

The Tree Remembers You

A Sacred Practice of Communion with the Living Forrest



♥ The Power of Love ♥

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In the stillness of the woods, where shadows breathe and leaves whisper,
something ancient waits. Not a sound, not a voice-but a presence.

The forrest remembers.

Long before stories were written and walls were built, we walked as kin with the Earth.

Our ancestors did not "use" the forrest. They honored it.

They listened.

They learned.

They healed beneath the canopy of leaf and sky.

To touch a tree is to cross a threshold.

It is to enter into sacred time-Earth time-where healing moves slow,
and truth is whispered in silence.

The trees do not rush us.

They do not demand belief.

They simply *are*.

And when we show up with sincerity, they meet us where we are

The Spirit of the Trees

Each tree is an elder, a medicine carrier, a soul companion.

- Oak - Strength, endurance, protection.
- Yew - Death, rebirth, ancestral wisdom
- .- Birch - Renewal, cleansing, new beginnings
- .- Willow - Grief, softness, emotional flow
- .- Pine - Resilience, breath, clarity of spirit

You do not need to know their names to feel their spirit. Let your body remember
what your mind has forgotten.

A Practice: Tree Communion

A ritual for healing, grounding, and soul remembrance

1. Enter with Intention. Walk slowly into the forrest, or any space where a tree stands. Step softly. Leave behind urgency. You are entering sacred space.
2. Let the Tree Choose You. Wander gently. Notice which tree you feel drawn to. It may not be the largest or most beautiful. Trust the quiet pull.
3. Grounded and Centred, Stand before the tree. Feel your feet on the earth. Let your breath deepen. Let the world fall away. This is the doorway.
4. Make Contact. Touch the tree. Palm to bark, cheek to trunk, or your back to its steady body. Feel its stillness. Root yourself in its presence.
5. Speak or Offer Your Heart. Share your need, your grief, your joy, or your silence. Speak as though to a Wise Elder who knows your Soul.
6. Leave a Gift Offer something of yourself: a breath, a strand of hair, a prayer, a word of thanks. Nothing plastic, nothing artificial. Only essence.
7. Listen and Receive. Linger. You may not hear answers, but you may feel held. Seen. Re-membered. The healing is not always in words.
8. Depart in Gratitude. Before you leave, offer thanks—from your heart, your body, your breath. Carry the tree's stillness with you.

A Final Blessing

Some trees speak. Others hold silence. But all remember. You are not separate from the forrest. You are not forgotten. You are not lost. Walk slowly. Breathe deeply. And remember: The tree remembers you. And now, you remember too.

(For private use, journaling, spiritual circles, or woodland walks.
Offered in reverence to the old ways and the living Earth.)