

FROM SCARCITY TO ABUNDANCE

*Healing Scarcity Wounds Through
the Wisdom of Trees*

A HEALING
JOURNAL



by Lori Chown

EARTH WHISPERING HEALING
Together, we Heal.

*From Scarcity to Abundance
Self-Healing Workbook*

*Created by:
Lori Chown
for Earth Whispering Healing*

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From Scarcity to Abundance

A Guided Healing Journal

Healing Scarcity Wounds Through the Wisdom of Trees

Scarcity wounds are a natural part of the human experience. For generations, many of us have inherited beliefs rooted in lack, limitation, survival, and separation. When scarcity has been carried through families, communities, and cultures, it is only natural that some of these patterns continue to live within us.

These wounds are not flaws to fix. They are lessons to understand, integrate, and ultimately transform.

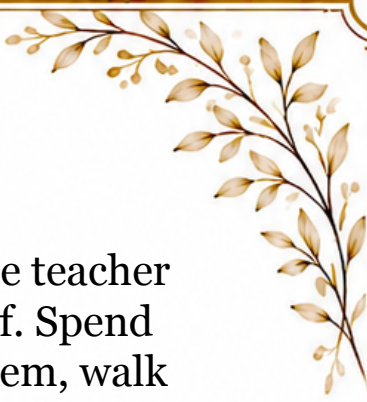
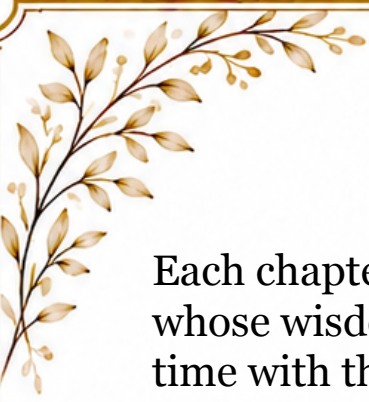
When we begin to recognize the scarcity wounds that shape our thoughts, relationships, and beliefs, we create space for healing. As these old patterns soften, new beliefs can take root and grow.

Like individual trees joining together to form a thriving forest, each healed belief becomes part of something greater ~ a Forest of Abundance.

This journey invites you to move from the belief that there is not enough to the realization that you are connected, supported, and enough exactly as you are.

As you progress through these pages, be gentle with yourself. There is no need for judgment or criticism. Instead, honor the lessons and experiences that have brought you here. The wounds you are healing may not be yours alone. They may have been carried by your ancestors, shaped through past experiences, or reflected in the collective challenges we all share.

Allow yourself the grace to learn, grow, and heal at your own pace.



Each chapter in this healing journal is paired with a tree teacher whose wisdom reflects the healing journey of that belief. Spend time with these trees whenever possible. Sit beneath them, walk among them, or simply imagine their presence. Nature has always been one of our greatest healers.

May the wisdom of the trees guide you. May their roots remind you to stay grounded, their branches inspire you to reach toward possibility, and their seasons teach you to trust the unfolding of your own journey.

With each new belief you cultivate, you help heal not only yourself, but the generations that came before you, the ones that walk beside you, and those who will follow.

Love & Light to you.

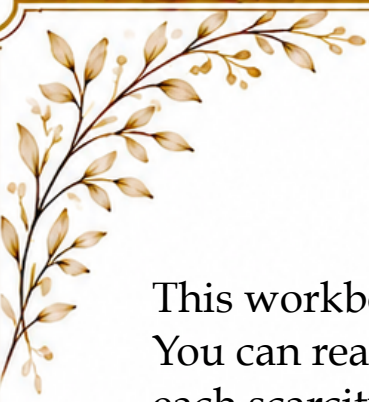
Together, we heal.

Lori

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Scarcity Wounds Assessment

This workbook is intended for self-reflection and exploration. You can read through the entire workbook, taking time to explore each scarcity wound and the wisdom of its tree. Or, if you would like to take a deeper look at the beliefs and patterns that may be present in your life, you can begin with the assessment below.

For each statement, choose the response that best reflects your experience:

Never • Rarely • Sometimes • Often • Always

1. Oak Tree – There Is Not Enough

I worry that there won't be enough time, money, opportunities, or resources for me.

2. Aspen Tree – Someone Else's Success Takes Away From Mine

I find myself comparing my achievements to others or feeling discouraged when someone else succeeds.

3. Maple Tree – I Must Earn My Worth

I feel valuable only when I am productive, successful, or helping others.

4. Cedar Tree – I Cannot Fully Trust Others

I find it difficult to rely on others or believe that people will truly support me.

5. Pine Tree – I Don't Feel Safe to Be My True Self

I hide parts of myself or try to be perfect because I fear that being fully myself may lead to judgment or rejection.

