

## **Sounding with the Trees: Trees are Sound Relationships**

*“Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach undeterred by particulars, the ancient law of life”.*

*- Hermann Hesse, Wandering*

Trees have always been sacred to me in the way that they connect to the creator of all that is. They carry the sacred knowledge of our ancestors in their rings and share that wisdom when we are in need. Their branches move when I acknowledge them and send gratitude. Communicating with the trees is my source of inspiration. I grew up in the woods because my father never wanted to live close to people. The trees stood as the guard wall and protected us from the outside world of the busy roads and noisy neighbors. Because I lived as a child in the thick woods of Maine, I spent my days tuned with the trees and in vibrational relationship with them. Unless there was a blizzard, I was always outside singing with nature. When I became a teenager, reading stories about Beethoven and other composers going for walks and co-creating or co-composing with nature seemed to me, ‘common sense’. Trees blowing in the wind look as though they are dancing to the sounds of the forest, flowing with the oscillating motion of nature. Later, I moved to San Francisco and missed the trees that, most often were my companions. I suppose that I had to be away from them to realize how fortunate I was. However, since moving into an apartment with two tall pines out my west window and an enormous oak tree in the south, the trees and I have reconnected in a more profound way. In Jan Cercone’s class, at the Sound and Consciousness Institute, I went on a journey to find a piece of my soul that was missing. My guide took me through what looked like a swirl of colors that formed a tunnel of which became a large tree. The inside of the tree was enormous, porous, and dark and then all of a sudden, we came out of the other side. My guide stood there in a woolen robe watching me. As a big boar’s head appeared in front of my face, a force of energy reentered my body. It was a piece of my soul that I had left behind. I experienced physically that piece of myself enter as if I took a drink of water and felt it fill in each dry space of my body. I was complete and came into my power. I was a druid in that life and in that moment, I felt that somehow I regained sacred wisdom. About a week later, I awoke with a message that I had come back to this life to work with the trees. Last summer, I began channeling Enoch, who was teaching me about the vibrational nature of the universe had also mentioned the trees and explained that when I spoke to the trees, that I was in vibrational relationship with them. I’m learning that an environment must include trees, for they illustrate the natural movement of energy as their branches point toward and receive heaven and their roots do the same toward earth. In my opinion, to live like a tree in this way, can be one of the wisest and surest ways to know the source of all that is and be one with the universe.

Humans are much like the trees. Just as with peristalsis, blood pumps to our hearts and the digestion works to sustain our bodies. The trees take the water up through this same pumping action. Like most trees, we stand upright. Two standing together creates a relationship of a center portal in which a third consciousness can be created. A portal

created of two trees, or vibrational relationship, can send one through manifesting a new way of being or spiritual growth and being in oneness.

Trees point their branches up, to remind us to keep our chins up for the new that is coming our way and they have their roots going down to show that we must keep our humility and connected to our mother earth; pointing to our soul path direction; they are balanced and grounded in what is real; They tell us to look up and keep anchored to mother earth; they remind us through peristalsis that we are abundant and that simply allowing the flow of life, we live in balance. Trees filter the air with clearing of the wind spirit and remind us to praise the Sun by looking toward the light. Trees are found almost everywhere on earth and because of this we all know the trees.

Across many schools of thought the tree has been used as a symbolic pathway and symbol for knowledge and growth. A few examples of this are the tree of knowledge in the Garden of Eden in the bible, The Kabala, Charles Darwin, Ancient Egypt's, Tree Goddess Hathor. There have been numerous books, philosophical and scientific analogy, and also, symbolic representations trees in music, movies, and literature. There's Robert Frost's poem, The Sounds of Trees and a new film called Avatar. In the movie Avatar, the scientists try to explain to the corporate and military fascists that what may seem to be 'just a tree' is actually a whole network and destroying the tree would destroy all that exists for the planet.

Trees are the network extension and expression of Earth mother. They take in her nutrients, purify our air, and protect and shelter us from harm. In ancient Egypt the shade of the Sycamore fig, associated with Goddess Hathor, was welcomed shade from the harsh heat of the Sun. The sycamore fig, survived in ancient times without a visible sign of water, represented death and rebirth, as it's leaves died in the coming of winter and grow again in spring. The people of the Near East used fig leaves for their medicinal properties and Hathor became known as the tree Goddess, (also known for music, motherhood, and beauty) who utilized the tree healing in the form of natural elixirs to send the dying away to celestial life.

Trees are sacred to the Druids who live in unity with nature. Each tree has a special healing and spiritual property that can assist in healing. The Druids connected to the trees for information and were revered as the saviors of life. The Druidic alphabet is created from the tree spirits. They remember, taught, and recorded sacred tree information in their design of the Ogham; a symbolic alphabet that was written on stones and wood. The druids used a grove of trees as a mnemonic device to retain and relate pieces of knowledge, such as, goddesses, gods, colors, numbers, minerals, and stars for healing. What a coincidence that our brains contain neural pathways called dendrites. A dendrite in Greek language means tree-like. The druids would form the grove in their minds and through this labyrinth of knowledge would recall the needed information. While using our brain in this way, recalling and making connections, we are increasing the dendrite connection in our brains.

