Reading #2: Poem

The following poem, written by Ilan Shamir has an interesting twist. As you listen to the advice from a tree, think about the irony of its humanity and wisdom.

**Advice from a Tree**

*Dear Friend,*

*Stand tall and proud*  
*Sink your roots deeply into the earth*  
*Reflect the light of a greater source*  
*Think long term*  
*Go out on a limb*  
*Remember your place among all living beings*  
*Embrace with joy the changing seasons*  
*For each yields its own abundance*  
*The energy and birth of spring*  
*The growth and contentment of summer*  
*The wisdom to let go of leaves in the fall*  
*The rest and quiet renewal of winter*  

*Feel the wind and the sun*  
*And delight in their presence*  
*Look up at the moon that shines down upon you*  
*And the mystery of the stars at night.*  
*Seek nourishment from the good things in life*  
*Simple pleasures*  
*Earth, fresh air, light*  

*Be content with your natural beauty*  
*Drink plenty of water*  
*Let your limbs sway and dance in the breezes*  
*Be flexible*  
*Remember your roots*  

*Enjoy the view!*