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!

Written by Ilan Shamir