



# After Storm Whispers



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## How to help YOURSELF after a Storm

Your generous act of providing Storm Prep Whispers helped the trees and the Spirit of the Land before the storm. For any lost trees, please do these things:

- Realize that you may be going through shock and grief. Allow yourself to calm down and mourn healthily.
- Release judgement about yourself. Please don't invalidate yourself or the Whispering process. The process is valid. This was not a failure on your part. Doing the Storm Prep Whispers is not about you or about how well or poorly you did. It was about serving the greater good. These are mysteries no one fully grasps.
- Give your left/logical/linear brain a rest. It's hard to make valid conclusions based only on appearances.
- Allow your right/holistic/non-linear brain AND your loving heart to know intuitively that your intentional engagement and actions were effective.
- Go to the standing trees, tell them you care for them, ask them how they are doing and continue below...

## How to help the TREES after a Storm

Go outside, walk among your trees—or touch them. In your heart say these intentional messages. If you are elsewhere, ask your trees to send these intentional messages to the trees that were in the storm.

- “I care for you. The storm is passed.”
- Address Fallen Heroes: “Thank you for gifts of air, beauty, and \_\_\_\_\_ (add your own.) Thank you for protecting your community. Please release your Life Force back to the Earth and to your community of other Green Beings so that they may carry on with your energy and wisdom. Thank you for your life.”
- Address the Storm Dancers who remain: “Please regain calm, peace, and harmony. Please return to a gentle flow of inner functionality for harmony and dynamic balance at all levels. Community of Green Beings: Please reform and tighten your web of connections. Ecosystem members: please adjust to the changes and reconnect.”
- “Elements of Earth, Air, Fire, and Water: My life depends on each and all of you. I seek a deeper appreciation of your mysteries. Thank you.”
- “Spirit of the Land: Thank you for your serenity in meeting Spirit of the Storm.”
- “Spirit of the Earth: Thank you for the opportunity to co-create consciously with you.
- “Thank you all...and thanks to all helpers.”

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