

Dawn Williams

The Incredible Nature of Tree-ing

How the Living World Supports
Healing & Abundance

Why You're Here

It's a shakedown.

Things are breaking down.

You may be feeling tired, frustrated, stuck or anxious.

You know there's something more waiting, out there, somewhere. This can't be all there is...

You feel the rippling of the earth, the cracking of foundations and the energy of change all around you.

This is an energetic opportunity for you to release the old, unEarth that which is no longer working and lay solid, fresh foundations for what you wish to manifest as your new reality.

Truth be told, there has never been a time like this.

Let's make it YOUR time.



"My vision is to create sacred space, heart based connection and energetically expansive processes to support your healing & awakening."

Dawn Williams

Connecting with Your True Nature

There are many ways to ground, centre and clear your energy body. One of the simplest and most profound techniques draws on the power of NATURE.

In this ebook, we focus on building foundations, clearing density and calling your energy back from every direction of time and space as you establish balance and personal boundaries with simple, energetic practices.

Foundations

Let's first explore our roots to heal and manifest an abundant life with a vibrant, fresh foundation.

Together, we'll explore foundational concepts such as:

- Root Chakra;
- How the Root Chakra relates to abundance;
- Healing versus manifestation;
- Why we use nature to access this chakra; and
- Practices to clear, centre and ground your energy body supported by a sacred spot in nature.



Exercises & practices deepen your experience:

- How deep you go is a personal decision, neither right nor wrong;
- You may wish to choose one practice to explore or all; and
- Remember, there is ample opportunity to come back later and go deeper.

Let's get started!

Root Chakra

Your foundation is where your sense of safety and security is developed. If the Root Chakra is active and flowing with life force energy, you have a sense of:

- Having your basic needs met;
- Having enough; and
- Feeling like you live in a state of abundance as opposed to a state of scarcity & fear.

Your quality of life is directly affected by your Root Chakra. This includes areas such as financial stability, your basic needs, nourishing food, shelter and loving relationships.

Which brings us to ABUNDANCE



What is abundance? How can you live an abundant life? Take a moment to reflect:

From a spiritual perspective, an abundant life is about making each moment sacred and defining each moment in terms of being present in the now, being grateful for what we do have and not focusing on feelings of lack. We focus on the quality/fullness of life and not the quantity in each moment.

Healing Versus Manifesting

In this ebook we use a variety of energy based techniques to create healing experiences to aid your intentions. We also combine this with opportunities to manifest new and vibrant changes.

How do they differ?

What is Healing?

In my own [healing practice](#), I use Reiki, streams of Conscious energy, story telling, visualizations plus more to amplify healing intentions. Energy healing focuses on a holistic approach for your mind, body and soul. In essence, healing is releasing - releasing judgements, beliefs, unwitnessed stories, separation of self from others and the Divine, plus extraneous energies.



Three types of healing /releasing in my work

1. Extraneous energies – represent much of the emotional baggage you are experiencing. Cords, hidden forces, nets, thoughts (think empathic sponge), hooks, etc. make up this type.
2. Karmic patterns - patterns of loops & cycles that we get stuck in, created by us in past lives and this lifetime as well.
3. Lineage legacies/Ancestral healing/Epigenetics - the emotional 'heritable' gene expressions that are triggered by environmental stressors. Contributing to mental, emotional and physical issues that may be linked to unresolved trauma from our ancestors.

What is manifesting?

Manifesting is about inviting in change, something vibrant and new that is tangible. We do this by focusing our attention through **intention**, getting **clear** on what we desire to create, taking **aligned action**, and adopting beliefs and **feelings** that align with what we desire.

Then we release our expectations on **how** it will happen, we allow ourselves to be **fluid** and **flexible**.

Why Nature?

My Story

After my son died, I was searching for connection and meaning beyond my deep suffering. My foundations had crumbled and everyone around me was equally devastated.

It's challenging to lean on those who are broken as well. Someone once told me an analogy that went like this: if both myself and my partner had a broken leg on a mountain, it would be impossible for him to support me on my journey due to his own physical injury. It's the same with emotional, mental and spiritual pain.