6. *Birch Tree – I Need Approval to Feel Valuable*

I look to others for reassurance before I feel confident about myself or my decisions.

7. *Dogwood Tree – If I Shine, Others Will See My Flaws*

I hold back my gifts, ideas, or talents because I worry about what others might think of me.

8. *Apple Tree – I Must Protect What Is Mine*

I find it difficult to share my time, knowledge, possessions, or opportunities because I fear there won't be enough.

9. *Redwood Tree – Differences Create Separation*

I sometimes see people with different beliefs, backgrounds, or opinions as barriers rather than opportunities to learn and grow.

10. *Willow Tree – I Am Alone*

I often feel disconnected, unsupported, or like I have to navigate life on my own.

Exploring Your Results

After answering each question, look at the statements you answered Often or Always.

The number of each question corresponds with a tree in this workbook. You may want to begin your exploration with the tree chapters connected to those answers.

These may be areas where scarcity wounds are more present in your life. Take your time with them. Read the lesson, explore the wisdom of the tree, and notice what speaks to you.

You may discover that some wounds feel very familiar, while others do not resonate at all. That is okay. We are all shaped by different experiences, families, circumstances, and seasons of life.

This is simply an opportunity to pause, look inward, and become more aware of the beliefs that may have taken root within you. Awareness creates a pathway. And sometimes, healing begins simply by noticing what is there.

Remember, there is no right or wrong here. Only gentle pathways for self-reflection and healing.





Chapter One - Scarcity Wound #1

There Is Not Enough

Tree Teacher: Oak

New Belief: Life provides what I need, and abundance exists all around me.

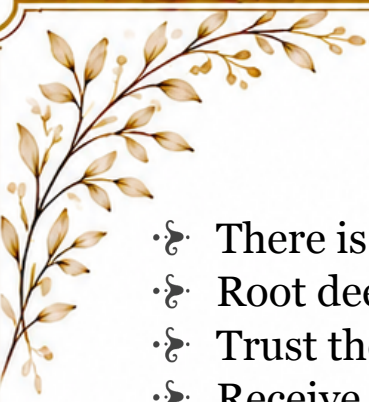
The Wisdom of Oak

The scarcity wound that there is not enough is embedded deeply in the human psyche. This limiting belief comes from many past wounds, but to heal we don't have to evaluate the wound, we just have to reframe the narrative.

The mighty oak teaches us *that life provides what I need, and abundance exists all around me, reminding us that abundance begins with trust.*

The mighty oak stands firmly rooted through every season. It does not worry whether there will be enough sunlight tomorrow. It does not count its leaves or compare itself to the trees around it. Through storms, droughts, and changing seasons, the oak trusts its roots and continues to grow.

When we live from scarcity, we often believe there is not enough time, money, love, opportunity, or support. We may cling tightly to what we have or worry about what we might lose.



The oak teaches a different lesson.

- ✿· There is enough sunlight for everyone
- ✿· Root deeply
- ✿· Trust the process
- ✿· Receive what is available
- ✿· Continue growing

Abundance is not the absence of challenges. Abundance is the ability to trust that life will continue to provide what is needed for growth.

Signs This Pattern May Be Present

- ✿· You worry about the future.
- ✿· You feel pressure to hold tightly to resources.
- ✿· You struggle to relax because there is always something more to do.
- ✿· You focus on what is missing instead of what is present.
- ✿· You compare your life to others.
- ✿· You have difficulty receiving help or support.

These patterns are not flaws. They are invitations to heal.

Healing Pathways

- 🌳 Spend time near an oak tree or visualize yourself resting beneath one.
 - 🌳 Begin an abundance journal and record three blessings each day.
 - 🌳 Practice receiving support without immediately giving something back.
 - 🌳 Notice moments when life unexpectedly provides what you need.
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- 



Replace "There isn't enough" with "What abundance is already here?"

Integration

Place your hand over your heart and repeat:

- ✿· "I am rooted in trust."
- ✿· "There is enough for this moment."
- ✿· "I am supported by life."
- ✿· "I am learning to see abundance all around me."

Message from Oak

Dear Friend,
You do not need to rush.
You do not need to force growth.
Sink your roots deeply into the present moment.
Trust that what nourishes you will arrive in its season.
I have weathered many storms and still I stand.
You can too.
— Oak



Scarcity Wound #1

There Is Not Enough

TREE TEACHER: OAK



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Chapter Two - Scarcity Wound #2

Someone Else's Success Takes Away From Mine

Tree Teacher: Aspen

New Belief: Another person's success expands possibility for everyone.

The Wisdom of Aspen

The need to compare ourselves to another has become a deeper scarcity wound in today's society. When we realize that the success of another only build's on the abilities of the whole, we can heal this wound.

