

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