Spruce creates the symbolic effect of an umbrella which protects the earth and brings energy in from the universe. At night animals in the forest lie down under conifer trees for the protection and rejuvenation that the tree will provide for them. Spruce grounds the solar plexus and stimulates the thymus, creating the emotional balance necessary to be gracious at both giving and receiving. Spruce can help us push through emotional blocks to further healing.

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