Commoning Action #4: How to stay connected with your surroundings / Tree to Tree

1. Find a wooded area with close growing trees.
2. Hold onto a low branch or tree trunk with one hand and extend your arm, letting the weight of your whole body be supported by the tree. Feel its flexibility, swing gently from side to side, slide your hand along the branch if you can.
3. Find another tree within arm’s reach, lean and extend your other arm towards it. Once connected to it, let go of the other hand and allow yourself to be supported by this new tree.
4. Repeat steps 2 to 4  from tree to tree, picturing the living network of roots underground and the expanding mycelium connecting you to forests near and far.