

BEING A WHOLE HUMAN

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THE WHOLE TREE JOURNEY



WHOLE TREE OF LIFE POSTER
by WHOLE_TREE



whole_tree_page.pdf

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Whole Tree Journey

On the 'Whole Tree Journey' by Emanate Presence, the 'Chakra Tree of Life' represents both the cosmos of everything, and the energy centers and systems of the human body.

When I see the Tree, I see me.

Its dimensional planes correspond with my chakra energy centers.

The Whole Tree Journey combines aspects of Norse mythology, Indian philosophy, Chinese Qigong, and more, yet adheres strictly to none.

In this way the traveler is free to explore and discover,
and to be self-empowered and enlightened.

A primary intent of the journey is to experience the True Self,
which naturally brings harmony, balance and healing to the whole person.

*The Tree of Life is one of the most universal, enigmatic and beloved spiritual symbols in the world. It is known and celebrated by cultures as diverse as the Celts, the Egyptians, the **Mayans**, the **Norse**, the **Persians**, the Hindus, the Hebrews and the Christians. - Sacred U*

*The **Tree of Life** in Buddhist culture is referred to as the 'Bodhi' **tree**. This type of **fig tree** is considered sacred by Buddhists for its longevity and intricately entwined branch structure. It is said that Buddha reached enlightenment while beneath the Bodhi **tree** thus the **tree** became a larger symbol of humans' journey to their higher selves. - MysticSense*

IMAGES RELATED TO THE WHOLE TREE JOURNEY



IMAGES ABOVE INCLUDE THESE:

Chakra Energy Centers

Spirit Animals

Caribou/Reindeer

Snake

White Stag

Vril

Yggdrasil (the 'Great Cosmic Tree of Life', ineffable, yet known by many names)

Yoni-shaped spiral entrance to the Tree

Animal figurines which can become part of one's

'L.C. points' (localized consciousness journey focal points), as animal spirit familiars.

This is an Amazon link, without remuneration.

As a journey in consciousness, 'Whole Tree' is at this time a work in progress.

The author of the draft, Gary Smith of Emanate Presence, continues to revise it from daily practice.

Many sources and inspirations contributed to the 'Whole Tree.' Some of them are acknowledged here, with their particular contributions:

Arcane Teachings, The (William Walker Atkinson)

Vril, or vital magnetism

Biocentrism (Bob Berman)

Cosmos of Consciousness

Experience, not intellect, apprehends Oneness.

Intuitive feeling, beyond the six senses, is the sense of Oneness.

No mental concepts in Oneness

Oneness is ineffable.

Relax into Oneness

Chinese Qigong

Bubbling Wells (energy centers in the bottoms of the feet)

Dan Tien (re-named 'energy sun below the navel', by Gary Smith)

Clear Mind, Spirals

Dr. Brown Landone (Spirit moves in spirals, thought increases inner tensity, tension hinders spiritual flow...)

Emanate Presence (Gary Smith)

Dimensional planes of Tree correspond with energy centers of human body, for exploration

Energy Sun Below Navel
Portal as ringed fountain of liquid fire
Present Moment Sphere
Whole Tree (The Tree is Me)

'The Great Tree' is ineffable, yet has many names, such as:

Cosmos of Consciousness
One Being
Source
True Self
Yggdrasil

Humming One

The idea of humming in meditation came from my wife, Kati. Saying 'One' silently came from Dr. Herbert Benson's book, [The Relaxation Response](#), 'As you breathe out, say the word, 'one', silently to yourself.'

Putting them together came from me. How does one 'hum one'? First, by not taking it too literally. Sometimes, I hum with my mouth closed while feeling the vibrations. Then, as led by intuition or impulse, I hum while forming the sound 'One,' which can turn into Ā... Ō... or Aum. Freedom to express whatever comes, is the key.

Indigenous Peoples

[Animal Spirits](#)

Indian Philosophy

[Chakra Energy Centers](#)

'The chakra system originated in India between 1500 and 500 BC in the oldest text called the Vedas. Evidence of chakras, spelled cakra, is also found in the Shri Jabala Darshana Upanishad, the Cudamini Upanishad, the Yoga-Shikka Upanishad and the Shandilya Upanishad.'

