

Final Paper

Tree of Life

Sound Healing and Therapy Certificate Program (Globe Institute)

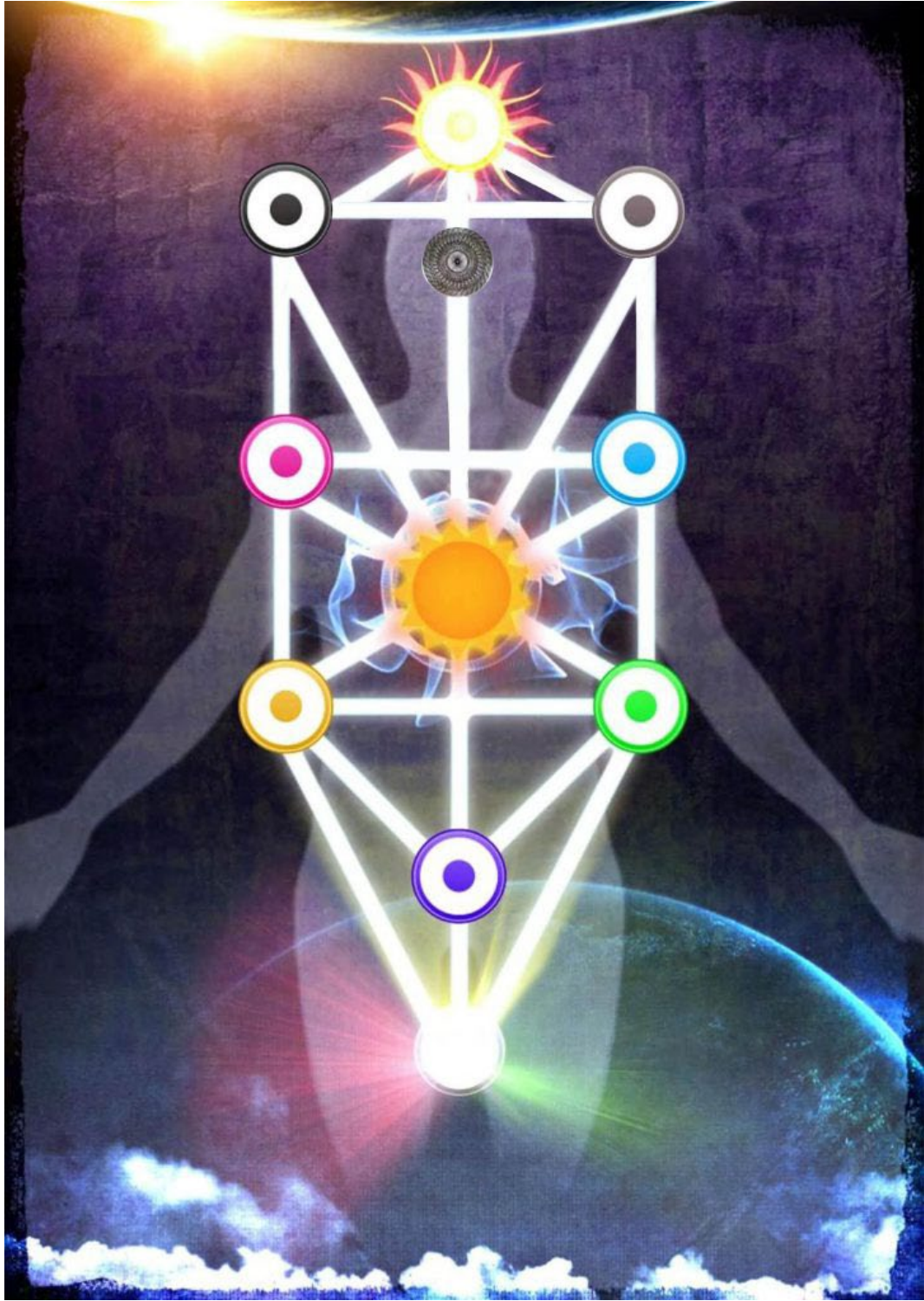
Nidhi Setya
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The Tree of life is a symbol that can be seen in various cultures throughout history. This symbol represents us as humans being a part of the interconnected network that the universe is made of. It is a powerful net energy field of our body. It comprises of 10 spheres, or energy centers in or around our body interconnected through various pathways. The centers are known as Sephiroth. The tree of life network is also known as the grid of life.

In the Kabbalah, it is believed that God created the universe through a network, and the tree of life is a way to connect to God. It is the pathway to the union of the material world and the Divine world. This network can be activated with meditation practice. This practice activates our divine blueprint and can transform us spiritually. It is important to understand this energy grid to activate it. These energy centers already exist in our energy body. We must become aware of them to activate them.

The first center is located above our head. It is activated through paying attention to it. Once this top chakra is activated, it is allowed to radiate energy and light around. The next two energy centers are one above each shoulder. To activate these centers, attention is directed to the epicenter of these chakras. Once these three centers are activated, a line of light is extended from the epicenter of the center above the right shoulder to the one above the left shoulder. Next, a line of light is drawn from the epicenter of the center above the head to the center above the right shoulder. Another line of light is extended from the epicenter of the center above the head to the center above the left shoulder. This creates a triangle between these three centers. Then, a golden divine light is imagined filling up this triangle. This golden light is believed to clear out any negative thoughts or beliefs. It washes away any stuck energy and blockages from the mind.

The next center is the heart chakra. A line of light is imagined from the center of the top chakra extending down through the midline of the body. This line of light travels through the third eye and the throat chakra till it meets the heart chakra. This line is the beginning of the creation of the middle pillar, known as the pillar of mildness. Awareness is then brought to the epicenter of the heart chakra to activate it. This activated energy is then imagined radiating rose color, light out and around. Once the centering in the heart chakra is experienced, a line of light is extended from the center of the heart chakra to the center of the chakras above the right shoulder, and another line of light from the heart chakra to the center of the chakra above the left shoulder.



The next two energy centers are located in the two sides of the upper chest or upper lungs. These two energy centers are activated and connected to the heart chakra through a line of light extending from the heart chakra to the centers. The next two centers are located at the base of the rib cage, the right center lives in the liver and the left center lives in the spleen. The centers are activated, and a line of light is sent from the heart to those centers.

The right pillar is then activated by extending a line of light from the epicenter of the center above the right shoulder through the center of the energy center in the upper right lung to the energy center in the liver. This pillar is known as the pillar of severity. The same is done on the left side to create the left pillar. The left pillar is also known as the pillar of mercy. Then a horizontal line of light is imagined connecting the two centers in the upper chest. Similarly, a line of light is imagined connecting the two centers in the liver and spleen.

The next center is the solar plexus. It is activated by bringing attention to it. Then it is allowed to radiate out energy. The liver and spleen are then connected to this activated solar plexus center with a line of light.

The final center of the tree of life is at the base of the abdomen. This center holds the sacral and the root chakra together. This center is activated by connecting it to the solar plexus with a line of light, and then paying attention to the center. Once activated, the center is allowed to emanate light all around. This activated last energy center is then connected to the center at the liver and the center at the spleen through lines of light.

This completes the activation of the tree of life in our energy field. This tree of life comprises of ten centers, three horizontal pathways, seven vertical pathways and twelve diagonal pathways. Breath is then used to activate and brighten this completed design further.

The top center is considered the zero-dimension single point. It connects us to the source. The single line of light between the chakra over the right shoulder and the one over the left shoulder forms a one-dimensional line. Connecting the top three centers creates a triangle, a two-dimensional form. The last four centers create a tetrahedron, a three-dimensional form. Together it all signifies the movement from zero to three dimensions.