Listening to the Trees



Connecting to the felt sense of the body in nature

Practice Steps

1. **Establish a sense of groundedness by connecting into the feet touching the ground and the senses**
2. **Walk a few steps noticing the feet touching the ground.**
3. **Choose a tree that you feel drawn to and would like to approach.**
4. **Pause 10 paces away from the tree and take a moment to take it in with all of the senses**
5. **Continue approaching the tree, feeling the feet touching the ground as you do.**
6. **When close to the tree, pause before touching it with an attitude of respect and introduce yourself**
7. **Ask for permission to touch the tree**
8. **When it feels comfortable approach the tree and put your ear against it as if listening.**
9. **Listen as if you were talking to a close friend or getting some important advice**
10. **Direct the attention away from thinking and towards the felt expression of the body**
11. **Direct the attention away from the story of what you are doing and towards what you can feel in the body**
12. **Offer the tree kindness and appreciation for the interaction.**