

31.07.24

WISE - Fig tree.

Dominates the tree. Uses as a support then takes over stories of the last circle around the tree that don't belong there but placed there

Surrounding trees - a crowd. Closer to each other than this tree. Surrounding it as if it's a monumental tree.

Ground around it is lifeless even the beneath it. It's dead; there's no happiness around the bottom as no green

Green coming from above is from the tree - the souls are ascending to a greener, happier place, away from earth (unhappy)

One particular branch or root that's thick; singular; Link everything on this side of the world is what's going on in the tree

HG -

There's life beyond the darkness around immediate tree. Sun peeking through; afternoon; peeking through. Afternoon.

It's giving off negatives to the positives

Constrictive; like when a snake wraps around

Vines seem very dry; lifeless + linked

All have something in common - reason there - no longer part of greenery ahead or behind them.

? Exp of tree

Struggle to stay up & not feel the weight of the vines still got its roots in ground → stable

Not leaning; strength. In the darkness going on under kept itself up & tell its story of there looking at it.

Representing... demonstrating in darkness there's strength;

standing strong & straight beneath strain & pulling down.

It's sustained itself & stayed in position, despite the rest of the world.

Alone -

Other trees have support; all living a life of normality
This tree gone through massive burden

In the darkness - constriction; possibility strength is
still there, even the rest of trees are in light &
have green

You can still stand tall & strong & withstand the
life's difficulties.

Posture - standing tall.

Core is holding me straight

Lower back has instability

Abdo. the mother; centre of all.

S: tight

HL - Left hand going in & out back & forth

like ripples of a pond

Water - no firm

Powerful, strong; current; can move you

This ripples - same size but keeps its shape

Can't Δ it; same repetitive...

But only in front

Back is weak; knees weak.

Strength - knees to chest

Weakness above & below

the centre, the machine; the mechanics keeps us firm.
When unwell, that gets weak $\rightarrow$ off balance everything.

Centre important; to fit well & feed for M+H

Not just the mechanics.

get weaker to fight against it.

opp. -

(3)

- Chest up + knees down
- & strength in carrying the rest. Carries the wt
the biggest burden so struggles the most.
Constricted; more swollen
Carry so much of it $\rightarrow$ pain mentally
Struggles
Lower part - strong but struggles the most
Centre - strong core
Upper - v. weak but only working as the 2 levels
holding it.
I don't have the strength
Knees not locked; relaxed; heavy

? Constriction

- Snakes wrapped around
Not able to move
N " " " have a choice to move
Emotions against will as constricted; preventing
eyes from acting
Immobiled without shooting poison into bloodstream.
Constricted mentally i. so much pressure
HG left fist clenching i.
Completely immobilised of ability
Lungs constricted; can't breathe

opp.

Sigh; exhale; breathe out.

open

Beach front as opposed to river i. 2 sides

HG arms opening wide

vs. constricted river within a range.

Like a fish - small fish in a stream - can go up + down.
Fish = my old home - suffocating; fish out of water
Ocean expands out to save andig, undiscovered place
vs river or creek completely empty + dry;
has no air. Thinking of return to my old home
Can't breathe

Long exhale.

Anything that's limited, a creek doesn't always run
if it's a peaceful comfortable life + water shut off.

Suffocate + die

Ocean - life; predators in there but open + free + life
giving

Water is...

Roots need water

I'm starved of water

< ocean

as teen - caught in rip.

I know the power +

Ocean v. vulgar - so powerful
an element - v. powerful

Giving but terrifying; I know its power + ability but
feel the. Free; does what it wants

Represents what it is to be powerful free + ability to
consume or free

Surrounded by water. No escape.

No mercy; doesn't hold back.

Freeing - H.G. arm of

Not Constricting - may constrict you of air

Dissolves

If I could choose a element, it'd be water
water - no one would hold it over me

Consumes / obliterates fire.

One powerful thing. + have sense of freedom

H.G. was open, wide; letting out.

Ripples - exactly the same; ripples equidistant
that's where the stability is.

Nerve block - 14.8.

A mother tree

Vines are all my weaknesses

A lot bringing me down, but the solid part that's me
as a man. Vines would have toppled me over if not
a man. Love is made of love + nurturing that
keeps me straight.

Sometimes feel consumed, but mothering keeps me straight

Love these sessions as they into that part of my
psyche.