



Video Transcript

Connect To Nature Meditation

Take a moment to acknowledge that you are about to enter into a living temple.
Slow down your breathing.
This is the vibration you want to commune with nature when you're in this place.
And you see a tree that calls to you like this one is calling to me.
I see its strength and I can imagine its roots underneath the earth.
It's beautiful. It has a texture. that I long to touch.
Let your senses lead you. It's very important to invoke your senses and be in your body here.
As you begin to approach the tree, do so with respect. Take it in with your eyes.
Look all the way up.
Look at the canopy of the leaves, colors, the shapes.
Feel the strength underneath your hands and create the intention to commune.
and honor this living being.
Can you ask permission? Can I hug you? Can I share energy with you?
I haven't been rejected yet by a tree, which is comforting. Usually say yes.
And you can start slow.
What do you feel?
Remember to slow your breathing down.
You want to see everything that's on this living terrain.
The bark.
if there's maybe little bits of moss, different colors.
There might be insects, like there's ants on this tree, and you want to not interfere with their work and their lives. So take a moment to let them do their work, acknowledge them, and then ask, can I take up a little space? Can I also be here?

And I think most of the time when people think about hugging a tree, it's kind of like awkward, like, hmm, how does this work? But... I'm going to show you how to use major energy centers to get really close. So I'm going to use my head, my heart, and my pelvis. And I'm looking really lovingly at this tree like, wow, what have you seen? What wisdom do you have to share? I'm giving my weight to the tree. And I'm letting my breath and every biorhythm I can identify within myself try to match that of this tree and of the earth around me. All the nature. And if it's helpful to you, imagine you're hugging someone you love. Anyone. And now we're going to take it a step further. And you're going to imagine the tree hugging you back. And you can see it in my face. Like, what a smile. I can imagine the tree has arms. Or I can imagine its energy cocooning me. Protecting me. Refueling me and restoring me. I'm letting my belly... As I breathe, move against the tree. And that feels so comforting and good on a deep, deep level. And when you feel complete, you don't have to quickly disengage. You can keep looking at it lovingly, giving gratitude with your eyes. You can lovingly touch its bark, kind of slowly saying thank you and goodbye. And the more often you can do this, the better for you and the earth around you. Thank you.