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## *The Song of Pine*

Once you have found a comfortable position, close your eyes and begin to notice your breath. Simply let it flow in and out of your body. And with each breath, allow yourself to relax a little more and a little more until you feel at rest in your body.

When you are ready, begin to see yourself standing on the top of the tallest snow-covered mountain. All around you, snowflakes are gently falling, and you can see nothing but pure white, freshly fallen snow for as far as the eye can see. The air is crisp and crystal clear. It is as if you are standing inside the glass of lovely snow globe.

Beside you, behind you, and covering the mountains before you are majestic pine trees. Each one adorned with pure white snow. With every breath, you take in the invigorating scent of pine, and your lungs fill with its cleansing energy.

A wordless song begins to rise inside you. It is the Song of the Pine Tree. When you are ready, inhale deeply and then open your mouth and throat and let the music of Pine fill the clear-as-a-bell air that is all around you. Your voice and its pristine notes fill the space between the mountains, and every pine tree and snowflake resonate with your voice and its song.

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Can you describe the beautiful song Pine gave you? How did it feel? How do you feel now that Pine has sung through you?

