



First Sent Out  
On Friday,  
October 26th,  
2012 as  
Hurricane  
Sandy was  
heading  
toward the  
East Coast,  
USA.

# Storm Prep Whispers



CooperativeBioBalance.org

Whispers are intentional messages conveyed from the heart that save trees and empower you!

Aside from the practical things you can do, here is another way you can help your trees through any storm. *(Or send help to trees in storms, if you are elsewhere.)*

Go outside and walk among the trees and plants on your property. You may feel a connection or touch them. In your heart, say the following phrases to all your trees, plants, and ecosystem members such as insects, disease organisms, the soil, animals, birds, etc. Please continue to say these Whispers to all—your land and ecosystem members—regularly during this unstable condition. If you are elsewhere in the world, ask your trees and ecosystem members to send these Whispers through their bioenergy networks to anywhere there is a storm.

Please do this more than once in the days prior to the storm. When the storm arrives, see to your own well-being first. Then, continue to send these messages to your trees, from inside the house or from afar.

**For All Ecosystem Members (Plant, Animal, Microscopic organisms, People, and All Others):**

- Say in your heart: “I care for you. There is a big storm coming.
- “Roots, please grip soil and earth with all your might.
- “Trunk, branches, and stems, please be supple and bend like a dancer.
- “Leaves, please drop if you can, or become slippery and turn on edge so the wind-driven rain slips past you or any snow slips off.
- “Community of Green Beings, please tighten your web of connections.
- “Ecosystem, please become connected and interconnected.
- “Element of Earth, please hold roots tight.
- “Element of Air, please caress, not assault.
- “Element of Water, please flow smoothly over.
- “Element of Fire, please give strength to the whole.
- “Spirit of the Storm, please integrate peacefully with the ecosystem and the Spirit of the Land.
- “Spirit of the Land, please meet the Spirit of the Storm with serenity.
- “Thank you and thanks to all helpers.”

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