Like humanity, at first glance, an aspen grove appears to be a collection of individual trees. Yet beneath the surface, something remarkable is happening.

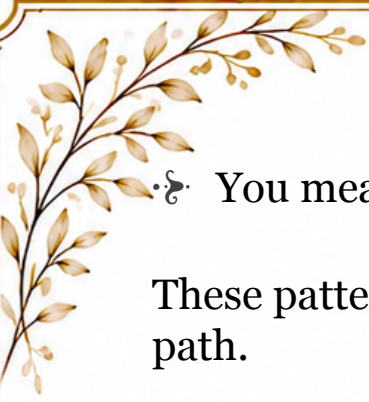
Aspens are connected through a shared root system. What nourishes one tree strengthens the whole grove.

The aspen reminds us that success is not a limited resource. Scarcity teaches comparison. Aspen teaches connection. The success of another does not diminish your light. Instead, it reminds you what is possible.

There is room for all of us to grow.

Signs This Pattern May Be Present

- ✿ You compare your journey to others.
- ✿ You feel behind in life.
- ✿ You struggle to celebrate your accomplishments.
- ✿ You focus on competition rather than collaboration.
- ✿ You question whether there is enough success to go around.



·✿· You measure yourself against someone else's timeline.

These patterns are invitations to remember your own unique path.

Healing Pathways

- 🌿 Spend time among trees and notice how they grow together.
- 🌿 Celebrate someone else's success.
- 🌿 Keep a journal of your own growth and accomplishments.
- 🌿 Practice collaboration instead of comparison.
- 🌿 Replace envy with inspiration.

Integration

Place your hand over your heart and repeat:

- ✿· "I honor my own journey."
- ✿· "There is room for all of us to thrive."
- ✿· "I celebrate the success of others."
- ✿· "I belong exactly where I am."

Message from Aspen

Dear Friend,

You are not competing with the forest.

You have your own roots, your own gifts, and your own season.

When another tree grows tall, it does not take away your sunlight.

Together, we create something beautiful.

— Aspen



Scarcity Wound #2

*Someone Else's Success
Takes Away From Mine*

TREE TEACHER: ASPEN



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Chapter Three - Scarcity Wound #3

I Must Earn My Worth

Tree Teacher: Maple

New Belief: My worth is inherent and does not need to be proven.

The Wisdom of Maple

Like the sweetness of the maple, your value does not need to be proven. You are loved, just for being you.

There are many triggers that relate to earning our worth, but when we learn to appreciate the true value in ourselves, we stop looking for validation from others.

- ✿ The maple offers beauty, shade, shelter, and sweetness.
- ✿ It does not strive to prove its value.
- ✿ It simply grows according to its nature.

Yet many of us have learned that our worth depends upon achievement, productivity, or approval.

The maple offers another truth.

- ✿ You do not have to earn your place in the forest.
- ✿ Your worth is not something you achieve.
- ✿ Your worth is something you remember.

Signs This Pattern May Be Present

- ✿ You tie your value to productivity.
- ✿ You struggle to rest without guilt.
- ✿ You seek validation through achievement.
- ✿ You feel pressure to constantly prove yourself.
- ✿ You believe you must do more to be enough.
- ✿ You have difficulty receiving compliments.



These patterns are opportunities to reconnect with your inherent worth.

Healing Pathways

- 🍁 Spend time with a maple tree and observe its effortless beauty.
- 🍁 Practice resting without needing to earn it.
- 🍁 Accept compliments with gratitude.
- 🍁 Notice your gifts beyond your accomplishments.
- 🍁 Create a list of qualities you appreciate about yourself.

Integration

Place your hand over your heart and repeat:

- 🌀 "I am worthy."
- 🌀 "My value is not measured by productivity."
- 🌀 "I honor myself as I am."
- 🌀 "I am enough."

Message from Maple

Dear Friend,
You do not need to prove your value.
You do not need to earn your place in the forest, the sweetness of your existence is enough.
Allow yourself to rest in that truth.
— Maple

Scarcity Wound #3

I Must Earn My Worth

TREE TEACHER: MAPLE

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Chapter Four - Scarcity Wound #4

I Cannot Fully Trust Others

Tree Teacher: Cedar

New Belief: Healthy relationships can be safe, supportive, and nourishing.

The Wisdom of Cedar

Trust is one of the most fundamental human needs, along with safety and love, its roots run the deepest. When we lose trust in others, ourselves, or the world, the scarcity wound becomes not only a wound, but a way of living. When we live from any fear based wound our life is not truly our own. Fortunately we can heal this wound by remembering that relationships can be safe, supportive, and nourishing.

