

The Tree of Life Breathing Practice

Personal Worksheet

This worksheet will track your insights during the 5-day mini-retreat and beyond. Each day you'll discover and record the specific qualities, colors, concepts, words, sounds, images, or energies that resonate most deeply with your healing process. Think of this as creating your own personalized medicine—a unique blend of divine and earthly energies that support your transformation and healing.

How to Use This Worksheet

During the Mini-Retreat:

- ◆ Each day's video will focus on a different aspect of healing
- ◆ Augment the basic Tree of Life Breathing Practice based on your insights from the exercises outlined in each day's video
- ◆ Strive to practice your individualized breathing practice twice a day during the mini-retreat
- ◆ Note how the added elements support your healing process, including the mental, emotional, physical, and energetic challenges you are facing in your healing journey

After the Mini-Retreat:

- ◆ Use the "Post-Retreat Daily Practice" page to create your ongoing practice
- ◆ Return to your insights from each day's discoveries when you need particular types of support
- ◆ Allow your practice to evolve—add new elements as they arise



Day 1: Building a Mythic Framework for Healing

Qualities, Colors, Concepts, Words, Sounds, Images, Energies



Mythic Path Transformation

From Divine Energies Above:

From Earth Energies Below:



Easing Conscious Challenges

From Divine Energies Above:

From Earth Energies Below:



Healing Life Lessons

From Divine Energies Above:

From Earth Energies Below:



Day 2: Healing and the Inner Nature of Life

Qualities, Colors, Concepts, Words, Sounds, Images, Energies



Countering Your Illness's Characteristics

From Divine Energies Above:

From Earth Energies Below:



Restoring Your Relationship to Life

From Divine Energies Above:

From Earth Energies Below:



Restoring Your Essential Nature

From Divine Energies Above:

From Earth Energies Below:



Engaging Your Healing Process

From Divine Energies Above:

From Earth Energies Below:



Day 3: The Power of Embodied Awareness

Qualities, Colors, Concepts, Words, Sounds, Images, Energies



Enhancing Your Connection to Your YESes

From Divine Energies Above:

From Earth Energies Below:



Supporting Your Healing Regimens

From Divine Energies Above:

From Earth Energies Below:



Day 4: Inner Attunement and the Power of Beauty

Qualities, Colors, Concepts, Words, Sounds, Images, Energies



SOS Reinforcement

From Divine Energies Above:

From Earth Energies Below:



Healing Medicine from Your Past

From Divine Energies Above:

From Earth Energies Below:



Your Favorite Places

From Divine Energies Above:

From Earth Energies Below:



Day 5: Designing Your Support Network

Qualities, Colors, Concepts, Words, Sounds, Images, Energies



Essential Need Fulfillment

From Divine Energies Above:

From Earth Energies Below:



Feelings of Safety and Support

From Divine Energies Above:

From Earth Energies Below:



Experiencing Physical Support

From Divine Energies Above:

From Earth Energies Below:



Connecting to Your Healing Companions

From Divine Energies Above:

From Earth Energies Below:





Mini-Retreat Notes and Insights



Tree of Life Breathing Practice *Post-Retreat Daily Practice*

Essential Divine Energies from Above the Tree for Your Daily Practice

Choose the 3-5 most resonant elements (qualities, colors, concepts, words, sounds, images, or energies) from the mini-retreat for your daily practice:

1. _____
2. _____
3. _____
4. _____
5. _____



Essential Earth Energies from Below the Tree for Your Daily Practice

Choose the 3-5 most resonant elements (qualities, colors, concepts, words, sounds, images, or energies) from the mini-retreat for your daily practice:

1. _____
2. _____
3. _____
4. _____
5. _____