



The Mighty Oak Tree - Meditation

THE SECOND WELL TRUST presents 'The Oak Tree Meditation'
A Teaching from Songee 27th August 2000

At a recent public meeting Songee encouraged those present to explore one of the songs we often listen to, however with a different perspective.

Songee: What do you understand by that sounding?

To have strength like the trees and courage.

Songee: Strength and courage. There is something else in the story also. This is story that is being given to you with song and beautiful soundings for you to make singing and joy for your heart. And there are many such things of your life all around you. For many, many moons now humankind has been making these soundings to bring joy to their heart, to celebrate, to grieve and to do all manner of things. And it is through the soundings of such things and the wordings that come from the heart that you can take your strength and your courage.

First of all close your eye and take inside of you a deep Breath of Life and imagine, as you will, that you are going to visit a very, very old and ancient standing people - The Mighty Oak Tree. And as you approach and walk towards the Mighty Oak Tree you see what? What do you feel and what do you see?

Keep your eyes closed and speak. What do you see, what do you feel, when you get closer to the Mighty Oak Tree?

Its putting its arms around you. Closing in on you. Giving you courage.

Songee: On you, or on I? So the oak Tree is putting out the branches and gathering - who? Who?

I feel, its arms around me.

Songee: Very good that's right, that's exactly right. Arms around you. So you are now saying I, me - I can feel this thing happening. Everybody do this thing. You must take possession of your own experience. That is very important you know. So the beautiful oak is now putting the arms around you.

I can see a door.

Songee: And there's a door.

I see how we are also interconnected with the DNA, the history - it just goes on.

The birds.

Songee: What is that little one?

The birds.

Songee: Birds.

I see how the Tree links to the Earth and just keeps going up and up and up and up.

Songee: That's right, reach up to the sky, Ancient Tree.

I see the Tree going up high, reaching up to the Heavens, up and its still connected to us because he relies on us, so that we see he is not damaged.

Songee: So go into the Tree now and letting the embrace happen. Go into the Tree with all of your weaknesses and letting the Tree impart to you its strength, its power and its compassion.

And as you stand in the embrace of the Tree feel the warmth surrounding you and as the warm surrounds you breathe in the energies around you. And as you do so the Tree now changes and embracing you is the Christos, holding you, giving you strength, showing you the path that you need to follow, the things that you need to do in this life to honour the Oneness, to give you the strength to carry on. Because the Tree did not stay forever in the flesh, on the Earth. It went out, away off the Earth and when others went back to find the Tree it was gone and yet the flesh remains and is able to be touched in this way, in spirit form and can manifest when required on the Earth. Such is the power of this Love that has no condition, to bring you the peace to your Soul, to embrace you and to hold you from all harm. All you have to do is go and find the Tree and put yourself in its arms.

The Tree now - as you breathe again, breathe, and as you are embraced now so the Christos now fades and you will find yourself embraced by the Mother. The Mother of All Things, holding you, cradling you, nurturing you. And so it is for all time in your life.

And breathe again once more and let the Tree resume its shape back to being the Tree once more. And as you step away from the Tree take with you the strength and the courage that the Tree imparts to you. The courage to carry on, to do the deeds of this life to which you have been called to do.

And when you are ready you say thank you to the Tree and you return back to your here and now body of this life.

So when next you hear the soundings, learn how to go into the soundings to dance and embrace the story that you are being given. The story that you can take into yourself, to give You the qualities that you would like or need to have for your life now. All the soundings of this nature have been given to you for a purpose. They are not just idle musings of somebody. They have been given the words to pass on to you so that you will be able to find the strength within them. Would you like to hear that sounding again and hear it now with different ears? And this time open your hearts to it, sing and celebrate. Close your eyes and sing to the tree and be at one with it. This is a very important lesson I'm giving you here - how to find your Soul. *(The music was played again.)*

*The Music for this Meditation came from Denean's CD Fire Prayer Track 16 "The Tree".
It can be played from this link - [Music: from the album "Fire Prayer" by Denean.](#)*

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"These words come from Oneness, of Songee to the people of the Earth, for teaching, for people to learn, to grow, to come into the Light. And you desire to tell You friends all about this word, please do so. Please show them the word of Songee. Let them see the word. It may be that you need to copy it or to take a copy to gift to them." SONGEE

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