



Activate Your Healing Compass®

Five Essential Tools for Navigating the Healing Process

The Tree of Life Breathing Practice

A sacred breathing practice for remembering your connection to higher guidance, earthly nourishment, and the essential wholeness that lives within you.



Image by Laurelin Remington-Wolf

Strive to practice the Tree of Life Breathing Practice twice a day (upon waking in the morning and before bed) until the “Activate Your Healing Compass 5-Day Mini-Retreat” begins.

Introduction

The Tree of Life Breathing Practice is a powerful technique that draws from ancient Kabbalistic wisdom and modern esoteric practices. This practice works directly with the central column (middle pillar) of the Tree of Life—the energetic channel that connects the heavenly and earthly realms through our human vessel.

By consciously directing breath and awareness through this central channel, we restore our connection to higher guidance and life's nourishing support, realigning our lives with our essential nature and our highest calling.



Preparation

1. **Sacred Space:** Find a quiet, undisturbed place where you feel comfortable and safe. Create sacred space through your intention and presence.
2. **Posture:** Sit comfortably with your spine straight, either on a chair with feet flat on the floor, or cross-legged on a cushion. Alternatively, you can stand with your feet shoulder-width apart and your knees slightly bent.
3. **Grounding:** Take a few moments to feel your connection to the earth beneath you. Feel its steady, supportive presence.
4. **Centering:** Bring your awareness to your heart. Take several deep breaths here, allowing yourself to become present.

The Practice

Part I: Receiving Divine Light

1. **Awareness Above:** Begin by bringing your awareness to a point about 12-15 inches above the crown of your head—this is the Spirit Center on the Tree of Life, representing the undifferentiated oneness from which all life emerges.
2. **Visualize Light:** Imagine a brilliant white or golden white light shining down upon the Spirit Center and the top of the Tree of Life. This is the light of divine consciousness, the fundamental source of all creation, however you imagine that to be.
3. **Divine Inhalation:** As you inhale deeply through your nose, visualize this light streaming down into the crown of your head, flowing through the Air Center (thinking capacities) at the head and neck, and collecting in the Fire Center (willing capacities) at your heart/solar plexus region.
4. **Divine Alignment:** Take three or four deep breaths, focusing your intention on aligning your heart with this higher organizing principle of creation. With each breath, feel yourself attune more deeply to this higher energy—whether you perceive it as unity consciousness, God/Goddess, creative life force, the divine spark within, universal love, your higher self, or the source of all that is.
5. **Surrender:** Attune yourself to this connection, opening yourself to guidance, alignment, wisdom, and clarity from above. You may find it helpful to place your hands over your heart (the Fire Center) to heighten your perception of the guidance you are receiving. You may also feel yourself being physically moved by the energy. This may manifest as subtle, micro movements or gestures, being reoriented in the space around you, or larger physical movements.



6. **Healing Circulation:** As you continue to align your breath with this divine connection, visualize the divine light streaming into and filling up your heart. With each exhale, consciously release any stagnation, dis-ease, pain, or dis-harmony from your body, sending it up to the light to be transformed. On each inhale, fill your heart with healing energy, vitality, and harmony. Actively use your will and imagination to move those energies from your heart out into the rest of your body, immersing every cell and fiber of your being. With each cycle of your breath, stagnation and dis-ease give way to renewed life force and healing.

Part II: Grounding Into Earth

1. **Extending Downward:** On an exhale, continue the flow of light downward through the middle pillar, passing through the Water Center (feeling capacities) at the pelvic region and the Earth Center (relating capacities) at the feet, extending deep into the earth beneath you.
2. **Earth Connection:** Visualize this light connecting with the heart of Mother Earth/Gaia, creating a luminous bridge between the divine realm above and the nurturing earth below.
3. **Receiving Earth Energy:** On your next inhale, draw up the nourishing energies of the earth—visualize them as rich greens, browns, and golds (or any color found in nature that inspires you) carrying vitality, stability, health, abundance, and support. Breathe in the energies that represent your truth and how you want the physical world to support your healing process.
4. **Creating the Vessel:** As this energy reaches the Water Center at the pelvic region, engage Mula Bandha (root lock)* by gently contracting the muscles of the pelvic floor. This creates an energetic container or chalice to receive and fully absorb these vital earth energies.
5. **Gathering Vitality:** Take three or four breaths in this manner, each time drawing up earth energy while maintaining the gentle root lock. With each breath, feel yourself absorbing precisely what you need at this moment—whether it's grounding, harmony, healing, community, acceptance, connection, love, abundance, or some other need.

Part III: Completing the Circuit

1. **Ascending Return:** While maintaining Mula Bandha (root lock)*, exhale, sending this gathered energy upward through the central channel—flowing through the Fire Center (heart/solar plexus), the Air Center (head/neck), and the Spirit Center—and then extending beyond into the infinite light above.
2. **Opening the Upper Channel:** If you find it challenging to move energy through your head, gently tilt your gaze upward (with your eyes closed) to help expand the channel through the upper centers.
3. **Divine Offering:** As the energy passes upward, offer it as a gift back to the divine source, creating a sacred circuit of exchange between heaven and earth, with you as the conscious bridge. Release Mula Bandha as you make your offering.