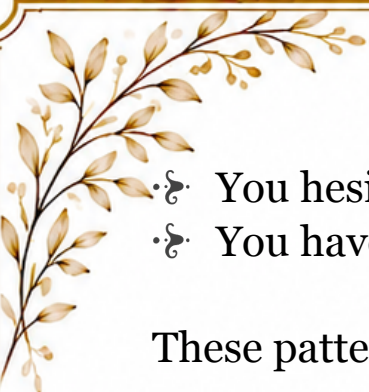
For generations, cedar has been honored as a symbol of healing, protection, and wisdom. Its presence creates a sense of sanctuary. Many of us carry wounds that make trust difficult. Past experiences may have taught us to rely only upon ourselves. Yet isolation is its own form of scarcity.

The cedar reminds us that trust is grown.

- ✿· One experience.
- ✿· One conversation.
- ✿· One act of kindness at a time.
- ✿· Healing often happens in relationship.

Signs This Pattern May Be Present

- ✿· You struggle to ask for help.
- ✿· You keep emotional walls around your heart.
- ✿· You expect disappointment.
- ✿· You feel safer handling everything alone.

- 
- ✿· You hesitate to be vulnerable.
 - ✿· You have difficulty receiving support.

These patterns are invitations to reopen to connection.

Healing Pathways

- 🌲 Sit quietly with a cedar tree and feel its steady presence.
- 🌲 Accept support when it is offered.
- 🌲 Practice healthy boundaries.
- 🌲 Share something meaningful with a trusted friend.
- 🌲 Notice those who consistently show kindness and integrity.

Integration

Place your hand over your heart and repeat:

- ✿· "I can trust myself."
- ✿· "I can build trust slowly."
- ✿· "I am supported."
- ✿· "I am safe to connect."

Message from Cedar

Dear Friend,
Trust is not demanded.
Trust is grown.
Like my roots, it strengthens over time.
Allow yourself to receive the support already reaching toward you.
You do not have to walk alone. Together, we heal.
— Cedar



Scarcity Wound #4

I Cannot Fully Trust Others

TREE TEACHER: CEDAR



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Chapter Five - Scarcity Wound #5

I Don't Feel Safe to Be My True Self

Tree Teacher: Pine

New Belief: I am safe to be myself, and I am worthy of love and belonging exactly as I am.

The Wisdom of Pine

The pine tree remains true to its nature throughout every season. It does not change itself to fit the expectations of the forest. It does not apologize for its shape or compare its needles to the leaves of another tree.

Through winter snows and summer storms, the pine remains steadfast.

Many of us learned early in life that it felt safer to hide parts of ourselves. We may have learned to seek perfection, avoid mistakes, or become who others needed us to be in order to feel accepted.

Yet constantly wearing masks can leave us feeling disconnected from who we truly are.

The pine offers another way.

- You do not have to earn belonging by becoming someone else.
- You do not have to hide your imperfections.
- You do not need to be perfect to be loved.

Like the pine, you are invited to stand rooted in your authentic self.



Your uniqueness is not something to overcome.
It is something to honor.

Signs This Pattern May Be Present

- You worry about disappointing others.
- You hide parts of yourself to fit in.
- You struggle with perfectionism.
- You fear making mistakes.
- You find it difficult to express your needs or feelings.
- You often place unrealistic expectations on yourself.

These patterns are not flaws.

They are invitations to come home to yourself.

Healing Pathways

🌲 Spend time among pine trees and notice how each one grows in its own unique way.

🌲 Practice self-compassion when mistakes arise.

🌲 Share your thoughts and feelings with someone you trust.

🌲 Notice when you are changing yourself to gain approval.

🌲 Celebrate progress rather than perfection.

Integration

Place your hand over your heart and repeat:

"I am safe to be myself."

"I honor my authentic nature."

"I release the need to be perfect."

"I am worthy exactly as I am."





Message from Pine

Dear Friend,

You do not need to change who you are to belong.

You do not need to hide your imperfections.

You do not need to become someone else to be loved.

Stand tall.

Remain rooted.

Trust your own nature.

I have weathered many seasons and never needed to become another tree.

Neither do you.

You are enough.

— Pine



Scarcity Wound #5

*I Don't Feel Safe
to Be My True Self*

TREE TEACHER: PINE



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Chapter Six - Scarcity Wound #6

I Need Approval to Feel Valuable

Tree Teacher: Birch

New Belief: My value comes from within.

The Wisdom of Birch

The birch tree reflects light.

Its bright bark stands out not because it seeks attention, but because it naturally shines.

Many of us have learned to look outside ourselves for validation. We seek approval, praise, or acceptance to confirm our worth. Yet true confidence does not come from being seen by others. It comes from seeing ourselves clearly.

