

Multidimensional Nature: Lead Magnet Delivery Email

Subject: A daily grounding tree meditation 🧘🌳

Preview: Calm the existential noise and connect to something bigger with a return to your roots

If you're anything like me, {{first_name}}, there are days when your **nervous system** feels like it's **carrying far more than it was ever designed to hold**.

That's one of the reasons I keep returning to the trees, and why **I want to share one of my most treasured tree inspired practices with you**. It's something that's provided a sense of anchoring and calm many, many times over.

I've been spending a lot of time with the field of ecopsychology, which looks at the **deep relationship between the human psyche and Nature**. What I find so beautiful is that the research keeps pointing back to something I feel strongly: that being in right relationship with Nature isn't separate from our mental, emotional, and spiritual health. It IS our health.

There's a spot on the land where I go to stand barefoot almost every day, sometimes multiple times a day. Even in the rain, cold, or occasional snow. I always feel better after. **When I'm in the trees, the existential noise melts away**. I feel connected to something larger than whatever I was spinning out about ten minutes ago.

[Once you're ready to try this practice, here's the PDF guide for the Grounding Tree Meditation →](#)

💌 **If you try this meditation, I'd love to hear about it!** What did you experience? How did you feel before, during, and after?

Just hit reply, I read every response, and it's always amazing to learn how other people experience the trees!

🌿 With Green Gratitude,
Sara Artemisia

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