

## **Group Meditation “The Tree”**

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(Revised: 01. September 2011 by Nicola Neumann-Mangoldt)

### **FORMAT:**

Group meditation

Duration: 20 minutes

### **PURPOSE:**

### **SETUP:**

People lay down on the floor in a circle, heads inwards.

### **INTRO / BACKGROUND:**

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### **INSTRUCTIONS / PROCEDURE:**

- People lay down on the floor in a circle, heads inwards.
- Journey:
  - You go through a forest and come to a big clearance.
  - There is a huge, solid tree.
  - It is a tree with a lot of different fruits.
  - They represent the tools of Possibility Management.
  - And you are part of the tree's roots.
  - It has big, wide roots that spread out.
  - But what the tree misses are deep roots.
  - And now you feel that in the middle of the trunk there is one thick root which goes deep down till the middle of the Earth.
  - Through this root the tree gets all minerals and nutrients it needs.
  - This root connects it to the source.
  - Feel the deep root. You are connected to it.
  - Feel how it grows and becomes thicker and thicker.

### **DEBRIEF:**

Ask the participants to share about their experience.