

The Gratitude Ceremony

We humans benefit immeasurably from the many gifts our beloved trees bestow, and so we offer our gratitude in the sacred act of ceremony.

In the universal spirit of ceremony...
Set your intention
and initiate these sacred acts

STAND BEFORE YOUR TREE

A favorite tree, or any tree or plant
wherever you are...indoors or out

STATE YOUR INTENTION

Express your gratitude for all trees
sustaining our life on Mother Earth

ENTER SACRED SPACE

Breathe, hum, rattle, sing, ring a bell,
light a candle or incense

OFFER YOUR BLESSING

Hold a small bowl of water in your hands
as you offer your blessing (repeat 3 times)

***“Beloved Tree, by your existence
my life is sustained and nurtured.
By your existence I live and love.
I offer you my gratitude.
May you be protected, nourished,
healed and sustained.
May you, and all trees, and all forests
Be recognized and cherished.”***

Pour the water that now carries the vibration of your
words of blessing, onto the base of your tree

CLOSE

Connect to the tree...offer your personal blessing,
touch or embrace the tree,
tie a ribbon around it, walk around the tree
encircling it with your love and gratitude.



For A Tree