

## Tips for learning to observe nature Spirits and how to sing with trees.

### **Explanation of the observation exercise:**

The best way to start observing is to first connect with the earth through the soles of your feet in a quiet place, then with your heart, open yourself up, and let go of all expectations with a deep exhalation. ;))

Now, with your heart and mind open, start to look for a spot from where you stand that attracts you, and look exactly there where you see a transition, e.g., a stone on the earth, a leaf on the water, a reed stalk sticking out of the water, where the vertical object touches the horizontal plane. Exactly in that corner, on that line, you will start observing and to open your perception antennas. That is where the nature spirits and the Devas are dwelling.

Stand still, breathe, and observe with the help of all your senses; notice a gust of wind, a ripple, a ray of sunshine or shadow passing by, a feeling may arise.

Notice where you feel it in your body. What sensation does it give you, do you see colours or images? What comes in first is what is right for you at that moment, and where it enters your body may have something to tell you. Nature beings always speak to us in images/sensations that we understand and out of our own personal world.

Then you can turn your attention to another spot, take your time, relax, and open yourself up again to the dimensions of the spirits and little people in order to perceive and observe some more.

If this is a challenge to get into that modus again: place your hands in front of your chest in a praying/namaste position, breathe in deeply, and as you breathe out, open them wide outward in one go, as if you were pulling back a veil. This allows you to look deeper again. What is happening at the place you have chosen to observe? [This hand movement gives your brain something else to do and enables you to open up the perceiving modus again.]

### **Singing and sensing energy flow in trees.**

#### Step 1:

Before you start singing to a tree, first make contact, ask for permission, and observe how the energy flows. Does it flow from the ground up along the trunk toward the crown, or does it flow in the opposite direction, downwards? The energy flows all around the trunk to where the side branches and canopy begin (the crown), in circles upwards or downwards.

The hazelnut tree and the birch tree are feminine, light, cheerful energy that flows from bottom to top and back again in circles (lunar, female).

The oak tree flows from the crown down into the earth and up again; it is grounding (solar, male)

#### Step 2:

Focus your attention inward again, open your heart, and let the tree guide you. As we sing, the tree will resonate more with some vowels from step 3 than with others. This also applies to some tones and melodies. If we take the time, we will see that everyone can do this ! It is also fun and stimulating to listen to each other, sing, play with it; what comes from the heart is allways good!

#### Step 3:

Practical: Make a kind of horn with both hands in front of your mouth, stand close to a tree trunk or branch, and put your hands in the above mentioned horn position against the trunk, than start singing the vowels: A, E, I, O, U against the bark. Keep on repeating them, in various tones. Now notice which vowel the tree absorbs and which it repels. Continue with the vowels that the tree absorbed, and also sing than to the roots, bless the crown, sing melodies, hum, sing a short song, anything that comes up. All is good and it will lift and bless the tree and all nature around !!