

Reawakening to the Wild Green

Settle yourself into a comfortable position.

Allow your body to be supported—by the floor, the chair, the earth beneath you.

Let your hands rest easily, your shoulders soften, your jaw unclench.

Take a slow breath in through your nose...

and release it gently through your mouth.

Again.

Inhale—inviting presence.

Exhale—letting go.

With each breath, feel yourself arriving more fully in this moment.

There is nowhere else you need to be.

Nothing else you need to do.

This time is for you.

Bring your awareness to your body.

Notice the subtle rhythms within you—the rise and fall of breath, the quiet pulse of life moving through your veins.

Imagine that beneath your skin, beneath your thoughts, beneath the layers of daily effort, there is something ancient and natural stirring.

Like the earth at the edge of spring.

Now, in your mind's eye, begin to visualize a landscape.

It is early spring.

The air is cool but soft, carrying the scent of damp soil and new growth.

The ground beneath your feet is alive—dark, rich, fertile.

Winter has passed here.

Its stillness lingers only as memory.

Look around you.

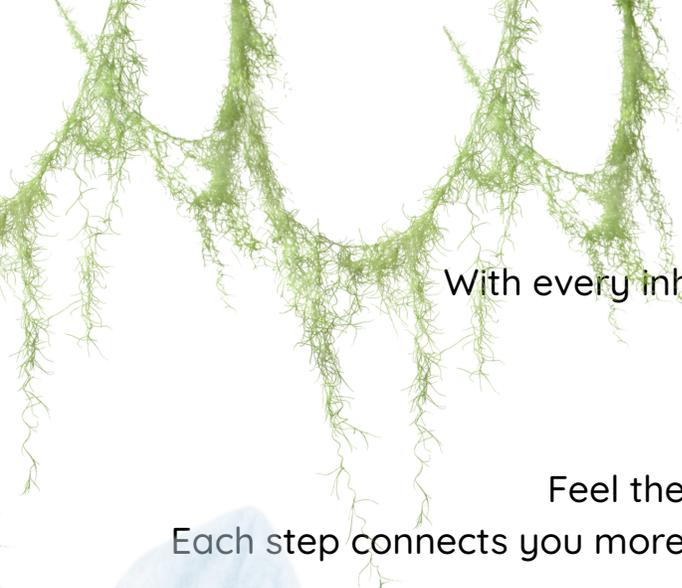
You notice the first signs of green emerging—tiny shoots breaking through the soil, unfurling leaves that catch the light. Moss clings vibrantly to stones and tree trunks. Buds swell on bare branches, ready to burst open.

This is the wild green awakening.

Take a breath and let this color fill your awareness.

Green—the color of renewal, growth, balance, and life force.

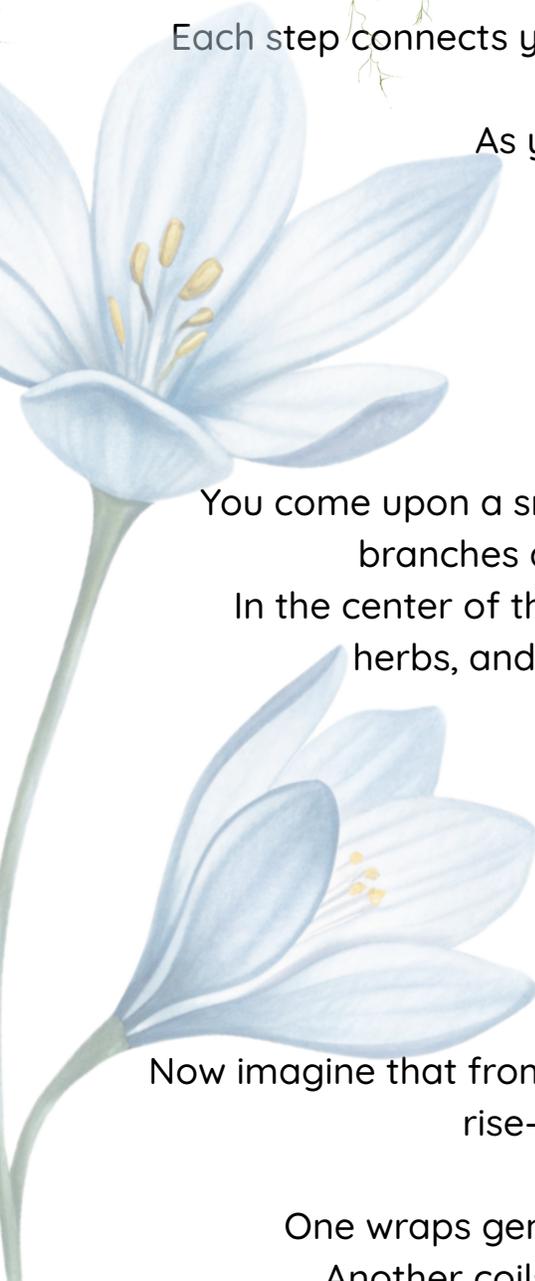




With every inhale, imagine this green light entering your body.
With every exhale, allow it to settle and spread.