So, here I was feeling deeply, viscerally alone. I instinctively knew that it wasn't therapy I was seeking. I had a deep feeling of disconnect and a desperate need to tap into something bigger and wiser. I began to notice that each time I went for a walk and spent some time in nature that I felt better. I noticed the clouds. I felt awe. I felt steady and supported. I didn't have to pretend everything was all right.

The landscape around me began inviting me into a deeper relationship. I saw messages in clouds, the word "FLY" appeared, the branches of trees assumed Noah's laughing face, the dew on the grass felt like fragile new beginnings. I felt HOPE.

Nature is the ultimate reset button! Nature helps us **BE** in the present moment, exchanging fear for vulnerability - softening into the present moment as we embrace each second with gratitude.

Stillness allows us to open to our most powerful creative place, our healing and manifesting place.

Nature allows us to be part of it.

Part of the stillness of nothing and everything.

Stillness.

Nature teaches us the skills in being aware and present.

Helps us unstick from confusion and disconnection.

We become aware of our feelings. When we focus on one thing such as a leaf or a tree, there are fewer distractions, it allows us to witness as we sink into restful alertness without tension.

Awareness, focus and witnessing fuse into one thing, **creative awareness**, which helps us manifest the new and expansive.

The truth is, the nature of life is change and yet we resist change and fear it.

Embracing change is mirrored in nature. Change breaks inertia. Nature welcomes change. Lean into change and embrace it - vibrant and alive. We get way more done when we feel dynamic and allow change.

Nature embraces the unknown. When we resist change we stifle creativity and constrict. Nature allows life to unfold naturally every day allowing change.

As we are liberated by our own fear, we activate this liberation in those around us. Nature can act as this activator as well.

Inspiration & Divine Messages

Along this journey, I was clearing my aura and felt a presence that I hadn't sensed before. It was green and spiky and I realized there was an evergreen presence in my aura! I had an overwhelming fragrance of cedars...

I asked my higher self, "What is this? Show me," and heard that I could use this tree spirit to clear my aura and protect myself if I wished. "Who are you?" I asked. I heard the name *Lebanon*.*

When I looked up the spiritual meaning of Lebanon, I found an article on the *University of Dayton's site by Father Johann Roten, S.M.* which talked about the cedar tree being a well known symbol of **Mary** during the middle ages - it was considered to be the **first** of trees. Described as strong and durable, graceful and beautiful, high and tall, fragrant and spreading wide.

Cedar wood was imported by King Solomon and was widely used in building temples, palaces and ships. Creating solid and far reaching **foundations**.

Cedar trees grow best in deep soil where their roots have access to water. The evergreen cedar tree is a **symbol** of **endurance**, **eternal** life and **immortality**. Egyptians used cedar resin to mummify their dead. Cedar sawdust was discovered in Pharaoh's tombs.

It gave me such a rush of connection to the Divine, to Gaia and to the Divine Feminine all at once. It created this connection of heaven and earth. I was shown I could visualize this cedar spirit using his needled limbs to clear my aura, all it took was my focused intention.

**Please note, I humbly use the name Lebanon here with great respect and compassion. I acknowledge that Lebanon has faced much crisis in the past few years and the use of this name and the metaphor above is not meant in any way to diminish or disrespect that.*

Exercise One

You are invited to connect with the essence of the tree spirit, Lebanon. Over the next few days, I invite you to welcome in a tree spirit from a natural space or beyond to use as a guide.

Clear, centre and ground with your tree.

Attach to a star above and your roots below. Imagine a pillar of light surrounding you now.

Clearing – Call in your tree, Lebanon, or another tree spirit. Feel the steady and sturdy presence. Ask your tree spirit to clear your energy. Take the branches/leaves/needles and use them to clear your aura. Sweep your body with them by using your imagination, by physically doing so, or both. See yourself being cleared and cleansed. The pillar of light transmutes all that is released.

Centering – Stand with your back against your tree spirit. Feel supported. Each season comes and goes while your tree is solid yet flexible. Your centre here is your belly, just below the navel.

