

The Qi of the Trees



When I walk in the woods life takes on an entirely new meaning. I am transported into a world where the perception of stress does not exist. This is why I walk in the woods as often as possible. Being present with the trees teaches me that we as humans are meant to be connected as we are of the same universal life force or Qi. The trees know this as they are so grounded, magnificent, magical and nurturing, their endless gifts are always there for us. Unfortunately, in turn we have not reciprocated this loving energy and respect with connecting to their wisdom. Preserving this wisdom is critical to all life on this Planet Earth. We need to reconnect with the trees, not only to heal ourselves but to protect them as well.

The trees have enhanced and inspired human existence since the beginning of time. The practical uses have provided shelter from the elements, firewood to keep us warm, oxygen to breathe, medicine to heal, bears fruit to nourish. Their leaves reach to the sun and the heavens to transform the Yang energy, via photosynthesis into the soil , so their roots can dig deeper into the earth to maintain as guardians and shelter to the forest animals.

One of the oldest standing Qi Gong meditations is entitled “Embracing the Tree”. This connects us to the stillness of just being. Embracing the Qi, or the life force of the tree with our heart driven intention and breath. As we stand with our arms out in front of us, curving around the tree as envisioned in our mind’s eye, we ask that our feet dig deeper into the earth and then they become longer , go deep and stretch out into expansive roots. This meditation enables our inner vision to grasp how it feels to be a tree. Meanwhile, as we are connecting with this life force we become more centered. We feel more grounded, as we bring the Qi and Essence from Mother Earth via our roots back up into our bodies, through breath (Da Qi) and gratitude.

The roots (lower dan tian) are Essence or Jing, Qi is our physical life force – our center, and Shen the upper dan tian is our spirit. Qi as you can see connects Heaven and Earth, Spirit and Original Qi (Yuan Qi).

The five elements of life as expressed through Chinese Medicine are: Wood, Fire, Earth, Metal & Water. As trees are wood they are not only strong and wiry, but flexible at the same time. The Wood element is responsible for the smooth flow of Qi. When the smooth flow of Qi exists, illness whether emotional, mental or physical does not exist. The Wood element is known as the Chinese Organ system of the Liver & Gallbladder. The wood energy is the most aggressive in the Five Element system as it needs to break through the earth in order to become a plant or tree that reaches up to the sun to the fruition of life and creativity.

When this wood energy is blocked then frustration and in turn repressed anger may result. This is the very same energy that exists in all of nature, in all of us.

The tree, just as us humans interact with all Five Elements. The trees just like us has its origins in a Water environment (in vitro) via our Ancestral Qi or as we know it as our parental DNA. Water is essential to all life.

The Water element is reflected as the Chinese Kidney / Bladder. The Kidney adrenals are our life gates, the spark, the essential Qi. The Winter is the season of the Water element, time to go within, reflect and restore so that this storage will supply the essence needed in order to create new life generated in the Spring.

Our bodies are strengthened (as Wood), we grow up, get taller and reach for the sky physically, expressing with a creative and compassionate nature. This occurs when we live with purpose. This expression of Wood transforms into Fire (the Summer), as the Wood feeds the Fire with the creativity started in the Spring.

This creativity allows the Heart to blossom with Joy, discernment and inner consciousness, expressed as enjoying the fruits of our labors. The roses are in bloom now so take the time to enjoy their beautiful scent. Take heed of the gentle breezes that sway the branches and leaves under the warmth of golden sunlight. Do not let life pass you by. Be present.

Harvest now yields what the Mother has endeared (Earth) – Spleen - from assimilation of our thoughts and food brings us into our own power. Good Spleen Qi is responsible for healthy muscle tone and holding our organs and structure in place, as well as being confident and at home with one self. The apple trees have yielded their fruit to us and now all the trees have started displaying their brilliant array of magnificent color.

Certainly, the Fall foliage is quite the expression of confidence!

The late Fall has now arrived, the leaves are starting to fall back to the earth to be transformed into a new earth blanket as the Winter approaches. The air gets drier and cooler...this is time of the Metal element, the Chinese Lungs and Large Intestine....the art of letting go of what does not serve and to release the attachments to the efforts we had made in order to manifest what was not truly needed. As we do not want to reflect or build any storage during the Winter of what cannot be optimized in the Spring.

So, as humans we really have a lot in common with the trees and therefore the forests.....they are our oldest and wisest friends, greatest teachers, and love us unconditionally.

Isn't it about time we re-connect , respect and reciprocate with the Qi of the Trees?

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