Tree Healing Spells

# To Cure

Tie a red string around the patient's neck just before he or she retires for the night. In the morning, immediately untie the string and retie it around a tree trunk or branch, thereby transferring the sickness to the tree. The tree will send it down into the Earth. Be sure to leave an offering of thanks at the base of the tree.

**A Healing**

Find a strong, particularly healthy and vibrant tree, one with slim, flexible branches. When you are sick, go to the tree and tie a knot gently in one of the branches or twigs. This must not hurt the tree, so make the knot loose but tight enough to retain its shape. Ask the tree for its help in healing you. Pour the disease or wound into the knot, visualizing it in detail for several minutes. Then untie the knot, again with care so that the tree isn't damaged. This will release the disease, and it will sink into the Earth. Bury an offering at the tree's base.

# To Cure Backache

Circle the tree nine times clockwise, asking it to ease your pain, using a chant such as this one:

**O great tree, O strong tree,**

**Absorb my pain so I'll be free.**

Lay back against the tree's firm, solid trunk; press your back into the bark. Feel the tree absorbing the pain and your back releasing it into the tree. After a few minutes, rise and thank the tree by burying something precious at its foot.