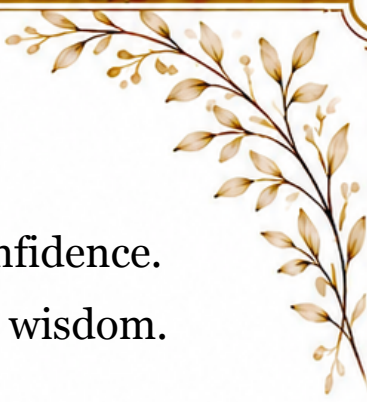
The birch reminds us that our light originates within.

When we trust our own wisdom, we become less dependent on external validation and more connected to our authentic selves.

Signs This Pattern May Be Present

- You worry about what others think.
- You seek constant reassurance.
- You struggle to make decisions independently.
- You feel disappointed when your efforts go unnoticed.
- You prioritize pleasing others over honoring yourself.
- You measure your worth by external feedback.

These patterns are invitations to reconnect with your inner wisdom.



Healing Pathways

- ♥ Spend time with a birch tree and notice its quiet confidence.
- ♥ Practice making small decisions based on your own wisdom.
- ♥ Acknowledge your accomplishments privately.
- ♥ Notice when you seek approval and gently return to self-trust.
- ♥ Spend time in reflection and self-appreciation.

Integration

Place your hand over your heart and repeat:

- ✿ "I trust myself."
- ✿ "My value comes from within."
- ✿ "I honor my truth."
- ✿ "I shine in my own way."

Message from Birch

Dear Friend,

You do not need permission to be who you are.

Your light was never dependent upon someone else's approval.

Trust yourself.

You already carry the wisdom you seek.

— Birch



Scarcity Wound

*I Need Approval
to Feel Value*

TREE TEACHER: BIRCH



REFLECTION

UNDERLYING BELIEF

HOW IT SHOWS UP

HEALING PATHS

NEW BELIEF

INTEGRATION

JOURNAL SPACE





Chapter Seven - Scarcity Wound #7

If I Shine, Others Will See My Flaws

Tree Teacher: Dogwood

New Belief: My light inspires others to shine.

The Wisdom of Dogwood

Each spring, the dogwood blossoms without apology.
It does not hide its beauty or ask permission to bloom. It simply expresses what it was created to become.

Many of us have learned to play small. We fear criticism, rejection, or standing out. We may hide our gifts, silence our voice, or dim our light to make others comfortable.

Yet nature does not apologize for its beauty.
The dogwood reminds us that our gifts are meant to be shared.
When we shine authentically, we give others permission to do the same.

Your light does not diminish another's.
Light expands.
And beauty multiplies.

Signs This Pattern May Be Present

- ✿ You hesitate to share your gifts.
- ✿ You downplay your accomplishments.
- ✿ You avoid being seen.
- ✿ You fear criticism or rejection.
- ✿ You hold back your ideas.
- ✿ You feel uncomfortable receiving recognition.

These patterns are invitations to bloom.



Healing Pathways

- 🌸 Spend time with a flowering tree and appreciate its beauty.
- 🌸 Share one gift, talent, or idea with others.
- 🌸 Practice accepting compliments gracefully.
- 🌸 Celebrate your accomplishments without minimizing them.
- 🌸 Remember that your light helps illuminate the world.

Integration

Place your hand over your heart and repeat:

- ✧· "I honor my gifts."
- ✧· "I allow myself to be seen."
- ✧· "My light serves others."
- ✧· "I shine with love and gratitude."

Message from Dogwood

Dear Friend,

You were not meant to hide.

You were not meant to make yourself smaller.

Bloom boldly.

Share your gifts.

Trust that your light is not taking away from anyone else's.

Beauty was always meant to be shared.

— Dogwood



Scarcity Wound #7

*If I Shine,
Others Will See My Flaws*

TREE TEACHER: DOGWOOD

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Chapter Eight - Scarcity Wound #8

I Must Protect What Is Mine

Tree Teacher: Apple Tree

New Belief: Generosity and trust create greater abundance.

The Wisdom of Apple Tree

Season after season, the apple tree freely offers its fruit.

It does not cling tightly to what it has created. It does not fear that giving will leave it empty. It trusts the cycles of life and knows that more blossoms will come.

Many of us have learned that safety comes through protecting, controlling, or holding tightly to what is ours. We may fear losing what we have worked so hard to create.

Yet abundance grows through sharing.