Begin to walk slowly through this place.
Feel the earth beneath your feet—soft, supportive, alive.
Each step connects you more deeply to the land, to the season, to the rhythm
of becoming.

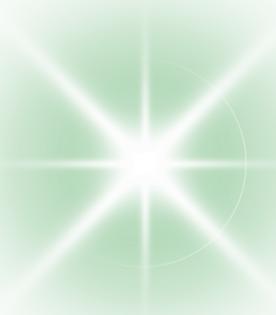
As you walk, notice how the world around you is not rushing.
Nothing blooms before it is ready.
Nothing forces its own growth.
Spring does not hurry.
It trusts its timing.
Let that knowing reach you.



You come upon a small clearing, open to the sky. Sunlight filters through the
branches above, warming your skin just enough to feel comforting.
In the center of this clearing is a patch of vibrant green—lush grasses, wild
herbs, and tender leaves growing together without effort or design.

This is the heart of the wild green.
Kneel or sit here, however feels natural.
Place your hands on the earth.
Feel its quiet strength.
Its patience.
Its promise.

Now imagine that from this living ground, gentle tendrils of green light begin to
rise—like soft vines made of energy rather than plant matter.
They reach toward you, not to bind, but to connect.
One wraps gently around your ankles, then your calves, grounding you.
Another coils softly around your waist, offering stability and balance.
Another rises to your heart, warming and opening it.



There is no fear here.
Only recognition.
This green knows you.
It has always known you.

As the green light reaches your heart, pause.
Notice any places within you that feel tired, dormant, or forgotten.

Notice without judgment.
These places are not broken.
They are simply waiting.

Now imagine the wild green flowing into these spaces—slowly, patiently, kindly.

Where there was heaviness, there is softness.

Where there was doubt, there is curiosity.

Where there was stagnation, there is gentle movement.

You do not need to decide who you are becoming.

Spring will show you.

Bring your awareness now to your breath again.

With each inhale, silently say to yourself:

I welcome renewal.

With each exhale, silently say:

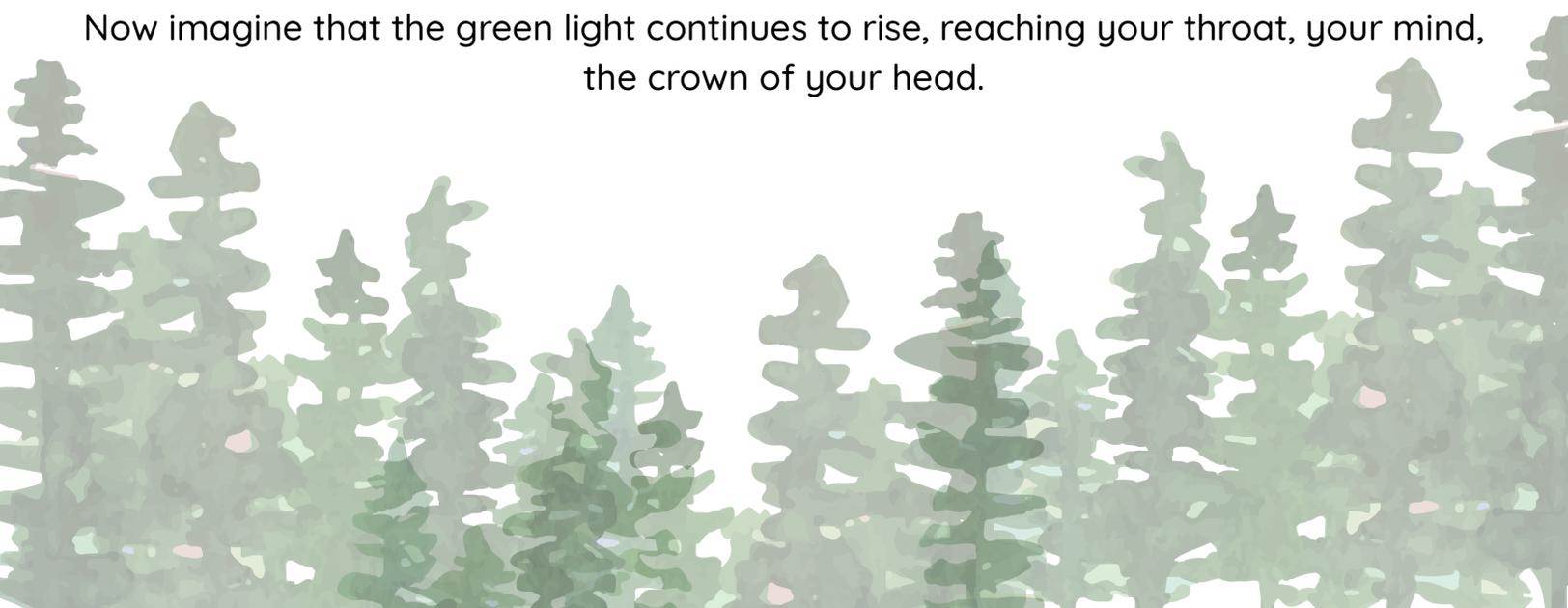
I release what no longer serves.

