

## Wisdom Tree Ceremony

This ceremony should take about 1 hour. You will need a compass, notebook, pen or colored pencils, and some tobacco or other sacred herb or a semi-precious bead as an offering.

Before you begin, smudge yourself with any or all of the following: Sage, Mugwort (*Artemisia Vulgaris*), Cedar, Sweetgrass.

Find a tree that calls you and make your offering of gratitude as you ask it if it will share its wisdom with you. Listen for the answer.

If it is a yes, find a comfortable place to sit or stand to do your ceremony and make your offering to the tree and thank it for its 'give-away'. The offering can be tobacco or a sacred herb, a bead, or simply your heartfelt gratitude.

In order to entrain with your tree, you will need to move out of your head and into your heart. The energy and vibration of the heart is where plants live!

In order to come into your heart, you can do the following breathing practice:

Breathe in for a count of 4, hold in for a count of 4, breathe out for a count of 4, and hold out for a count of 4. As you breathe in, focus on your crown chakra and as you breathe out focus on your heart.

Or use any breathing practice that takes you out of thinking mode and into a more heart-centered place.

Now, sitting or standing with your back to the tree, face **South** and ask the question:

**Who am I?** Wait for the answer. It may come as a 'felt sense' or a voice in your head, or as a vision. Write or draw your impressions. When you feel complete, thank the tree for its wisdom.

Moving clockwise to the **West** ask the question:

**'Where am I from?'** Listen for the answer. Write or draw your impressions. When complete thank the tree for its wisdom.

Moving to the **North** ask the question:

**'What am I here to do?'** Listen for the answer. Write or draw your impressions. Thank the tree when you feels complete.

Moving to the **East** ask the question:

**'Where am I going?'** Listen for the answer. Write or draw your impressions.

Feel free to dialogue with your tree. When you are finished, thank the tree for its 'give-away'.

This ceremony can be done often, for example, on the New Moon or on the Full Moon. Or any time you feel like you would like some insight from a Wise Elder.

You can change the questions, but it is best if they align with the 4 Cardinal Directions.

Enjoy!