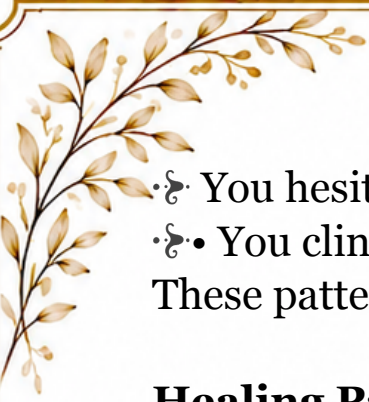
The apple tree teaches us that generosity does not diminish us. Giving from a place of fullness strengthens both ourselves and our communities.

There is enough.

And life has a remarkable way of replenishing what is lovingly shared.

Signs This Pattern May Be Present

- ✿ You struggle to share your resources.
- ✿ You fear running out.
- ✿ You have difficulty receiving as well as giving.
- ✿ You feel responsible for controlling outcomes.

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- ✿ You hesitate to trust life's natural flow.
 - ✿• You cling tightly to what feels safe.
- These patterns are invitations to trust abundance.

Healing Pathways

- 🍏 Spend time with an apple tree and observe its generosity.
- 🍏 Share your gifts, wisdom, or kindness with others.
- 🍏 Practice receiving support with gratitude.
- 🍏 Notice where life has provided unexpectedly.
- 🍏 Remember that abundance flows in cycles.

Integration

Place your hand over your heart and repeat:

"I trust the flow of life."

"I share from a place of abundance."

"I am both supported and supportive."

"There is enough."

Message from Apple Tree

Dear Friend,

You do not need to hold on so tightly.

What is meant for you will return in its season.

Give freely.

Receive gratefully.

Trust the cycles.

There is beauty in sharing.

And abundance grows when love is offered openly.

— Apple Tree





Scarcity Wound #8

*I Must Protect
What Is Mine*

TREE TEACHER: APPLE TREE



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Chapter Nine - Scarcity Wound #9

Differences Create Separation

Tree Teacher: Redwood

New Belief: Diversity strengthens the whole.

The Wisdom of Redwood

The mighty redwood does not stand alone.

Its roots intertwine with the roots of neighboring trees, creating strength and stability throughout the forest.

No two trees are exactly alike.

Each contributes something unique.

Many of us have learned to fear differences or to separate ourselves from those who think, believe, or live differently.

Yet nature thrives through diversity.

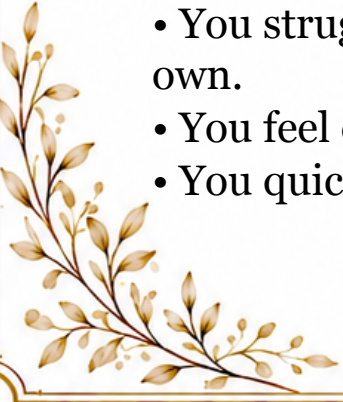
The redwood reminds us that connection is stronger than division.

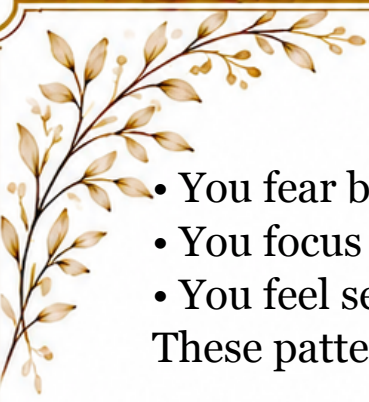
We do not need to be identical to belong.

Our uniqueness enriches the whole.

When we honor one another, we create stronger communities and deeper understanding.

Signs This Pattern May Be Present

- You struggle to understand perspectives different from your own.
 - You feel disconnected from others.
 - You quickly judge what is unfamiliar.
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- You fear being misunderstood.
 - You focus more on differences than common ground.
 - You feel separate rather than connected.

These patterns are invitations to remember our shared humanity.

Healing Pathways

🌲 Spend time in diverse natural settings and observe how ecosystems work together.

🌲 Practice listening with curiosity.

🌲 Seek understanding before judgment.

🌲 Appreciate the gifts that others bring.

🌲 Focus on what unites rather than divides.

Integration

Place your hand over your heart and repeat:

•🌀• "I honor our differences."

•🌀• "I seek understanding."

•🌀• "I celebrate diversity."

•🌀• "We are stronger together."

Message from Redwood

Dear Friend,

You do not stand alone.

Neither do I.

Beneath the surface, we are all connected.

Honor your uniqueness.

Honor the uniqueness of others.

Together, we create a forest far stronger than any one tree could create alone.

— Redwood



Scarcity Wound #9

Differences Create Separation

TREE TEACHER: REDWOOD

REFLECTION



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UNDERLYING BELIEF



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HOW IT SHOWS UP



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HEALING PATHS



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NEW BELIEF



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INTEGRATION



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JOURNAL SPACE



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Chapter Ten - Scarcity Wound #10

I Am Alone

Tree Teacher: Willow

New Belief: I belong to the web of life.

