

Hugging Trees: A Script for Releasing

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Imagine now that you are in a very safe, comfortable forest. Notice all the big, old trees around you, quiet and dark... The trees seem to be protective of you... They seem to know that you have come to this place to heal yourself... body, mind, and spirit...

Trees ARE very protective of humans, as you know... They absorb carbon dioxide and release life-giving oxygen onto the planet, through the mechanism of photosynthesis. So maybe you'd like to thank the trees, as you walk through this very peaceful place... If you'd like, you can just walk up and hug a tree... Pick any one you like... they don't mind... Just reach around its girth and give it a big, grateful, bear hug. That's right.

Feel all the wisdom and love from that old tree being absorbed into your body now. Let all that love and wisdom and self-understanding be absorbed into every cell of your being and become your own wisdom...

And, notice that, as the tree's love spreads throughout your body, you can actually start to notice a change in yourself... You begin to relax, to uncoil and unwind... Any knots of tension or points of stress seem to be resolving, ...melting ... or just evaporating into thin air... Any dark spots of fear or anxiety or self loathing are being burned off, like drops of water as they heat up on the window as the sun rises.

The tree is helping you to release all old, dead, buried memories that no longer serve you... or any experiences that made you feel badly about yourself... The tree's generous nature is helping you to let go of emotional responses and patterns that no longer serve you and are holding you back... along with any grief, sadness, guilt, anger or pain of any kind... releasing freely... falling away...

And, since trees give off so much pure, fresh oxygen... you can actually feel yourself breathing better... more deeply... more easily... as you continue to hug the tree... All stress and strain is melting away, or is absorbed into the tree's knotty bark... The tree knows how to pull toxins out of its environment and transmute them into positive energy again.... So, just continue to relax very peacefully here in this safe place...

Just allow the tree to do it's job now, as you continue to relax even deeper, feeling very safe and protected... totally at peace... more peaceful than you might have felt in your entire life...

Now, remember I said that trees are also very wise. ... Once, when I was still a traveling sales person, I went to a state park to go for a walk after work... In fact, on that particular day, I felt compelled to find just the right place for my walk.

The place I found had a beautiful ...deep aqua-blue lake,... surrounded by a picnic area, a playground,... and lots of lush, dense forest all around. I picked one of the hiking trails

... and started on my walk, ...feeling very peaceful... and happy to be out and alive on such a pleasant day.

I was totally caught up in the reverie of the experience,... just flowing with the moment,.. as one is prone to do after many years of active meditation practice... when I suddenly halted abruptly in my tracks... For there in front of me, was the most amazing live oak tree I had ever seen...deep in a hidden place along the hiking trail... totally surrounded by thick brush on all sides... as if the brush were guarding it or paying homage... It had the thickest and most plentiful branches of deep forest green leaves. .. In fact, it's branches reminded me of the Medusa's head... full of all the creative wisdom of the snake... And, as I gazed up at it's bountiful branches...I became transfixed!!

It seemed to be telling me something telepathically... I don't think even to this day I could put what the tree told me into words... But when I finally tore myself away from the spot where it stood... as the sun began to sink down to the tree tops, I felt somehow lighter, more calm and more sure of the direction I was about to take in my life... a peaceful change of direction... one of more fulfillment...

So, perhaps, if you gaze up at your tree now... it might have wisdom to impart to you... For after all, trees are the wisest of all creatures... and completely generous and giving... patient and loving... in sharing their wisdom... Just ask the tree what it might have to share with you... something to help you heal the parts of your life you are here to heal... and then just listen... with your heart... Allow your heart to be open... unafraid... and hear what the tree has to say that might help you along your way...

PAUSE

And, when you are finished, ... gaining all this wisdom ... from the tree... then thank it. Wish it well... and continue on your pleasant walk through the forest... and realize that any time you need wisdom or encouragement, you can always go back to this time and place you remember in your mind... or you might even like to go find a tree in waking life... maybe one by your home... or in some secret, special place you like to go to relax,... at a park ...or maybe on a school yard... for all trees are teachers.... either way, you will immediately feel more peaceful and relaxed any time you hug a tree... and you will be able to release all fears, stress, tension, anxiety, or any other negatives or toxins from your system... safely, easily, and comfortably... just by hugging a tree...change your life by changing your mind with hypnosis from Moore inspirations

Author's Note: Back when I was a traveling salesperson, around 1997, I had this experience. I've always loved trees. I was even told by a wonderful crystal shaman named Glenda, that trees love me, and that in one lifetime I was an American Indian woman named Whistling Willow, because I loved to whistle and loved trees. I also loved to tell stories in that lifetime, just as I do now. Your own life experiences or stories you've heard from others make wonderful hypnosis scripts.