



With the New Moon as harbinger, this newsletter invites renewal each month. Read on for events & invitations, resources & highlights.

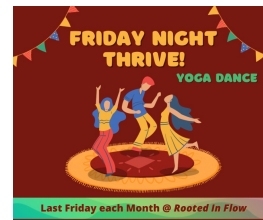
## Upcoming Events



Shop Local Artisans



Share in Wellness



Shed w/Creative Movement

~ Opportunities for Awareness, Balance, & Connection ~

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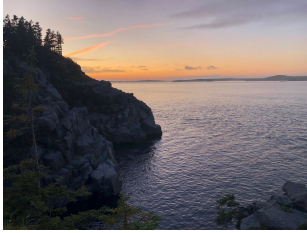
~ I'm excited for the next *Lunar Light Wellness Circle* on Tuesday, Nov. 14th for creative connection & wellness awareness hosted by *Flourish* monthly in Biddeford, ME.

~ *Friday Night Thrive* is back! Join me for YogaDance ~ movement to loose your mind & come to your senses. Now hosted by *Rooted in Flow* in Berwick, ME.

~ And a special event, *Christmas in Strafford*, to share creativity at my sister's, Blue Winds Farm. Come check out my family's crafts/passions to gift this season in Strafford, NH ~ a town-wide event where artisans open their homes to the public.

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## Quick Resource: Three To Be...



A new addition to the series: **Three To Be...** offering three minutes of "stillness."

This new addition to the video library invites you to slowly check in with your body, mind, emotions, and more.

### A Pacific Coast Cleanse...

Notice the sound of the tumbling stones as the sea filters away the debris. Is there anything you no longer need? Can you release it with the receding waves? Autumn's gift to all of us...gratefully shed what no longer serves us.

[Video Link](#)

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## Season Highlight: Big Trees, Big Emotions



*A Coast Redwood Treasure*



*A Sequoia Understatement*



*See arrow for size reference*

I've dreamed of spending time under the Redwoods and Giant Sequoias for many years. During my first few decades of life, I simply took trees for granted. Over later decades, I learned to give thanks for the bounty they provided and the connections we all share. It's been ten-ish years now, and that listening to the wisdom shared via channeling trees has inspired my work.

The week prior to traveling west, I could feel the pull of these unknown giants tugging at me - my body, my energy. It was a new, subtle sensation which I shared with a friend. She told me I'd understand when I got there.

The day arrived to meet the world's largest tree (in mass), a Giant Sequoia in Sequoia National Park. Natives once referred to these collective species as

"Wawona" meaning the hoot of an owl ~ they believed birds were the guardians of the trees. All I could mutter was "Wow" over and over again. I just didn't have words to express what I was seeing. Mostly though, I didn't have space in my throat to mutter more as I struggled to hold back tears. Had no idea why these tears rolled... appreciation? ...awe? ...generations of collective gratitude? ...massive amounts of energy resonating from this outstanding elder? ...no idea.

That morning just before visiting the Sequoia, I felt myself startle as I lay in bed waking to the day. Through closed eyes, I could see a large, reddish tree trunk in front of me. It felt like I was meeting a human, someone calling me. I opened my eyes thinking I was dreaming but could still feel its eager greeting. This was a first. All of my plant and tree channeling had been initiated by me, asking for their wisdom and guidance. Maybe this tree was no different. Maybe my method of asking simply was unlike any other time. Undeniably, it was this tree that I saw in my mind's eye a few hours earlier.

Once my eyes were dry, I asked if it had anything to share? It was a simple, surprising message...

First, I felt **its** gratitude.

Confused, I asked again.

It was like a gentle grandparent, encouragingly thanking me for being me and telling me that we are all the same. We are all one - uniquely expressed, yet not different.

Of course, I cried more. People all around me chatted, marveled, and took videos. Yes, all one. I needed that reminder. I dried my eyes again and took a picture.

That was the full moon and yet I still feel this "moment" as clearly two weeks later. Yes, all one.

I will share more soon in an upcoming *Plant Whispers* blog post. Until then, I invite you to notice the "Wawona" in your neighborhood. Are there any sacred elders waiting to give you a hug? ...young trees nodding in your direction? ...unseen awarenesses awaiting your discovery? Maybe during this new month, it's a simple nod back, thanking All for being... All.

Until the next new moon,  
Abundant Blessings and Gratitude **to All**.  
Deneen

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