

Advice From A Tree®

Dear Friend,
Stand Tall and Proud
Sink your Roots deeply into the Earth
Reflect the light of your own true nature

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 like 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!

Ilan Shamir