The Sacred Wisdom of Trees

Many cultures feel trees have curative properties and can dissipate negative energies. Throughout time, shamans journeyed to the wisdom of a tree to get information for the wellness of the tribe. Today we can journey to the tree and get information about our personal lives.

Have you ever walked in a forest and you were automatically calm. Next time you are around trees feel the energy of each particular tree. Thank the tree for the vibration that it is giving you. Native Americans and other cultures believe that a tree and bodies a living spirit.

Yes ,hugging trees is a thing. Sometimes a tree has a specific quality that we need- maybe something has been depleted in your life within your body and the tree can help put back that vital force. Below is a list of trees that can rejuvenate us without taken away from themselves.

The following is a small list of trees expressing qualities and essences that are said to be of their nature.

Acorn: rebirth, growth, humble beginnings.

Ash: peace, protection, prosperity and strength

Birch: new beginnings, healing of wounds and burns.

Bodhi: enlightenment, awareness

Dogwood: devotion, safety, fertility, passion, desire and determination.

Cedar: courage, longevity, wealth, self-esteem, purification.

Cherry: new beginnings, revival, good fortune.

Coconut palm: purity, honor and relaxation.

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Cypress: past life issues, comfort, protection; eases the loss of anything.

Elder: transformation and change, peaceful sleep, self-confidence.

Elm: protection and meditation; stops slander.

Eucalyptus: helps healing, protection, Moon affinity.

Fir: determination, honesty, endurance, hope.

Lilac: activate primordial influences, healing of back pain.

Lime: divination, development, cleansing.

Magnolia: fidelity, changes, relaxation and calmness.

Maple: longevity, love, money.

Myrtle: fertility, harmony, youth, riches.

Oak: increasing sexuality, luck, strength.

Pear: clarity, energy, confidence, reduction of stress.

Pecan: career issues and job seeking, money, discipline.

Pine: prosperity, purification, health, exorcism.

Plum: love and healing, self-confidence.

Poplar: astral projection, wisdom, mental being, starting over.

Redwood: wellness, wisdom and communication

Sequoia: wellness, safety, eternity, enlightenment, valor.

Walnut: depression, healing, heals infertility.

Willow: wishes coming true, seductiveness, protection, energy to the sick.

Wisteria: romance, long life, immortality.

There must be a mutual respect when working with trees. When you approach a tree and ask if it's OK for you to work with the tree. Remember when you were done working, thank the tree in a silence with a nod of head allowing you to receive its special essential qualities and for absorbing and fueling unwanted/wanted energies. The tree recycles energy through the wind; it shakes your energy away and is re-freshened within seconds