

# Meeting a Tree

“Like all creatures in the natural world, trees offer an opportunity for relationship, inspiration, and information.”

From [Keepers of the Trees](#) by Ann Linnea

- Relating to a tree is simple: approach it thoughtfully and stop at its drip line—the outer reach of its branches.
- Pause and notice the particularities of this tree: admire its size, structure, and unique appearance.
- Allow questions to rise in your mind: *What birds rest in its branches? How old is it? How did it get here? How healthy is it? What gifts has it offered to the world?*
- Questioning helps you shift attention to Nature. When you have brought your mind into respectful awareness, move closer to the trunk.
- Inside the drip line, you may begin to experience the tree’s energetic field in much the same way that you register the energy of another person.



The tree creates this energetic field because it is a living, dynamic system just as we are. The tree is breathing; we are breathing. Fluids are flowing within the tree: fluids are flowing within us. We and the tree are both fully alive.

*Writing with trees... lean your back against the trunk, or sit at the edge and admire. Rest. Let your mind drift. Notice what part of the tree attracts your attention—the needles or leaves, the limbs or smaller branches, the roots or trunk or canopy. Start there. Write in reverie (flow writing) or dialogue (one voice you/one voice tree as teacher or guide).*

*Breathe deeply.*