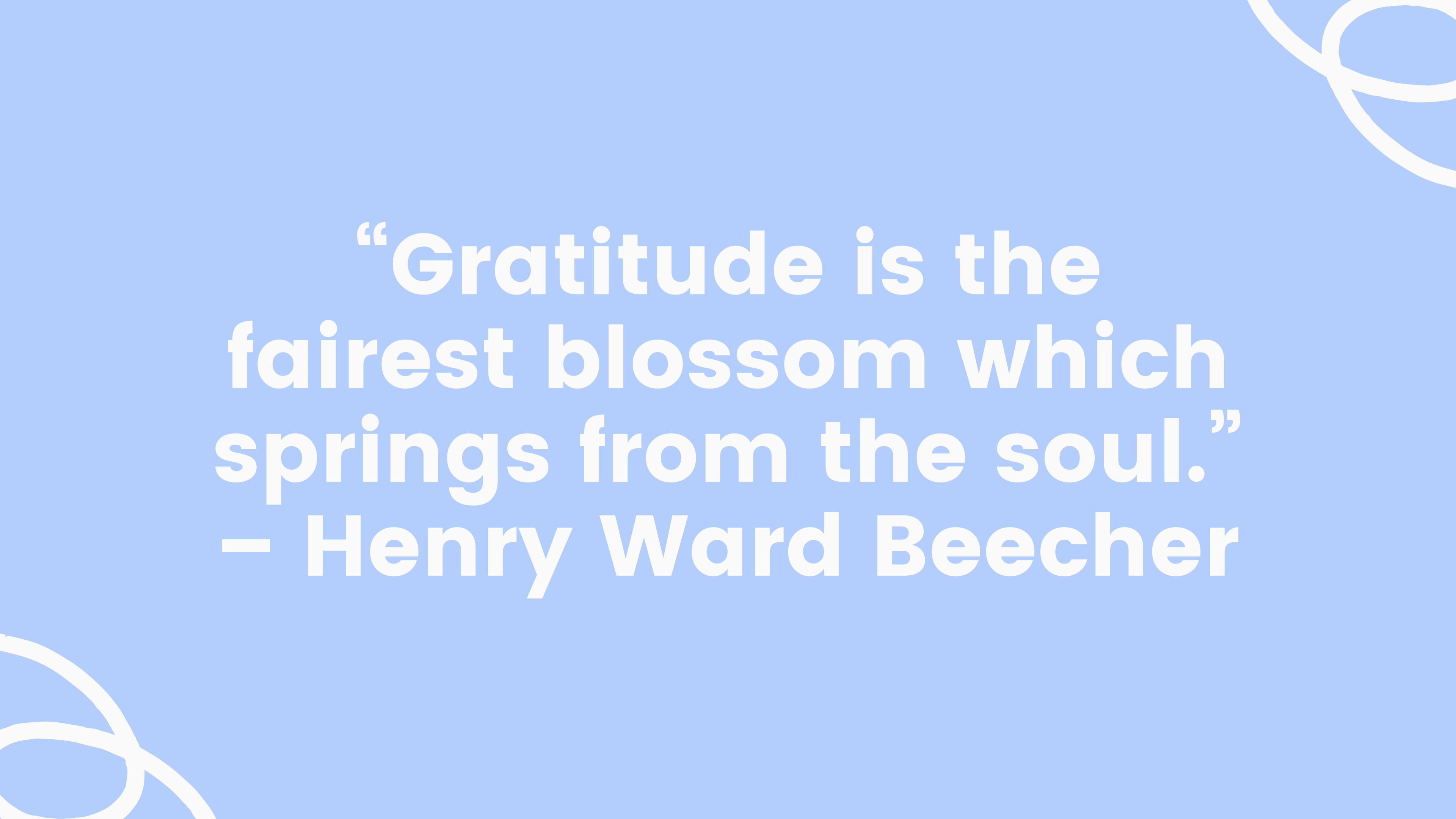


DEFORESTATION, THE IMPORTANCE OF HUGGING TREES AND ITS ENERGY

A guide to practicing gratitude daily?

Natalie Taghiof





**“Gratitude is the fairest blossom which springs from the soul.”
– Henry Ward Beecher**

why should I hug a tree?

HUGGING TREES INTERNALIZES GOOD VIBES

“Hugging a tree increases levels of hormone oxytocin. This hormone is responsible for feeling calm and emotional bonding. When hugging a tree, the hormones serotonin and dopamine make you feel happier.”