Let this rhythm continue for a few breaths.

Inhale—renewal.

Exhale—release.

Now imagine that the green light continues to rise, reaching your throat, your mind,
the crown of your head.





It clears away the residue of winter—old expectations, outdated roles, stories that kept you small.

Like fallen leaves returning to the soil, these old layers dissolve naturally. They become nourishment. Nothing is wasted.

Above you, the sky opens—wide, pale blue, carrying the promise of longer days and brighter mornings.

Feel the connection between sky and earth moving through you.

You are the meeting place.

You are the bridge.

Rooted like the plants beneath you.

Reaching like the branches above you.

Now, gently ask yourself—not with pressure, but with openness:

What is awakening within me?

Do not force an answer.

Notice what arises—a word, an image, a sensation, or simply a feeling.

Trust whatever comes.

This is your seed.

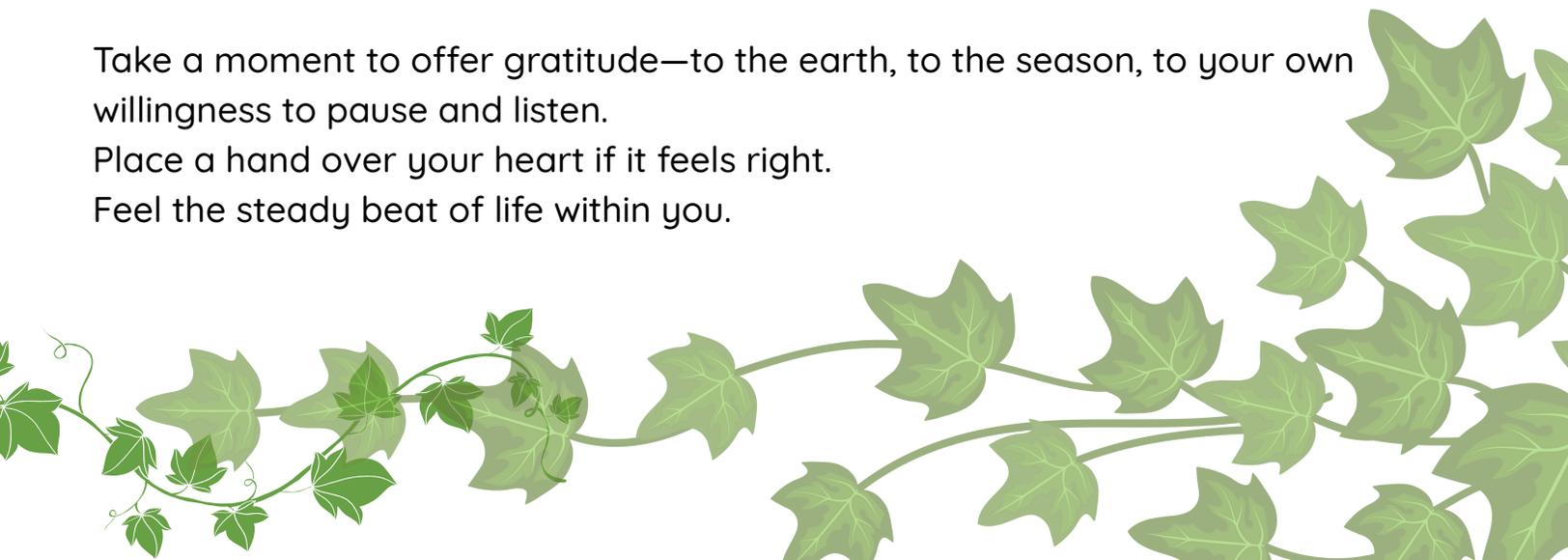
You do not need to make it grow today.

Your only task is to honor it.

Take a moment to offer gratitude—to the earth, to the season, to your own willingness to pause and listen.

Place a hand over your heart if it feels right.

Feel the steady beat of life within you.



Like the wild green, you are designed to grow.
Like spring, you are allowed to begin again.

Slowly begin to bring your awareness back to your physical body.

Notice the room around you.

Notice the sounds near and far.

Notice the sensation of where you are seated.

Take one final, deep breath in...
and release it gently.

When you are ready, open your eyes.

Carry this green with you.

Carry this knowing.

You are reawakening—naturally, beautifully, in your own time.