Inner Realms Journey (Aaron Michael Pyne)

Journey through Tree of Life in consciousness

Norse Mythology

Yggdrasil

The **tree of life** appears in Norse **religion** as Yggdrasil, the world **tree**, a massive **tree** (sometimes considered a yew or ash **tree**) with extensive lore surrounding it. Perhaps related to Yggdrasil, accounts have survived of Germanic Tribes' honouring sacred trees within their societies. - [Wikipedia](#)

Progressive Relaxation

[The Relaxation Response](#) by Dr. Herbert Benson

Unknown Artist

Chakra Tree of Life

Yggdrasil is an immense mythical tree that plays a central role in Norse cosmology, where it connects the Nine Worlds. Yggdrasil is attested in the Poetic Edda, compiled in the 13th century from earlier traditional sources, and the Prose Edda, written in the 13th century by Snorri Sturluson. In both sources, Yggdrasil is an immense ash tree that is center to the cosmos and considered very holy. The gods go to Yggdrasil daily to assemble at their things, traditional governing assemblies. The branches of Yggdrasil extend far into the heavens, and the tree is supported by three roots that extend far away into other locations; one to the well Urðarbrunnr in the heavens, one to the spring Hvergelmir, and another to the well Mímisbrunnr. Creatures live within Yggdrasil, including the dragon Níðhöggr, an unnamed eagle, and the stags Dáinn, Dvalinn, Duneyrr and Duraprór. - [Wikipedia](#)

[NORSE MYTHOLOGY](#) by Wikipedia

[CHAKRA TREE OF LIFE Art Print](#)

ANIMAL SPIRIT ALLY

My animal spirit ally is a shapeshifter. It can take the form of any animal or mythical creature, yet most often appears as a caribou, an elephant or a snake.

At the time (1998-1999) I was doing self guided imagery with Jim and Susan,

mentioned before, I was an evangelical Christian, indoctrinated in a literal interpretation of the Bible as the infallible Word of God. I had that experience for a reason.

During an imagery session, I saw a snake in a tree, and we had a conversation.

Me: What message do you have for me?

Snake: Will you trust what I tell you?

Me: No.

Snake: Then, why should I tell you anything?

Today (September 15, 2020), I had looked online at figurines for my IRS, and in the collection was attracted to a wolf and an elephant. In the IRJ 10 session, I kept my mind clear of pre-conceived ideas and was surprised when a white stag appeared at the entrance. When ordering what was available, it was a Green Anaconda and a Reindeer, from the [German-made Schleich collection](#).

The Reindeer figurine arrived today (September 21), and is exquisite in my eyes.

Reindeer (Caribou) Symbolism ~&~ Meaning

A companion for the journey of a lifetime.

Reindeer has appeared in your life to challenge you to take a trek of a lifetime, to test your inner strength, to meet your true and eternal self.

Reindeer Symbolism. . . Reindeer are a very, very hardy member of the [deer family](#), living in the extreme cold regions of the arctic. Reindeer are the only animals who keep their antlers all year long, and the female Reindeer are the only deer that also have a gorgeous rack of antlers. Reindeer are not quite as shy as the deer we are most familiar with. Reindeer form relationships with people in the arctic, somewhat like horses and the Reindeer even pull snow sleighs ~ wouldn't you just love that... what a memory. - [Universe of Symbolism](#)

Snake Table of Contents

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What Are the Chakras?

From the Inner Self web site

Written by Ray Grasse

In this article I would like to explore the exciting possibility of bridging two of history's greatest psychological systems -- astrology and the chakras. Conventionally, these two systems have been seen as having little or nothing to do with each other, the former primarily concerning the outer world, or macrocosm, and the latter involving the inner world, or microcosm. In fact, as we shall soon see, these two systems are but two sides of the same coin, each one complementing the other and thus enhancing our understanding of both.

Toward a Sacred Psychology of the Horoscope

The basic system of correspondences I will be using here is drawn from teachers I have studied with in the Kriya Yoga lineage. The general system of "chakric horoscopes" and their guidelines for interpretation are my own, developed over more than a decade of working with these basic correspondences. With that said, let us begin by exploring some of the core ideas of chakric philosophy.

In Sanskrit, the word chakra (sometimes spelled "cakra") literally means "wheel". In yogic philosophy, this term refers to the psychospiritual centers located along the length of the spine, each of which is associated with a different archetypal principle of

consciousness. Although there are literally thousands of chakras situated throughout the subtle body, yogic philosophy normally stresses only seven or eight of these. Let us briefly review these primary points and their planetary associations.

Chakra 1, at the base of the spine, is called Muladhara. Its element is earth, and it is governed by the planet Saturn. Psychologically, it concerns one's relationship with the material plane, and the principle of limitation in both its constructive and destructive aspects. In its more unbalanced expression, it governs the drive for survival, as well as such states as greed and fear, while its more balanced expression points to such qualities as practicality and worldly skillfulness (business, science, etc.).

