

## TREEING - Your Connection To The Universe

Wizards can connect with the One source as well as the Goddess of the Earth by the act of Treeing, this is accomplished by using your inner centre of energy that resides within and is considered to exist in your lower abdomen area just below your navel. In eastern traditions this is the area that is called the Dan Tien, in the western world this is the area that dowser's know is the centre that controls the dowser's ability to detect the Universe, modern scientists have also identified this area as having the largest mass of neurons outside the human brain.

In nature Trees start their growth from a seed, first the tap root bursts out of the seed to anchor itself to mother Earth, to draw sustenance, secondly the seed starts to grow the stem and its first leaves to receive the energy of the sun which it uses to feed the next stage of the roots growth, this backwards and forwards motion of Earth sustenance through the roots and the receiving of energy to produce the sugar energy to feed the growing Tree is a natural and normal method of Tree growth, this is the method that Wizards utilise when Treeing. Except as Wizards and students of Wizardry we exchange the minerals and water of the Earth for the Mother Earth's pure silver energy and we also exchange the sun's light for the golden light of the Divine universe.

With practise, the act of Treeing will become second nature, those that already practise meditation or other forms of inner energy control such as Tai Chi, Qi Gong or Yoga will find that Treeing is a more profound method of joining your energies with the Earth and the Divine. Once accomplished you will discover that with practise your Treeing retains its connection to the Earth and the Universe wherever you are and you will be able to know that your Tree exists at all time, drawing in the golden energy of the universe.

Although the act of Treeing can be accomplished while in any position, standing helps the beginner to visualise easier.

Stand upright with feet apart in a natural pose in line with your hips, your arms hanging loosely at your side, relax and close your eyes and visualise that you can see a golden orb of light high above your head, imagine that there is a silver ball of light deep in the Earth that is the centre of the Earth Goddess. You may also meditate on your breath to strengthen your internal energy and to prepare for the following steps.

Now visualise a ball of white light just below your navel, this is your energy, you are a living creature of light this ball of energy can exist within and without of your body. (Those used to Tai Chi or Qi Gong may wish to heighten this ball of energy with traditional exercise's) The energy itself is held within your body but as it strengthens it will naturally expand outside your body.

Now visualise this energy streaming down your legs into the Earth, push the energy deep into the Earth spreading out like roots of a Tree towards the silver ball of the Earth's energy, now imagine your energy roots drawing up the strength of the Earth back up through your legs up the spine through your body, then visualise using the energy to grow a Tree out through the crown of your head, the Tree growing tall, spreading branches and growing leaves to capture the golden light of the Divine. It doesn't have to be the biggest Tree ever, just the shape with branches and leaves so that you can naturally capture the golden energy in the same way a Tree would capture the Sun's rays.

As the golden light touches your leaves the divine light with love streams down your branches back down through your crown, through your body and fills you and your ball of white light with strength and love.

You can take this invigorated energy to flow down your legs into the Earth and grow your energy roots deeper and closer to the Mother Goddess and her silver energy, your roots drawing up the strength of mother nature into yourself through your roots, the energy flowing through your crown to grow your Tree closer to the Divine to receive even more golden energy and love. You can continue this motion of growing your roots and then your Tree crown, when you have stopped your Tree growing, feel the energy coming back into your lower abdomen to strengthen your inner-self and when you are ready allow the light to flood out into all that you are, filling your whole body and every single cell with the universal Divine Love and the nourishing strength of the earth.

Another stage of Treeing will be to visualise growing your Tree branches and roots out to meet and touch the natural Trees of the Earth where you will be able to join your energy with the Trees of the Earth this will allow you to directly input your unconditional love into all of nature and the universe

When you feel you are ready to move to the next step, you can allow your third eye sight to expand outside yourself, (keeping your eyes shut) through the skin of your physical body and through the inner layers of your aura, can you feel and see your aura, at this point? some people can see multiple colours, some can see only one colour of a glowing aura, the multiple colours represent the emotional colours of your aura, while the single colour of a glowing aura would be your inner etheric aura. (typically blue), it is not unusual to see both manifestations while Treeing, although typically you may only experience one manifestation of your aura, this is the individual nature of seeing and reflects your emotional feminine / male side of which you are at this time.

The method of Treeing is considered an ancient method of connecting to the Divine light, you may distribute this document in its entirety free of charge. This document has been provided by the Association of Modern Wizardry and updates can be found on the organisations official website.

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