



Go to a tree to whom you feel called. Place your hand upon the tree. Breathe (about) seven breaths with the tree, relaxing into the breath, and feeling the exchange of breath between you and the tree. Ask the tree "What have you for me?". Listen. Receive.

Notice your breath, again breathing with the tree for (about) seven more breaths. Ask the tree "Are you my tree ally?". Listen. Receive. Feel if you receive a "yes" or a "no" response from the tree.

When you have met your tree ally, breathe with the tree and ask questions of your tree ally. I have been working with a tree or a plant ally for 8 years, and have found breathing and asking with my tree ally to be transformational. You may do this practice daily or as often you like.

The practice may also be used for meeting a plant ally.

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