Chakra 2 is called Svadisthana. Its element is water, and it is ruled by the planet Jupiter. Psychologically, it is one of the centers concerned with emotions. At its grosser levels of expression, it governs such states as escapism, excess, and dogmatism, while its more constructive expressions include enthusiasm and religious devotion.

Chakra 3 is called Manipura. Its element is fire, and Mars is its governing planet. This chakra rules over emotions in their more dynamic and energetic forms. Thus, in its less refined state, it relates to anger and combativeness, and is more positively expressed as strength and assertiveness.

Chakra 4 is called Anahata. Its element is air, and its corresponding planet is Venus. The psychological focus is on love, beauty, and allurements, and it governs the capacity for harmony in all romantic and social interactions. In its unbalanced form, it produces a tendency toward hedonism, pleasure-seeking, and excessive "sweetness" of temperament, while, when in balance, it can give rise to an exceptional sense of aesthetics, and even unselfish love.

Chakra 5 is called Vishuddha. Its element is ether, and it is governed by the planet Mercury. This chakra's psychological focus is upon mental self-expression and one's ability to formulate or verbalize thoughts. When unbalanced, it produces chaotic thoughts and/or communications, while its constructive expression tends toward creative spiritual thinking and refined communication skills.

Chakra 6 is called Chandra, and is ruled by the Moon. Though overlooked in most published discussions of the chakras, Paramahansa Yogananda described this as the feminine polarity of the Ajna chakra, or "third eye" (to be considered next). Its emphasis is upon awareness in its most reflective or introspective mode, and it governs such qualities as nurturing compassion and psychic sensitivity. Its more destructive expressions include the experience of fearfulness, emotional dependency, and a preoccupation with the past.

Chakra 7 is called Ajna and is located in the center of the forehead, also known as the "third eye". Its corresponding planet is the Sun, and it governs the principle of pure consciousness in its most active, visionary, and expressive form, as well as the higher will. In its balanced state, it rules creativity, spiritual energy, and self-expression, while in unbalanced form it can manifest as egoism, willfulness, "dry" awareness without compassion, and the drive for attention.

Chakra 8 is called Sahasrara, the "crown chakra" or "thousand-petaled lotus", and exists at the top of the head above the other chakras. Whereas the previous Ajna chakra represents the supreme realization of personal divinity (perceived in meditation as a fivepointed star), the Sahasrara rules our point of contact with the transpersonal divine, the level of "Godconsciousness". However, because this chakra represents a transcendental point beyond the more personal chakras (and, by inference, their astrological correlates), it is largely dormant for most individuals, and can, for purposes of clarity, be left out of our subsequent discussion.

Chakra Planet Keywords

- (8) **Sahasrara**: The Transcendent, Inspiration
 - (7) **Ajna - Sun**: Active Awareness, Higher Will
 - (6) **Chandra - Moon**: Reflective Awareness, Memory
 - (5) **Vishudda - Mercury**: Thinking, Communication
 - (4) **Anahata - Venus**: Harmony, Love
 - (3) **Manipura - Mars**: Force, Strength, Control
 - (2) **Svadisthana - Jupiter**: Expansiveness, Emotionality
 - (1) **Muladhara - Saturn**: Structure, Limitation
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Tree of Life - Manhattan School of Music

Ganze Baumreise auf Deutsch

Auf der 'Whole Tree Journey' von Emanate Presence,
Der 'Chakra-Baum des Lebens' repräsentiert sowohl den Kosmos von allem,
und die Energiezentren und -systeme des menschlichen Körpers.

Wenn ich den Baum sehe, sehe ich mich.
Seine Dimensionsebenen entsprechen meinen Chakra-Energiezentren.
Die Whole Tree Journey kombiniert Aspekte der nordischen Mythologie.
Indische Philosophie, chinesisches Qigong und mehr halten sich jedoch strikt an
keine.

Auf diese Weise ist der Reisende frei zu erkunden und zu entdecken,
und selbstermächtigt und erleuchtet zu sein.

Eine Hauptabsicht der Reise ist es, das Wahre Selbst zu erfahren.
Das bringt natürlich Harmonie, Gleichgewicht und Heilung für den ganzen Menschen.

MENU

Credits and links are appreciated.

The information on this website is not an alternative to medical advice from your doctor.

Each person is self-responsible for their own choices and actions.

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