

ART IN SOUL INFOSHEET

Trees: Their Qualities, Properties & Meanings

Birch

Helps you to let go of the past, purify yourself and start again with open arms. Free from the expectations of others and those you place upon yourself. Flow with change, rebirth and recreate yourself. Follow your heart and take steps to live your dreams.

Ash

Asks us to make use of our talents and creative abilities! It strengthens our will and motivation to succeed. Helps us to reach inside and bring forth more of who we truly are and to share it with the world.

Walnut

Helps us to attain a mature and deep understanding of our own lives experiences. It nourishes our spiritual development, sensitivity and ability to empathise with others.

Elder

Embodies the principles of abundance and is a tree of the Goddess. Elder helps us trust in abundance, to share with open arms and give for the joy of giving.

Holly

Helps us cut through illusions with clarity and truth. It helps us move beyond duality thinking. It helps us to outgrow our fears, brings courage and helps us trust in our inner voice.

Rowan

Brings us the gift of inspiration from the centre of our being, helping us to know and become more of who we truly are. The inspiration cannot be denied – action immediately follows as you find yourself painting, writing etc creatively following your hearts true desires.

Hawthorn

Represents the sacred union of the masculine and feminine within and between lovers. It represents a true love partnership. Blessing marriage with the deepest kind of mystical union and spiritual bliss.

Oak

Brings energy, vitality, will and power. It helps us become confident, strong in mind and body. Able to care for and protect our loved ones whilst remaining strongly in our integrity.

Aspen

Brings us the gift of humour and laughter. Helping us take life lightly.

Hazel

Encourages us to let our inner child play and return us to all our senses of wonder and the magic of the moment. Enchanting.

Juniper

Brings patience, stamina and detachment from drama. Helping us to see the bigger picture and choose to act and not react – with wisdom.

Linden

Is associated with the dragon. It stands for the Divine Justice and is a master healer of all forms of injustice, racism, violence – abuse of all kinds.

Blackthorn

Brings you the courage to face your own shadow side. It helps you bring healing and forgiveness to old wounds – returning all to light.



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Yew

A symbol of eternity. This is a tree of transformation helping us to remember only love really matters.

Field Maple

Brings the qualities of honesty, reliability and common sense to us. Helping us to work hard and do a good job. For the love of self and others and the self satisfaction and self esteem it brings.

Elm

Helps us to communicate truthfully and sincerely encouraging space for understanding, reconciliation and empathy. Treating all respectfully.

Black Poplar

Helps us broaden our horizons, drink lots of water and get active. Helps us embrace change.

Larch

Brings spiritual clarity, inspiration and harmony. Helps you respect the rhythm of the seasons of nature and life. It blesses you with good luck and encourages kindness.

White Willow

Has an affinity with the Full Moon and helps us celebrate life. Awakening and trusting the gifts of the Goddess – healing, intuition and foresight.

Scots Pine

Gifts us persistence, stamina and courage, leaving doubt behind, it helps us walk our own path of truth. The spiritual warrior ready to serve as part of a bigger picture – knowing their part is necessary for the success of the all.

Apple

Associated with the Goddess. Helps you find your centre, your confidence and your self worth – freeing you from guilt, burdens and memories. Helping you return to the joy of your being in the present moment and bathing in the light of the rainbow.

Spruce

Helps us grow beyond our personal limitations and reach for communion with spirit.

Ivy

Gifts us with the qualities of softness, humility, loyalty and modesty.

Olive

Helps us with gifts of hope, peace, tolerance, fair trade and caring that all are blessed with abundance of all kinds.

Almond

The mystic's tree! Encouraging you to search for the Divine in life and to live a loving life. It encourages spiritual development and unconditional love.

Hornbeam

Protects your spirit, brings insight and self awareness – imparting genuine intentions and good sense.

Beech

Brings determination, concentration and vitality to you. Helping with all aspects of mindfulness – especially writing. Protects the heart and helps you trust in spirit.

Cedar

Brings grace, justice and power – helping you walk your talk with ease.



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Horse Chestnut

Brings patience. Helps us to wait peacefully until the right moment to act arrives. Enjoying being rather than practising waiting.

Sycamore

Brings spiritual clarity and inner security. Effortless manifestation of ideas and plans that arise from connection to spirit.

Alder

Enhances emotions, empathy, acceptance and forgiveness. Brings deep comfort – calming and supporting us in letting go of old wounds. Sorrow, grief, rage, hate are purified and you are free to move on.

Pear

Brings understanding, empathy, tenderness, unity, beauty and delight – especially in romantic relationships.

Papal

Tree of Enlightenment. Calls us to stop and meditate. Helps us to remember our oneness with all of life.

Ginkgo

The bearer of hope. Shows us the way home to our true self. Helps us connect with our roots, united with source of our being – from which place all things become possible.

Cherry

Helps us practise loving ourselves unconditionally. Dispose of your fear of being judged or condemned. You have nothing to prove to anyone – your soul has always been perfect. It is your birth right to be happy.



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