

Tree of awareness meditation

The Tree of Awareness is a meditation to help you unhook from identification with outer labels and bring you back to your essential Self.

Benefits

- It encourages your attention to come to your desired life, to your authentic self.
- You will make better choices because the energy is coming from your heart centre, not from other parts you may have identified with.
- You can experience your Whole Self and send out that energy to the world.
- You will experience less attachment and neediness and more loving kindness.
- It promotes more mindful, wholehearted and joyful living.



Instructions

Picture a circle with your beautiful heart at the centre. You can colour it a deep, passionate red. Divide the circle into 3 equal parts—Self, Relationships and Work/Service. In each section draw green lines coming from the heart centre out to the edge of the circle. You can name those lines in ways that make sense to your life. Here are some examples. In Self, you might have Body, Mind, Senses, Feelings, etc. In Relationships, you might have mother, father, brother, sister, son, daughter, warrior, your dark self, etc. In Work/Service, you might have your “role” as a mom/dentist/plumber, time, money, gifts, creativity, etc.

To start the meditation, go to the first section of Self—Body. Now move your awareness from the central heart along the green line (or branch) to the Body. Turn your full attention to your body. Now move back along that branch to the centre.

When you do this you are letting go of your identification with your body and returning to your essence. You are disengaging from your idea of yourself as simply your body.

You do this with each branch through all three sections.

You will start to feel a huge wave of energy emanating from your heart outwards through your whole system. You can then mobilize your energies to touch every part of you and spread it outward in a general way or focus your own essential energy by deliberately focusing it down a branch of your choice, but you are at the same time, disengaging from those parts being who you are.

For example, you walk out to ‘Money’ and then you walk back to the heart. You are no longer identified by your money or lack of it. It is not who you are. You walk out to “Father” role - complete with the role demands of the father. You let it go. You can be a father but not limit your identification to just that part.

