

FIG TREE MEDITATION

- Strengthening our connection to the natural world is so important not only in healing ourselves, but healing the world and our relationship to it.
- If we pay attention, we can learn a lot from the plants and the earth around us.
- This way of relating is ancient, but is something we have lost with time.
- As important as it is to connect to plants on a bodily level, through their medicine, it's equally important to see ourselves as connected on a larger scale, feeling our role and entanglement within an ecological whole.
- Sometimes this requires a stepping out of our human perspective, it requires us asking how we can think less like humans?

GROUNDING OUR BODIES

As we start, take a moment to really sense into your body
Feel your feet firmly rooted on the ground
And your arms by your side
And we can begin by taking four deep and slow breaths
Inhale, through your nose
And now exhale, out through your mouth
And as you continue to breathe in and out
Feel the warm air as it touches your nostrils
And the air exchanged through your mouth
Inhaling, you feel your body expand
Circulating a life force around you
Exhaling, you feel your body contract
As you continue this breath, in then out,
allow it to reach the deepest depths of your body,
allowing the energetic charge of oxygen to ease any areas that may feel tense
Relax your jaw
Relax your brow
Soften your shoulders
And your hands
Let your bodies unfurl
SLOOW
Scanning your body
Starting from the tip of your head
To your faces
Your chins
Your shoulders
Your arms, hands, and the tips of your fingers
Notice how they feel
Your chest, stomach, hips,
Thighs, kneecaps, shins, feet and the tips of your toes
Feel the weight of your body rooted on the ground
The grounded earth beneath you
Your centre of gravity magnetising with the earth's core

Bringing your attention to the point at which your body meets the ground
I want you to visualise tiny white roots sprouting from the soles of your feet
Slowly inching downwards, these tiny roots stretch and grow, penetrating the earth beneath you
Wriggling their way through layers of soil
Through Layers of time and mineral histories
As these tiny white roots continue on their journey downwards
the grounding earthy energy enters your own body

Feel its steady hum flow through your legs, your arms, your veins
As your roots traverse further below the earth's surface, they begin to plait around fellow roots,
Encountering lively earth worms
they continue to burrow
And as you travel deeper, you shed your human bodymind like a snake its skin
Releasing everything you know about what it means to be human
Shedding old stories
Allowing you to be receptive to the earth's guidance
Taking a deep breath in
The boundary between body and Other disintegrates
The tiny white roots that have been growing from the soles of your feet
finally come to a resting place
A dark leaky space with no centre
Home to a mighty far reaching root system
Of the ficus carica

The smell is damp, wet earth,
A slight sweetness you inhale
A whispering embrace draws you in, your roots tangled and tied together
You listen as the trees roots speak in tongues
A language foreign to your ear
But intrinsic to your body
You breathe into its deep earthy frequency
A secret from the ancient undergrowth passes into you

PAUSE

As you breathe in imagine these tiny white roots
Slowly unraveling themselves
Shrinking upwards back through the layers of soil
Until they come back into your feet
And you enter back into your body
like you, the fig tree is a mosaic of cells,
And in every one of your cells
You can recognise the presence of your ancestors
Not only human ancestors
But animal, vegetal and mineral ancestors
An un-broken cycle of life
like the continuous beating of your heart
That allows you to be here today
As you breathe in
And slowly coming back into yourself
Into your body
Focus once again on your breath
Noticing sounds around you
Feeling the vastness of your entity
The porousness of your edges
And when you are ready,
Slowly come back into the space
Opening your eyes gently
Coming back into this space.