

The tree

Therapist version

Additional tips

This exercise is done while standing. Leave enough time between paragraphs and read slowly in a meditative voice.

Description

Stand comfortably, with both feet firmly and securely on the floor. Now close your eyes and spread your arms.

Imagine that roots start growing slowly from your feet into the ground. They connect you firmly to the ground. You stand like a strong and steady tree, on a meadow.

It is a windy day and you feel the wind blowing through your branches. Let the wind blow through your branches and move your arms to it. The wind is now getting stronger and stronger and you start to move your upper body, your trunk, into the direction of the wind.

Your feet, the roots, are meanwhile firmly anchored in the ground. (indicate different wind directions-> the wind comes from the front, from the right side,...).

Now feel how the wind gradually decreases and your branches are moved only occasionally and slightly, until they are finally completely still again.

Now focus your attention on your roots. All the energy you take up from the ground with your roots flows through your trunk, through your entire body, down to the last little branch, your fingertips. Really fill up with life energy and strength! Gather this flow of energy.

When you are ready, say goodbye to your tree existence and become yourself again. You consciously breathe in and out deeply, stretch your arms and legs and are back in the here and now.