



Back to the Source

By Antara

Notes: This was originally a meditation designed for a group of people who were working with a particularly amazing 2500 year old Tree. To deepen our connection with the land we took a journey to see the birth of that tree. I have since tweaked it as a personal meditation to the birth of your favourite local Tree.

Enjoy!

Find a glorious and beautiful tree, one which makes your heart soar and sit beneath it. If you can lean your back against the tree. Since this is a meditation make sure you are comfortable and, if possible, make sure you will not be frozen by snow, sunburned or similar.

You may wish to have someone read out the below to you or record it and play it back to yourself.

We sit beneath this ancient Tree which stood for thousands of years before we were born. It has watched over us for countless generations and witnessed all. We have come to attune with this great spirit, to learn what we must know to progress on this path together and to work more consciously beneath its embrace.

Close your eyes and breathe in deeply.

Exhale, letting out all the cares of the day.

[Pause]

Breathe in and Exhale, letting go of expectation and preconception.

[Pause]

Breathe in and Exhale, bring your focus to this meditation.

Feel the solid wood against your back and use it to anchor yourself to the Tree, connecting yourself with the roots going down and down, deep into the rich earth.

We are between the worlds here... beyond space... and outside time.

Now we will journey back to the Source of the Tree and the start of all things.

One... the seasons are turning back [Spring into Winter into Autumn into Summer (*in the order appropriate for you*)].

Two... the wheel of the year unwinds... past cycles are seen again.

Fruit ripens and falls,
The Holly and Oak king battle for ascendancy,
Nights are long and then short,

Three... people come and go,

Your parents and friends,
Your ancestors being born, laughing, living and passing on,

Cycling back...back to the start of the spark of life.

Four... animals live and die and come again.

Five... Grain is planted, harvested and rises again.

Six

Seven

Eight

Nine

Ten

We are here.

[Pause]

Instead of the ancient Tree there is a small, perfect red berry about to sprout. We are witnessing the birth of the Tree. Take a moment to feel the energies here.

[Pause]

The young Tree Spirit at the very start of its incredible journey. Consider how vulnerable the seed looks and yet the immense potential within its tiny form. Watch the seed sinking into the rich soil and starting to spark.

[Pause]

Now is the time to ask the great Spirit of the Tree what lesson you need to learn. Ask it to show you a part of it's great history which will help you on your own journey.

[Pause]

It is time to return to our own time, taking with us only the lessons and understanding we have gained here.

[Pause]

Ten... plants begin from nothing and grow up tall in the sunlight.

Nine... animals are being born and new life continues on

Eight... the Tree grows into a sapling, bending in storms, rustling its leaves in the wind and drinking up the rain.

Seven...your gorgeous and powerful self comes into being.

Six...the seasons turn, Winter gives way to Spring and the first flowers of the year are placed on the altar.

We are returned to our place in time.

We will awaken feeling positive and refreshed and carrying the memory of what we have learned on this journey.

Five...start to return to your body.

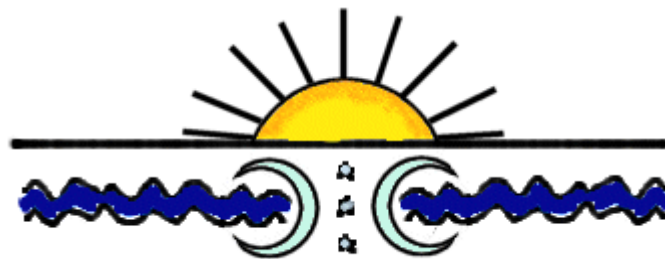
Four... feel sensations in your hands and feet

Three... move your fingers and wiggle your toes

Two... open your eyes

One...we return, fully awake.

[End of Meditation]



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