

# Talking to Trees

## A Quiet Beginning to a Deeper Path

### Have You Ever Felt Like a Tree Was Talking to You?

You're not imagining it.

For as long as I can remember, trees have whispered to me - sometimes gently, sometimes with surprising clarity. Their voices show up as nudges, feelings, images, even full conversations in moments of deep stillness.

This little guide is an invitation.

A quiet beginning to a beautiful practice.

Let's start by slowing down...and listening.

### A simple Tree Connection Practice

A Mini-Meditation:

When you're ready to meet a tree...

- Find a quiet tree that calls to you (in a park, a yard, your favorite trail...anywhere).
- Stand or sit near the tree.
- Close your eyes. Take 3 deep breaths.
- Imagine your energy softening and grounding down into the earth.
- When you feel settled, reach out. You might place a hand on the bark, or simply send your attention to the tree's presence.
- Silently say hello. Ask, "Would you like to talk?"
- Then...just listen. Don't force it. Just notice what you feel.

### After you listen...

Take a few minutes to journal your experience on the next page. You can answer the questions or simply write what your heart dictates.

### Want to go deeper?

Talking to trees is just the beginning.

In Earthworking: The Sacred Path, we go much deeper - connecting with the elements, practicing intuitive nature work, and remembering how to co-create with the Earth.

If this practice stirred something in you...this path may be calling.

Join the waitlist @ [www.lindentreeintuitive.com](http://www.lindentreeintuitive.com)

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DATE: \_\_\_\_\_

## JOURNAL PROMPT:

Take 5-10 minutes to write in your journal. Answer one or more of these questions:

- What did you notice when you were with the tree?
- Did you feel any emotions, images, or memories come up?
- If the tree could speak, what do you think it was saying to you?
- How did you feel before and after the experience?

There's no right or wrong. Only practice.

## WHAT I FELT/EXPERIENCED...

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