Pine trees were one of the special Druid trees used for cleansing one's energy with the needles and sanctifying ritual space in using its branch as a broom. Pine essential oil is used today as an antiseptic, stimulant, and expectorant combined with lavender it works well for colds, flu and bronchitis. The pinecone is also known as the symbol of the pineal gland and is built into doorways and statues outside of religious structures.

Trees serve as the earth's communicators, displaying change in the seasons through their leaves and warning us of storms and droughts. Across many cultures, Trees symbolize strength, perseverance, protection, wisdom, resilience, life, hope, and fertility. All of which can be used in sound healing with self and clients. As a representative of male energy, a tree stands proud and strong in unity with the heavens and becomes one with the female horizontally in the core of creational mother earth which create balance, harmony and unity.

Standing near a tree provides a natural sonic healing experience. The birds find refuge and sing in and around trees. When the wind blows through branches, we hear the harmonics of nature. The tall standing trees with a lot of wind and hear the creaking of the trunks. Creating an awakening feeling. We can connect and sound with the trees to calm and center, invigorate, and allow renewal. The overtones of nature are not just healing for us to hear with our ears, but the vibrations moving through us can be used for clearing and rebalancing. Asking the trees for wisdom is a form of sound healing communication for the way they communicate is through feelings, inner ear, and knowing. Much like Lisa Rafael's method of attaching a cord to the client for sound healing with the voice, you can cord a tree and feel, hear, and know what the tree would like to express to you.

In sound healing with the trees it is important to consider the following. Meditation for clarity is optimal because it secures your intent by helping you to focus. When you are clear and centered, the trees are easier to communicate with. Use a meditation that clears your concerns and connects you to the sacred in nature and remain stay centered in the sacred intent for the healing that is for the highest good. You can imagine a wind blowing through the tree leaves, clearing all your cares away. You can then rake them up and recycle them. Once clear, allow the highest good to happen from the sacred higher consciousness of the individual who requests the healing. Don't restrict the healing to what you may think needs to happen. Acknowledge the tree and ask permission. To ask permission of the tree is communicating to the tree that you respect and live along side the tree in relational harmony and flow. We ask the trees to aid in our healing by first acknowledging their service to earth and human beings. The tree responds when you connect in gratitude and from a place of service. We connect in sacredness with the tree and feel the relationship to receive the frequencies needed.

Examples of sound healings that can be used with the trees for healing yourself or others:

For one who seeks stress release or peaceful transitions

Key words for intention: Peace, safety, unconditional love.

Using the elements of the tree for the desired intent.

Find or see the sacred tree. Ask permission for healing and show gratitude for the tree spirit. The tree opens its center doorway so that you now enter the tree womb. As you cradle yourself in the security and warmth of the center of the tree. Become in relationship with the tree and you will find divine comfort in her womb. As if in the Vescica Piscis, you are a sacred manifestation of perfection. You are loved unconditionally. Receive the vibrations and the frequencies of the warmth of the sun, the clearing of the wind, the rhythmic heartbeat of the tree in its water pumping upward, grounding nutrients of mother earth fill your feet and rise up your body. The tree friends, the birds, sing you information that you've been searching for, nurturing your spiritual grow.

Realigning-for grounding, centering, connecting with earth and higher consciousness:

Connect with the tree ask permission and express gratitude for it's wisdom and presence. You are in relationship with the tree. You become the tree. Your limbs expand outward gathering sacred knowledge. Your face opens up to the warmth of the sun. Your mind clears as the wind blows through your branches. Your feet open wide and roots go down deep into the earth, grounding you in place, standing your ground, nurtured by the soil, hearing the heartbeat of the tree pump, you open your heart center and sound with the sun. Father sun sends information and nutrients to you. Your roots expand deeper and deeper into mother earth. Your center expands outward and energy radiates in all directions out through your heart and into the tree the tree sends it back and you pumps light in and out together in harmony. You sound the pump in your breathing, as you breathe deeper and deeper allowing the oxygen flow. Feeling the earth power coming up through your feet and leg channels as it mixes with the energy from blue sky above. The rain of your higher consciousness washes down into your body in abundance and joyfulness. You are full of the sacred in both directions as you are the light of the beaming sun.

The sonic experience of these above meditations can be made of actual recordings of birds, heartbeat, voice, and wind with music using naturally tuned instruments. One could also use these sound meditations as a vehicle of expression for the client, by allowing the client to make sounds with the practitioner. Another option could be to speak the guided meditation with a Crystal Singing Bowl. I'd like to note here that often, spoken word as in poetry or using the human voice in guided meditation could also be used as a form of sound therapy.

This is only the beginning as there are infinite ways to use trees in sound healing. The healing can include use of geometric shapes, numerology, and the color green during the healing. For example, to help aid cell rejuvenation, have the client imagine or be in the center of 3 trees, which creates the 111-formation of 111 hertz for cell rejuvenation, sound that frequency with intent, and ask the trees to help the person who has come for healing.

*“The Book of Enoch states that in the time of the great judgment God will give all those whose names are in the Book of Life fruit to eat from the Tree of Life”-Wikipedia*

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Whispers from the woods: the lore and magic of trees-Sandra Kynes