Commoning Action #6: How to listen deeply and take a wider perspective on everything / Tree Climbing

1. Choose a tree and indulge in your desire in climbing up it.
2. On your way up, listen to the sounds of the rustling leaves. Allow yourself to be guided by these.
3. Stop, find a comfortable position, using the branches as support, sitting or lying. Rest and listen. Take in the sights as you do this. Repeat.
4. Once you have climbed as high as feels comfortable, journey back down still listening and looking.
5. Walk away from the tree remembering the sounds you’ve heard and feeling the imprint of the branches on your body.