious awareness.\_\_\_\_Allow  
messages, guidance, and images to arise.\_\_\_\_I will return shortly. (*Narration fades out*)

*Private Visualization Time - Forest sounds playing softly*

*(Begin again when a shift occurs that brings your experience to a natural ending.)*

(*Narration fades in*) Slowly begin to become aware of the forest around you.\_\_\_\_Sense  
any activity that is stirring and begin to get your bearings back.\_\_\_\_Re-orient  
yourself.\_\_\_\_Feel where your feet are and where your body is.\_\_\_\_When  
you're ready\_\_\_\_begin to make your way back to a standing position on the forest  
floor.\_\_\_\_Move quietly,\_\_\_\_with ease and grace.\_\_\_\_When in a full standing  
position, become aware of a forest path stretching out before you.\_\_\_\_Begin to slowly  
follow this path as it leads you through the trees.\_\_\_\_Consciously placing  
one foot in front of the other,\_\_\_\_fully engage with the ground beneath  
you.\_\_\_\_Feel its softness, notice if there are roots or leaves or pine needles under your  
feet.\_\_\_\_As you follow this path the forest slowly begins to recede as the room where you  
are becomes more and more clear to you.\_\_\_\_(*Fade out forest sounds*) You can feel  
the chair beneath you,\_\_\_\_the bed holding you,\_\_\_\_the floor bearing your  
weight.\_\_\_\_With every step you take your awareness of the forest fades, and little by little the  
presence of the room where you are grows stronger.\_\_\_\_Breathe quietly.\_\_\_\_Now  
wiggle your fingers and toes.\_\_\_\_Take a few deep, cleansing breaths and slowly,  
\_\_\_\_ever so slowly,\_\_\_\_open your eyes. (*Narration fades out*)

*Silence*

(*Narration fades in*) Give yourself time to be still and relaxed. If you received any guidance,  
inspired imagery, words or sensations, this is a good time to record them in your journal.  
Expressing in this way will help ground your experience and make it possible for you to revisit it  
later. Consider repeating this guided visualization with the same forest and tree to deepen  
your connection and build a relationship. END

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