The Wisdom of Willow

The willow bends with the wind while remaining deeply rooted.
It teaches flexibility, resilience, and trust.

Many of us carry a quiet belief that we must navigate life alone.
We may feel disconnected, misunderstood, or separate from others.

Yet nothing in nature exists alone.

- Streams feed rivers.
- Trees share nutrients beneath the soil.
- Birds build nests.
- Seasons work together.
- Life itself is relationship.

The willow reminds us that belonging is our natural state.

Even in moments of solitude, we remain connected to something greater.

- We are part of the earth.
- Part of humanity.
- Part of the unfolding story of life itself.
- We belong.



Signs This Pattern May Be Present

- ✿· You feel disconnected from others.
- ✿· You struggle to ask for support.
- ✿· You isolate when challenges arise.
- ✿· You believe you must carry everything alone.
- ✿· You feel unseen or misunderstood.
- ✿· You long for deeper connection.

These patterns are invitations to remember that you belong.

Healing Pathways

- 🌿 Spend time near a willow or beside moving water.
- 🌿 Reach out to someone you trust.
- 🌿 Spend time in nature and feel your connection with life.
- 🌿 Join communities that nourish your spirit.
- 🌿 Remember that asking for support is a strength.

Integration

Place your hand over your heart and repeat:

- ✿· "I belong."
- ✿· "I am supported."
- ✿· "I am connected."
- ✿· "I am part of something greater."



Message from Willow

Dear Friend,
You have never been separate.
Not from the earth.
Not from love.
Not from life.
Like my branches, allow yourself to bend when needed.
Like my roots, remain connected.
You belong.
You always have.
And you always will.
— Willow

Scarcity Wound #10

I Am Alone

TREE TEACHER: WILLOW

REFLECTION



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UNDERLYING BELIEF



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HOW IT SHOWS UP



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HEALING PATHS



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INTEGRATION



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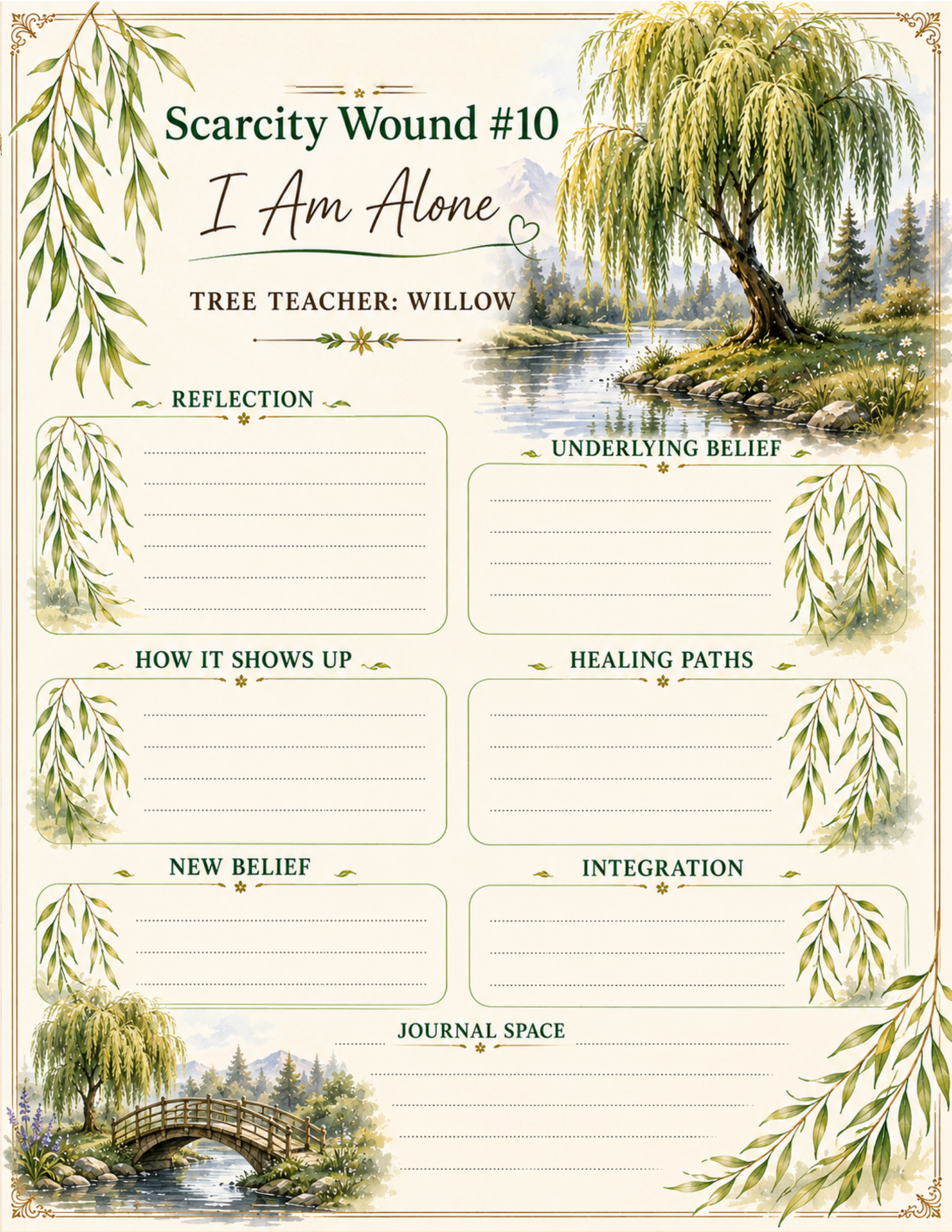
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Closing Reflection - The Forest of Abundance