Winter – Feel the cold weather, the frost and the barren-ness of the landscape reflected back at you. Where in your life are you feeling barren? Bring that energy back to your centre now...

Fall – Feel the shedding of leaves, the release. What do you need to release? Let the energy of it go as you bring your awareness back to centre now...

Fall is harvest time: what situations, relationships, energetic constructs feel complete? Feel the truth of this and how good it feels to let go... Bring your attention back to centre...

Spring – Seeds are planted in dark loamy soil, dreams are created, intentions are manifesting. What do you wish to manifest? Think of it now and release how it will happen or how... Focus instead, on the joy and deep gratitude your manifested dreams will bring. Bring that energy to your centre now.

Summer – Feel your dreams fully grown and manifested. They are enough. You are enough. Focus your satisfaction, your feeling of growth and expansion back into centre where you can always access them.

Invitation: Feel the difference in each season. What opportunities do each season bring you?



Exercise Two

Grounding

Visualize your tree spirit anchoring you, limbs around your hips. Securing you and your lineage (legs equal lineage and feet equal karma). Root down into the earth. Go into the earth's core. Feel yourself being recharged... reNEWED.

Our roots are connected like the trees. See them connecting with all other trees (this is a metaphor for your ancestors/lineage/everyone) plus the roots of each one of us who connects with this practice in love and gratitude - amplifying this connection - creating a network of support and communication.

Listen deeply. What do you hear? What support is being given?

Feel your energy body grounding, tapping into a sense of belonging and being deeply supported.

As you are rooted here, let's explore your Root Chakra. Place a hand on the front and back of your Root Chakra. Concentrate on one area at a time, front then back. Make sure you breathe deep into your belly as you relax and settle in. I invite you to consider the following:

1. What can I "open up to" by opening or healing this chakra?
2. What might be causing this chakra to contract?
3. Ask your Root Chakra to show you what fully healed is like. Experience this using all your senses: emotions, sensations, visions, words, images, stories, etc.

When you are ready come back the way we went down. Take a moment to breathe and be fully present in your body. Re-orient yourself by wiggling your fingers, your toes and opening your eyes.

Place your awareness on your hips, your root, your legs and feet. Feel how sturdy you are.

This brings us to the end of our journey together. You now have a few simple but powerful energy based protocols to support your spiritual nature and your innate connection to heaven and earth.

I do love receiving feedback, so please do let me know if you enjoyed this book! Wishing you a safe, nourishing and abundant journey friends. Want to explore more with me? Contact me [HERE](#).

My Deepest Gratitude,

Dawn Williams Reiki Master/Teacher | Synergistic Resonance



Dawn Williams is a self professed Cloud Whispering Reiki Master/Teacher. Her work infuses Energy-based Protocols & Divine streams of Energy (including Reiki) with her innate ability to tap into symbolic patterns, metaphor and intuitive story evoking profound spiritual connections and energetic shifts.

Copyright Dawn Williams 2022

All Rights Reserved

Tree Wisdom

A Message from Lebanon

"What I want to tell you is that you are special.

You have a unique quality or offering that is distinctly yours, no other can do it. It is needed to complete the whole, but you also need to know that you are no more special or less special than anyone else.

This is a paradox for us to learn. First, we feel that specialness and it is huge - all encompassing - because it is limitless spirit. The challenge occurs when we expand this into the belief that in this physical body, which is separate in 3D, we are more special than others.

We feel our magnificence and then it is stripped away. Can we still feel the magnificence when we are limited in 3D? When we are uniquely unimportant? You are no more and no less than anyone else. And yet you are special. How can these two seemingly disparate states co-exist? It is the crux of duality.

Duality on the 3D plane is real in the sense that our full spectrum of feelings must be witnessed and honoured. They cannot be denied: to lose a loved one is to feel the pain of separation; to be betrayed is to feel the absence of love; to feel guilt, shame, fear... they are real!

But there is also the perspective of the higher self, that aspect of us that is one with the whole. No one experience defines us. We can feel the wide range of experiences to deepen our understanding of love and humanity: to deepen compassion for others when they are gripped in patterns of betrayal and disconnect; to deepen our self love even when everything feels lost."