

A Sacred Oak Meditation

Written by: Candy Price, Harvesting Health and Happiness

Find yourself a comfortable position, maybe seated or reclining. Allow your body to settle and surrender into your space. Maybe closing down the eyes or softening your gaze. Soften into your body while resting the mind. Allow yourself to rest in the seat of the observer. No need for judgment or labeling or fixing anything, just residing in this moment. This moment of coming home to yourself. Begin to notice the qualities of your breath. The soft inhales. The soft exhales. The breath which is in a rhythm perfectly suited for nourishing your body with prana, life giving force. Prana, your breath holds the power to settle your nervous system, to calm the many layers of your mind, to release stress and tension. Become heavy inside the temple of your body. The physical body which protects you, transports you, and sustains you.

Join me on a journey of exploration. Bring into your awareness a forest of green. The lushness of a canopy of green with sunlight filtering in through the leaves. The darkness of the forest floor, full of activity and life. A forest filled with old, stately, and strong trees. You settle your attention on an old, impressive oak tree standing solid in the soft light. This sacred oak stands in all her glory tall, straight, solid, secure. Sensations of healing enliven within you. You shift your awareness to your feet. Rooting down deep into the earth. Just as the roots of the sacred oak anchor deeply into the loamy soil. Your feet, connected to the safety of the earthplane. Offering foundation, strength, nourishment.

Now move your awareness towards your hips. Your hips softening into the earth beneath you. The hips resting just as the lowest part of a trunk of the tree. The denseness and marvelous design of the bone structures of the pelvic bowl.. Just as the trunk supports the branches, leaves, and seeds. Your pelvis protects your internal organs. The old oaks solid trunk of support just as your pelvis supports and aids your physical body.

Move your awareness to your abdomen or the continuation of your trunk. The middle trunk of your body resting in pure awareness, notice the sensations of the abdomen, the heart space, the lungs. The soft beating of your heart protected by your ribcage. Surrounded by your lungs expanding and releasing air for your entire body. Your trunk of life breathing you, supporting you, sustaining you, living you.

Allow your awareness to rest on the shoulders. Softening, grounding down, releasing tension. The shoulders supporting the branches of your body. Resting the shoulders deeply down and away. Feeling the sensations of your branches resting in safety, nestled into your body without tension.

Place your awareness on the crown of your head. Your place of knowledge, intuition, inner knowing, and your spiritual center. Just as the crown of a tree reaches upward toward the light. Reaching for the sun to sustain life. The crown of your head reaching toward the sky. Rising high, lifting in confidence. Perceiving, discerning, interconnecting, transcending. Residing in the sensations of your higher self, your devoted self, your conscious self, your inner self, your true self. The soul of your being. Rest in your sacred awareness.

Allow your senses to return to your physical body. Notice the sounds within the temple of your body. Your breath, your heartbeat. Notice the sounds within your space. Outside of the room. Inside of the room. Make any movements in your physical body which feel natural and intuitive for you.

If you would like you can bring the palms of the hands together, resting them at your heart center, thumbs resting on your heart space. Anjali Mudra. Take an in and out breath to give gratitude for your physical, mental, and spiritual body. Take an in and out breath to give gratitude to yourself for making time for yourself. And finally an in and out breath to give gratitude for the ancient practice of meditation and the continued relevance it has in our lives today and onward. Thank you for allowing me to lead you in this Sacred Oak Meditation. May it follow you throughout the rest of your day and the week ahead. Namaste.