You have walked through a forest of healing.

- Oak taught you trust.
- Aspen taught you connection.
- Maple taught you worthiness.
- Cedar taught you safe relationships.
- Pine taught you self-acceptance.
- Birch taught you self-trust.
- Dogwood taught you to shine.
- Apple taught you generosity.
- Redwood taught you unity.
- Willow taught you belonging.

Each tree offered a lesson.

Each lesson planted a seed.

Each seed became a new belief.

May these beliefs continue to grow strong roots within you.

May they remind you that abundance is not something you chase.

It is something you remember.

As you continue your journey, may you offer yourself grace.

May you appreciate the path that brought you here.

And may you recognize that healing is not only personal.

When we heal ourselves, we better understand each other.

And when we understand each other, we help heal the world.

Love & Light to you.

Together, we heal.

— Earth Whispering Healing



A Letter from the Forest

Dear Friend,

You have walked through the Forest of Healing and carried its wisdom into your life.

As you continue your journey, remember that you may return to this forest whenever you need guidance, comfort, or renewal. The trees are patient teachers, and their lessons deepen with each season.

May you continue releasing the scarcity beliefs that no longer serve you and embrace the abundance, connection, and wholeness that have always existed within you.

As you grow, remember that healing is not a destination but a lifelong journey. Offer yourself grace. Celebrate your progress. Trust the path that brought you here.

You are never alone.

Just as every tree in the forest serves a purpose, so do you. Though each tree stands individually, together they create something far greater than themselves.

May you remember that you belong.

May you trust that there is enough.

May you honor the light within yourself and within others.

Congratulations on completing this journey.

And whenever you need rest, wisdom, or hope, the forest will be here, waiting to welcome you home.

With love and gratitude,

The Forest



Together, We Heal.





Healing Scarcity Wounds

Through the Wisdom of Trees



There Is Not Enough

- ✦ Life provides what I need, and abundance exists all around me.



Someone Else's Success Takes Away From Mine

- ✦ Another person's success expands possibility for everyone.



I Must Earn My Worth

- ✦ My worth is inherent and does not need to be proven.



I Cannot Fully Trust Others

- ✦ Healthy relationships can be safe, supportive, and nourishing.



I Must Be Perfect to Be Accepted

- ✦ I am worthy of love and belonging exactly as I am.



I Need Approval to Feel Valuable

- ✦ My value comes from within.



If I Shine, Others Will Judge Me

- ✦ My light inspires others to shine.



I Must Protect What Is Mine

- ✦ Generosity and trust create greater abundance.



Differences Create Separation

- ✦ Diversity strengthens the whole.



I Am Alone

- ✦ I belong to the web of life.



*Root in truth.
Grow in love.
Bloom in abundance.*



About Earth Whispering Healing

Every healing journey begins with a single step.

At Earth Whispering Healing, we offer gentle, nature-inspired guidance to help you reconnect with yourself, explore ancient wisdom, and discover practices that support balance, growth, and well-being.

Our workbooks, journals, and healing resources are designed to encourage reflection, personal growth, and inner alchemy. Though each pathway is unique, they all lead toward the same destination ~ a deeper connection with yourself, nature, and the world around you.

Learn more about Earth Whispering Healing at:

<https://www.earthwhisperinghealing.com>

**[https://www.facebook.com/
EarthWhisperingHealing](https://www.facebook.com/EarthWhisperingHealing)**



May these pages encourage reflection, healing, and a deeper connection with yourself and the natural world.

Love & Light,
Lori Chown
Earth Whispering Healing

Together, We Heal.