

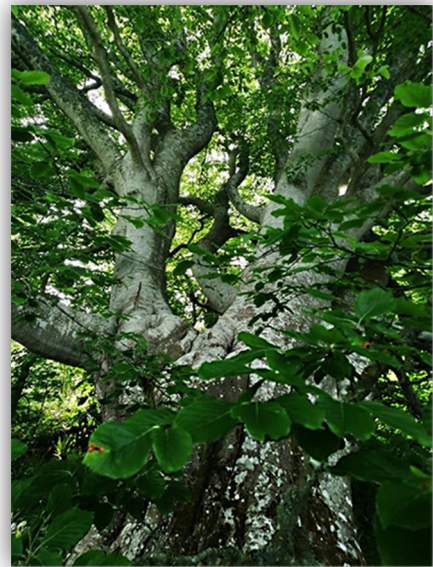


THE COLOUR ATHENAEUM

The Earth Band

Forest Green – Wisdom

Trees in the forest sink their roots deep into the earth and their branches canopy high into the sky. Many live far longer than most humans; they witness and hold wisdom. In forests, the same species share resources via the root networks. When we lack forests we suffer nature deficiency syndrome and become imbalanced.



Journal, Create, Explore

1. JOURNAL :

- Remember your favourite places to commune with trees and tune into the happiest times you have had there. Consider the wisdom and healing you received there.
- What is the most important message you have ever received from a tree about your own life? Where were you? What was going on in your life at that time?
- Forest Green knows deeply and internally the cycles and rhythms of growth. What personal rituals do you enjoy to mark seasonal changes? This may include making certain foods or doing certain activities at a specific time of year only. These may be ancestral habits or they may be new rituals you have created for yourself and your family.

2. CREATE /ACTIONS:

- Discover a prayer or power tree near where you live. Be with the tree, give gratitude to the tree and a non-toxic offering. Introduce yourself properly as you would meeting a sentient being. Ask if you can step into its field of energy. Then be

still and listen. Be open to any wisdom that may be passed to you. Slow Down. Deeply observe the tree. Listen for its heart beat and rhythm. You may want to make a sketch or paint the tree as you tune into its wisdom- essence. If you aren't inclined to draw, take a photo of the tree and share it with the group.

- Find the trees indigenous to your area. Learn about the one you feel most drawn to. Discover its Latin name, any myths or legends about this species. [The Ogham is a Celtic divination system based on Tree lore. Is there an equivalent in your culture?]

Find out how long it lives, how tall it grows, what we use it for, etc. Find out if you can make any medicinal remedies – such as from its leaves or bark. For example, Linden, Thuja, Hawthorne, Elder, Yew all have medicinal properties. Share this information with the group, whether it is practical or mythological.

- Plant a native tree. Or some trees. Do some political work to protect or preserve trees and empower a balanced ecology.

3. EXPLORE: Suggested Journeys

- Sit under a tree and create a poem, affirmation, or prayer for honouring the Forest Green. Share that with the group.
- Go on a vision quest and sit with the trees. Journey and ask the trees what they wish you personally to do about climate change - how you can make a difference.
- Write a letter to the Forest Green Ray telling it all your troubles and what you want help with in your life. Put the letter in a sealed envelope labelled: to Forest Green. Put some dark green clothes on - or a scarf - and drum and merge with Forest Green. Open the letter, read it while merged and write a response from Forest Green.
- Create a power song thanking the Forest for its wisdom love and support. Teach the song to the group.

WHEN I AM AMONG TREES by Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks, and the pines,
they give off such hints of gladness.

I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.
And they call again, "It's simple,"
they say, "and you, too, have come
into the world to do this, to go easy,
to be filled with light, and to shine."

*"The Truth surrounds you, you exist in it.
Just like the fish in the ocean you exist in truth.
God is not a goal.
God is what is here and now.
These trees, these winds blowing these clouds moving
The sky, you, I ...
This is what God is."
-- Osho*