

LILITH'S TREE VIGIL: SITTING IN PRESENCE

As a continuation of our exploration of Inanna, the Huluppu Tree, and as we prepare for Eve,
I invite you into a simple tree vigil.

Find a natural space (a park, garden, forest, or beach) and allow yourself to slowly wander until you find a tree you feel intuitively drawn toward. Do not overthink the choice. Notice which tree seems to call your attention, curiosity, comfort, or presence.

Sit beside the tree for a period of time; I suggest at least 30 minutes. This is not a meditation, nor an exercise in analysis or self-improvement. You do not need to seek a profound experience or force insight to emerge. The invitation is simply to be in relationship. In communion. Fully present.

Remain attentive without becoming tense. Relaxed, but awake. Notice the textures, sounds, movements, smells, shadows, sensations, emotions, and thoughts that arise within the natural world around you and the tree itself. Notice how your body responds in its presence. Observe whether there are birds, insects, animals, or other creatures inhabiting or interacting with the tree.

This vigil is an invitation to practice a different quality of attention; one rooted not in performance or productivity, but in receptivity, participation, and relationship with the more-than-human world.

Afterward, you may wish to journal, sketch, write symbols or fragments, or simply sit quietly with the experience.

Reflection:

What did you notice, feel, remember, imagine, or encounter while sitting in relationship with the tree?