

A Love Story in the Museum of Natural History
Downloads from an Old Growth Lodgepole Pine in Johnny Meadows

Dear Friends,

Thank you for being so present with your interest, caring, good hearts, friendship and so much more. You have each been part of the meaning and purpose of this experience for me.

You have asked for the wisdom that was given during this time so am enclosing some of my notes. Feel free to share, pass on, etc. I have noticed that if I pause to reflect and wait for the embodied 'feeling' to sink in, it deepens my experience.

With regard to "gratitude" I am now focusing daily on different aspects of daily life, to train myself to pay attention to the gift of love from the earth, from breath, to every detail of my daily life. It's a habit I'm aspiring to...

So, here are some beginning offerings:

The tree that called me is a large old growth lodge pole pine (photo enclosed here) whose name came is *Gaiatree*, or She Who Reaches for the Sky (or just Reaches for the Sky). I sat for hours in the folds of her skirt created by branches around the base.

Once I heard the call last year, I found myself reflecting often on my intention which was something like:

- Delve more deeply into what's occurring with the earth; be open, respectful, honest
- How do we live with what we know
- What does it mean for me to be truly in tune with my life force/vitality; being aligned with that essence...
- I have read, listened, watched, etc. so much about what's occurring with our earth, I wanted to return to the Source ...what can I/we learn from nature by being open, connected and receptive. We sit and listen to each other, i.e., humans and can trust that exchange, can I/we do that with other life forms as well?

The awareness that came over my time in Johnny Meadows was as a voice or presence of such a quiet love, with no trace of judgment, or even opinion or view. It spoke to me in words, I think because I'm a communicator in that way. It could have come in image, music, movement, etc. Much was given, and I am including only a summary of what I wrote/heard. I sat for some hours each day with this so that I could feel the embodiment before moving on.

In addition to sitting still and quiet for long periods of time, I became a wanderer, which meant slowing down, and staying connected to the inner urge/impulse/prompting instincts that guided me, internally and externally. The mirror in nature seems free from anxiety, obligations, etc. but awakens a longing to settle, be still, be open.

Here are the 4 gifts that came, about 5-6 days apart:

Thank you for being with me.

Your species rarely does that. You are moving so fast in important ways, you don't notice. Life as you know it is changing and many of us will not be here.

But for you being with us, knowing us, connecting, loving, listening, we will not be forgotten. It's important that we take time to be with each other. You don't know your earthly relatives, and like any relationship this connection is nurtured through caring, interest, respect and a lot of time together. What isn't known is forgotten and what's forgotten disappears. If you want to participate in the future, you must pay attention now.

Know me by touching me, listening to my voice in the silence and in the wind, smell my unique scent; notice my mood changes and the mottled beauty of my bark. If you don't take the time to know and love this varied earth life, you will pass out of this life numb, ignorant and sad, knowing deep down that you've missed something essential in the human-earth experience.

Do you know the earth loves you?

Your entire life on this earth is a gift from Her.

The earth is waiting for you to turn to her, to care, to connect, to love, rejoice, celebrate. She will go on and you can be a part of that or you can be forgotten, up to you. There is nothing in your lives that isn't a gift of love from Her. Everything, from your breath, all elements, every aspect of your life comes from the Mother. If you get to know Her you will know how to move forward into the future. Life will go on.

In the beginning we had a covenant, you and all living things would only take what you need.

All living things have something to give. That's how we take care of each other. Those of your species who have lived and now live close to the earth understand this covenant. When it is ignored there are instant consequences in the balance of life. But most of your species have forgotten this sacred exchange. You are "takers." This momentum cannot be stopped now.

The resources that you are using up are the gifts of love given to you from the Mother. These resources arose from the deep source of wisdom to provide specifically for the species now on earth, including humans. As these resources are disappearing, so are you and other life forms that are interdependent with the wisdom and love of the earth at this time.

Move at the pace of gratitude. This will enable you to be part of the future.

In your taking more than you need you have forgotten to live with gratitude in your hearts for all that you have been given, in love. Gratitude will open your hearts to the

gift of life. And will help heal the tear in the fabric of the original covenant and restore the balance of reciprocity in this as well. Although the momentum of taking more than you need cannot be slowed or stopped, and the movement towards collapse and extinction is assured, it's not too late for gratitude, for everything that you are given from the love of the earth. The time you offer for this is miniscule compared to what it took to create, for you. The point is to open your hearts and the practice of gratitude will do that.

We belong to the land, we are the land, if we don't know this we are lost, lonely, not fully alive. To know this is to know that everything is a gift of love.

Haiku

Wind is like the breath
in and out, it comes and goes
each moment is fresh.

I hear it coming
the inhalation starts, then
it sings through the trees.

Vast view, bugs are still;
pause and feel the gratitude
the heart softening.

A subtle balance
is hidden in nature's ways
it's for us to know.

Sit still, be quiet
feel the presence of the 'way'
rest in belonging.

Early morning walk
stillness and lone shadows
welcome untouched day.

Thank you for taking the time to read, reflect, and incorporate.
Love to each of you, A