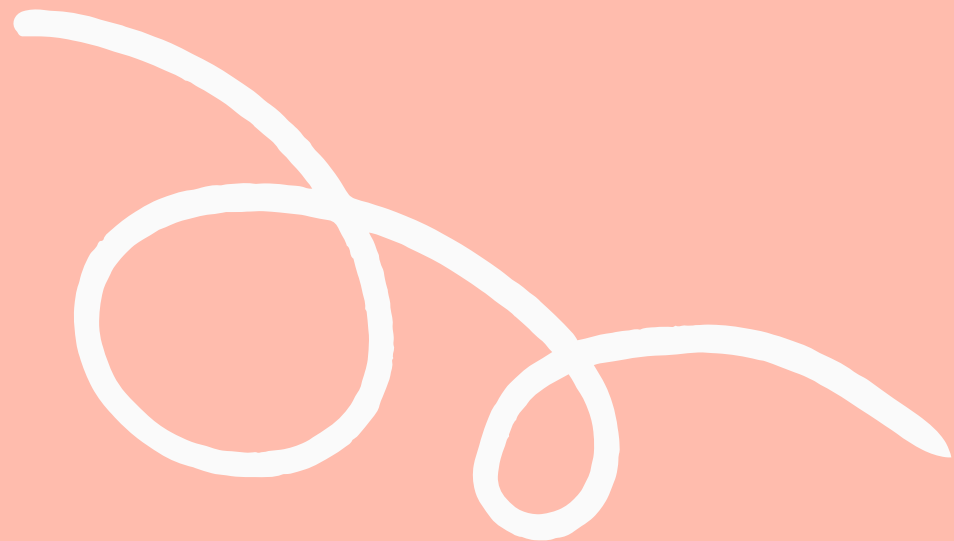
What do you feel when you hug a tree?



When was the last time you hugged a tree?



WHAT'S HAPPENING WITH THE TREES? DEFORESTATION?





MORE PRODUCTION: CAPITALISM?

Paper, books: can we replace it?

Ok if we use trees to create tables, and furniture, but lets plant new trees once we cut them down.

LET THE TREES LIVE
HUGGING TREES IS
INTEGRAL TO OUR
WELL-BEING.



It provides you with a special kind of energy.
oxygen. The ultimate carbon capture.
gratitude//power//energetic alignment



RECONNECTING WITH THE NATURAL WORLD



The importance of the reconnection is vital towards change. Our life is thanks to nature. cosmic flow-natural light-time-high vibration



Figure 2-29. Practice with a tree to absorb Tree Energy and then return it to the tree
Yin Cycle: Use the palms and insides of the arms
Yang Cycle: Use the fingertips and outsides

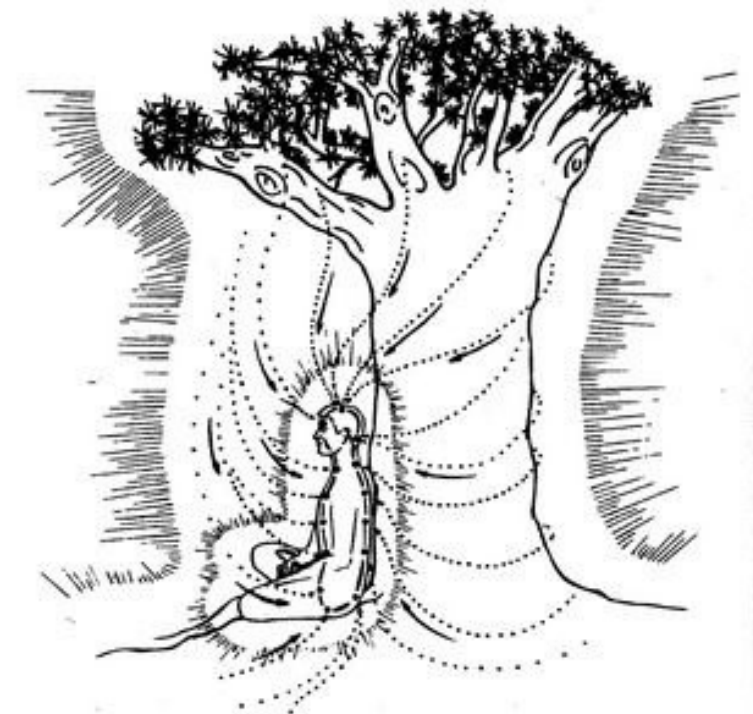


Figure 2-35. Meditate while sitting under a tree.
Absorb the tree's energy through the stations (points) of the Microcosmic Orbit