** Important note: Mula Bandha (root lock) is only utilized when bringing energies up from the earth. The intention is to create an energetic container in your pelvic region to collect the earth's nourishing qualities, letting them saturate and revitalize your entire being. Mula Bandha is released once the energy has been offered to the divine.*

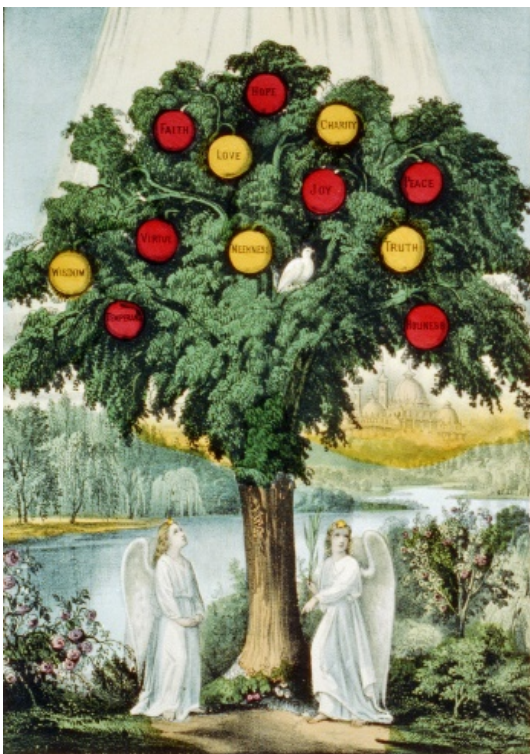
Part IV: Continued Cycles

1. **Rhythmic Flow:** Continue alternating between these two movements:
 - Receiving divine light from above, attuning to divine will
 - Drawing up earth energy from below, absorbing life's beauty and goodness
2. **Natural Rhythm:** Allow your breath to find its natural pace. There's no need to force or strain.
3. **Personalization:** You may find that specific cycles want to be longer or shorter. Trust your intuition and allow the practice to evolve organically.
4. **Complete as Many Cycles as Needed:** Continue for 5-10 minutes, or for as long as feels appropriate for your practice.

Honoring Your State of Being

Let your present mental, emotional, and energetic state guide how you engage the practice. If you feel heavy or sluggish, allow yourself to breathe with more vigor and intention. If you feel sensitive, raw, or vulnerable, practice with gentleness, compassion, and softness.

Part V: Divine Attunement



1. **Integration:** After your final cycle, bring your awareness back to the Fire Center at your heart/solar plexus region, and imagine the energies from above and below perfectly balanced within you. In this segment of the practice, you are no longer focusing on absorbing the earth energies in your Water Center but instead focusing on the experience of being attuned to both the divine and earthly realms within the heart/Fire Center.
2. **Wholeness:** Feel yourself as a complete being—divine and human, spirit and matter, heavenly and earthly—unified in perfect harmony.
3. **Gratitude:** Express gratitude for this sacred practice and for your place as a conscious bridge between realms.
4. **Grounding:** Place your hands on your thighs or the earth. Take a few deep breaths, feeling yourself fully present in your body.
5. **Return:** Gently open your eyes (or keep them closed if you are practicing before bed), remaining aware of the renewed alignment within your being. Carry this divine alignment into your day or sleep.

Part VI: Additional Reflections

Emotional Aspects

As you practice, be mindful of emotional responses that may arise:

- The descent of divine light may evoke feelings of awe, inspiration, or clarity
- Earth connection may bring sensations of safety, abundance, or vitality
- Places in the body resistant to the practice may be revealing emotions that need your attention

All emotional responses are welcome parts of the reintegration and reclamation process.

Physical Sensations

You may experience various physical sensations during the practice:

- Warmth or tingling along the central channel
- Pulsing or expansion in the energy centers
- Spontaneous micro-movements as energy rebalances
- Deep relaxation or heightened alertness

Trust your body's wisdom in responding to these energetic shifts.





For Short Sessions

A simplified 5-minute version:

- 3 cycles of divine light descent (Part I)
- 3 cycles of earth energy ascent (Part II)
- 1 final cycle of complete circulation (Part III)

Integration Into Daily Life

- Practice upon waking to set your energetic alignment for the day
- Use before important decisions to ensure alignment with higher wisdom
- Perform before creative work to channel inspiration and focus
- Practice before sleep to process the day and restore your energy overnight
- Use brief versions during the day when feeling disconnected or uncentered

Practice Intention

The Tree of Life Breathing Practice is fundamentally a practice of remembering—remembering your connection to higher guidance and to the nourishing support that life offers you. Each breath reconnects you to the guidance that illuminates your path and the nourishment that sustains your journey. In this remembering, you find not just revitalization, but the rekindling of hope, the restoration of faith, and the reclamation of your essential nature—whole, connected, and held by forces greater than any life challenge you may face.