

Cedar Teacher eBook

Breathing the Breath of Cedar

- ★ Go out on the earth to where the cedar tree grows. Do this as close to home as possible.
- ★ Find a cedar to which you are drawn.
- ★ Bring attention to your breath and breathe naturally for at least three breaths.
- ★ Now breathe as you breathe in, imagine you are breathing the breath of the cedar. And as you breathe out, imagine you are offering your breath to cedar. Breathe at least 7 breaths, in and out with cedar.
- ★ When this is complete, as cedar, “What have you for me?” And listen, remembering that listening is not just hearing, but seeing, hearing, smelling, tasting, and feeling.
- ★ When you are complete with this, offer gratitude to cedar in a way that feels best for you.
- ★ You may wish to take some time after this to record what you received. It is best to not interpret or record journeys in the middle of them but to record when they are complete. This way you allow yourself to be fully open.



Becoming like Cedar

- ★ You may wish to do this exercise with the same cedar as the first exercise.
- ★ Find a cedar to which you are drawn. This will be one that you can lean your back up against.
- ★ Come up to cedar and put your dominant hand on the trunk. Breathe the 7 breaths again with the trees, circulating your breath.
- ★ Turn around so your back is to the tree and lean up against cedar.
- ★ Standing with your back leaning against cedar, witness your feet growing roots into the earth. Witness you legs and your torso becoming the trunk of the cedar. Witness your arms as cedar branches, and witness your head is the top of the cedar tree.
- ★ Breathe with this experience, again breathing in the breath of cedar and breathing out offering your breath.
- ★ Now as cedar, breath. Breathe in carbon dioxide and breathe out oxygen.
- ★ Do this for at least 7 breaths.
- ★ And again breathe as human, breathing with cedar.
- ★ When this is complete, offer gratitude.
- ★ You may wish to record your journey.

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The Holy One

- ★ Outside again to cedar, choosing one to which you are drawn.
- ★ Breathe 7 breaths with cedar.
- ★ And now, stand back a ways from cedar so that you can see the tree in its entirety.
- ★ Imagine that before is the Holy One.
- ★ In what ever way you are drawn, lay yourself before the Holy One and receive wisdom.
- ★ Offer gratitude when this is complete.

The Story of Cedar

I have long been connecting with cedar. As a child I would play amongst the cedar and rhododendrons in the park in my home town. My first impression of cedar was that it was a house, a wonderful place to hide and feel cozy, away from the rest of the world.

When I became a shamanic herbalist, I began to gather cedar bough to make infused oil. I would often place my hand on cedar's trunk and greet her. I also began a journey to a mountain pass in my area to gather Devil's Club root and found very, very old cedars growing as if time had forgotten them. It was here that I began to feel something, but was not as yet sure of what it was.



When we moved to Whidbey Island, I heard a story from another Northwest herbalist who said that the first people's of the northwest might not have shared everything with us about the importance of cedar. This intrigued and inspired me to find out more deeply about cedar's offerings.

With my shamanic herbalist listening skilled I had been practicing, I began to communicate with cedar. I must say that I was astonished and humbled by what I discovered. Cedar is the holy of holies in the ancient traditions from where I live. I don't mean to teach Native American traditions as I write this but speak to what had directly been communicated to me.

Last year as I walked at night around this time of year, from the goat barn with my pail of warm, raw goat milk, I turned to the cedar that rose above me, that was covered in snow and cedar to spoke to me. I have written a poem about the wisdom received.

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I heard the silent call of Cedar

Today is Christmas Eve,
a traditional family time for me
of wonder.

As a child we would prepare food,
wrap gifts and welcome
friends and family
to feast and exchange presents.

Late at night we would go to a candlelight
service at our church.

I loved the anticipation of giving and receiving,
the feasting and family connections
and the prayers and connections
through songs to God.

I am still enchanted
by Christmas Eve.

I think it is the anticipation of the birth
of the holy one that calls me in.

The celebration of the blessings of birth.

My spiritual path has grown and expanded
over the years.

Nature and the plants

are incorporated
into our celebrations now.

A couple of weeks ago,
I walked on our land
to connect with the trees.

I heard the silent call of Cedar.

"It is not a child that is the holy one.
It is a tree,"

May it be in Beauty.



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Cedar Teacher eBook

Cedar, Herbal Infused Oil

- ★ Outside again to where the cedar is growing. Find a cedar tree to which you are drawn.
- ★ Breathe once again the breath of cedar for 7 breaths and ask, “What have you for me?” Listen and offer gratitude when this is complete.
- ★ Ask the cedar if you may harvest some of her branches.
- ★ Harvest 7 branches.
- ★ Bring them inside and if they have moisture on them, lay them out to dry, just enough to dry up the moisture but not too long so that they are still “green”.
- ★ When they are dry, cut them up small, creating as much surface area as possible.
- ★ Put these cut up cedar branches in a jar. Make a small jar to start. Even a small jar of cedar infused oil will be quite a bit.
- ★ Pour organic olive oil over the cedar, filling the jar just below the top.
- ★ Put a lid on this. Place it on a plate and label it with name and date. You may want to write something else, some of the wisdom that cedar offered.
- ★ In six weeks time, strain your cedar oil through a sieve with a cloth over it.
- ★ Put your beautiful Cedar, Herbal Infused Oil into a bottle or jar and store it in a cool, dry place.
- ★ Cedar oil is anti-fungal so it makes a wonderful foot rub. It can also be utilized for a spinal massage, calling in that energy that you received with your journeys.



If you have any questions about any of this material, please feel free to email me anytime.

May the breath of the holy ones nourish you.

Green Blessings and Peace,

Julie Charette Nunn, Crow's Daughter

Our Disclaimer ~ Reclaiming Your Health

We invite you to take full responsibility for your health and well-being. The information about herbs that is shared throughout this home study course is as old as the hills and is offered for educational purposes only. We do not claim to diagnose or cure any illnesses with this information and trust that you fully acknowledge and understand that. May you find your well-being within you.

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