

As Above, So Below – Faith and Roots

Happy May All!

During a recent conversation, a friend of mine expressed her anxiety regarding personal challenges and global concerns. Upon further inquiry, it became evident that a significant portion of her attention and energy was directed towards external opinions and time spent consuming news and social media. This situation left her feeling uneasy, anxious, and uncertain about what to believe.

Can we identify the areas where we are relinquishing our power and faith, and the areas where we are growing from the experiences we have had? Are we in alignment with our desired state of being and cultivating seeds of kindness, compassion, empathy, and love?

Similar to the tree, that simultaneously grows roots downward and pushes upward through the soil, towards the sun, the “As Above, So Below” concept serves as a reminder to draw from the light within and ground our energy into Mother Earth. When we neglect grounding, we may experience feelings of unease, disconnection, and a sense of being out of sync with our physical bodies. As spiritual beings living a human experience, grounding not only aids in calming the nervous system but also alleviates inflammation in the body that can lead to other health issues. When grounded, we are less susceptible to being overwhelmed by emotions, particularly during challenging times.

Trees also exemplify the following factors that contribute to their thriving:

- Flexibility
- Adapting to the changing seasons of life
- Conserving energy during winter months
- Expanding their reach and branching out
- Embracing risk-taking and innovation
- Consuming adequate water intake
- Nutrients are crucial for their growth and vitality
- Continuous growth and development
- Appreciating the beauty of their surroundings
- Letting go of the past and embracing new opportunities
- Embracing their authentic selves
- Maintaining a balanced approach to life
- Standing tall in their identity and purpose.

Trees possess their own form of communication, collaboration, support, and understanding of the needs of other trees in their vicinity to ensure survival and resource sharing, per Peter Wohlleben, a German forester and scientist with over

20 years of experience and author of “The Hidden Life of Trees”. For further scientific insights into grounding, you may find the book “Earthing: The Most Important Health Discovery Ever!” by Clinton Ober, Stephen T. Sinatra, M.D., and Martin Zucker informative.

An exercise for self-growth and development:

Choosing a couple of the lessons that Trees have to offer us, what areas most resonate with you to explore in regard to your own life right now and how do you choose to embrace the lesson in your daily life?

A great way to make this more productive is to take these into Prayer and Meditation.

Happy Journeying!

Love your journey,
Rev. Tammy

BOOK STUDY

Welcome!

If you are looking for a place to mindfully connect with other like minds who are interested in spiritual/personal growth and like to read, then this might just be the place for you. We are currently reading:

“*The Wise Heart*” - **by Jack Kornfield** delves into the profound concepts of Buddhist psychology encompassing the following concepts:

- Mindfulness
- Compassion, Liberation from limiting beliefs
- Recognizing the interconnectedness of all beings
- Viewing life challenges as opportunities for growth and development
- Embracing non-violence as a fundamental principle
- Encouraging service to others

Buddhism transcends the boundaries of a religion and serves as a comprehensive way of life, as exemplified by numerous great teachers throughout history.

When and how do we meet:

Every Thursday from 7pm - 8:30pm on ZOOM

Starting: March 19, 2026 - TBD at 7pm – 8:30 EST, we are sharing collected nuggets of inspiration and entertaining questions regarding the chapter that we are currently reading.

If you are interested in joining us and would like to know what the upcoming chapters are to be covered, please feel free to reach out to me: tammy@innerawarenessministry.com . We would love to have you join along in the journey.

TOOLS FOR MEDITATION

Benefits of Incense to the senses for calming:

Nag Champa: The aroma has a bit of a sweet, earthy and spicy scent. Nag Champa is used by many for "clearing" places, people and things of negative energy, aiding in relaxation, meditation and clearing one's mind.

Lavender: for calm and relaxation.

Sage, Sweetgrass and **Palo Santo:** have been widely used for decades for energetic clearing of spaces, persons and things and calming the mind.

These scents can be found in incense, oil and candle form.

Benefits of Focus on the Breath:

A simple yet beneficial practice that I have found to work for me when feeling anxious and when settling into meditation:

- Place both hands on your heart and focus on your breathing (slowing it down).
- Feel the energy of your hand over your heart.
- If any thoughts come up, be the observer and let them float on by, like a leaf on a slow-moving creek, or like clouds floating by.

