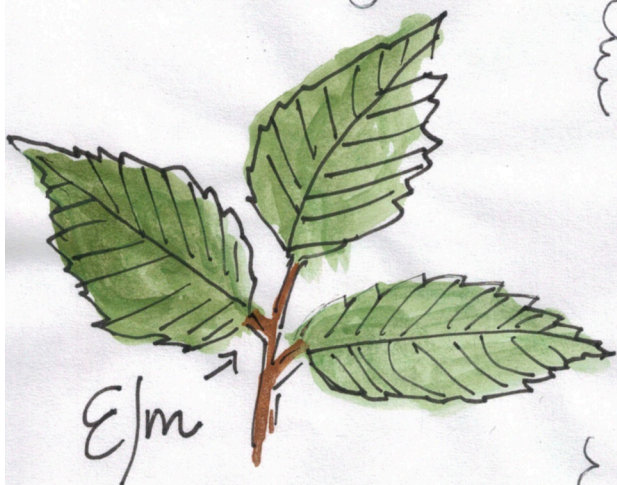


HOW TO BE A TREE



§ a raindrop
§ a river ...

Trees are awesome - literally.
They fill me with awe, when I
admire their complex history of growth,
immerse beauty, and wisdom.
The trees inspired me to share
these thoughts...



F.A.Q

In this world of
suffering, difficulty
and political crap,
how can I help
make a difference?
I am just one
person...

Imagine, for a second, you are talking
with Old Grandmother Willow, what
advice would she have to give you?
Trees can teach us many things, if
we observe them a little more closely.
They are a beautiful reminder of
the difference we can make by
JUST BEING

STORY OF A PINE TREE



When I was staying at Plum Village, a small Buddhist hamlet in French wine country, I heard a talk given by Zen Master Thích Nhất Hạnh, in which he talked of a pine tree...

“Imagine a pine tree standing in the yard. If that pine tree were to ask us what it should do, what the maximum a pine tree can do to help the world, our answer would be very clear.

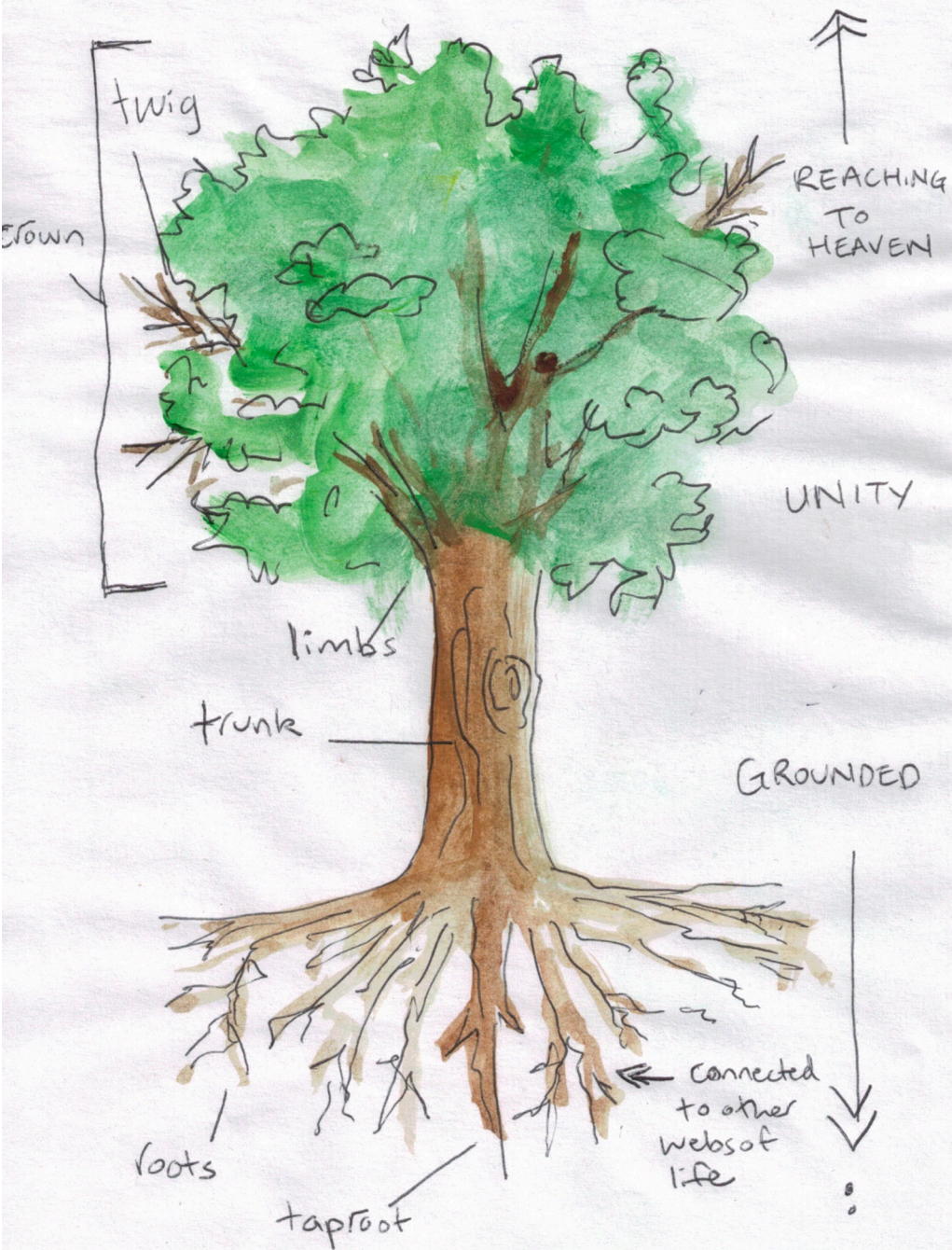
“You should be a beautiful, healthy pine tree. You help the world by being your best.”

That is true for humans also. The basic thing we can do is to be healthy, solid, loving, and gentle to ourselves. Then, when people look at us, they will say, “If she can do that, I can do that too!””

~ Thích Nhất Hạnh



ANATOMY & SPIRIT OF A TREE



Apple



Black Walnut

cherry Blossom



flower

spider



Bird's Nest

Little House

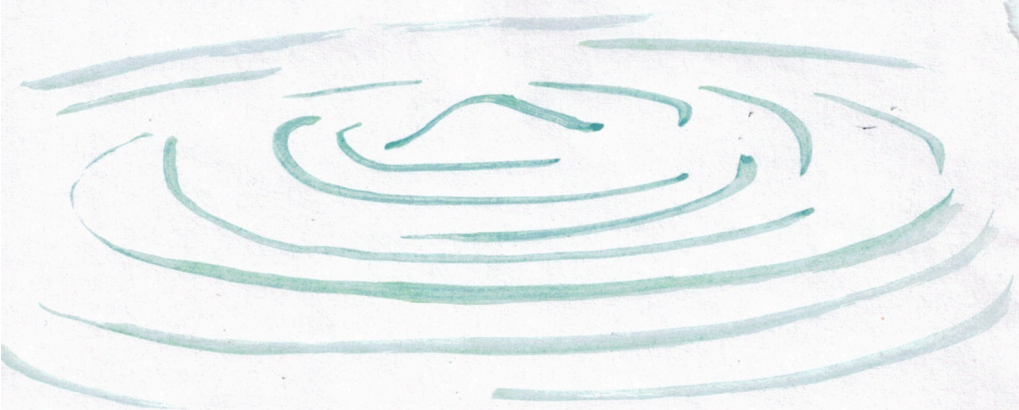


HOW TREES HELP THEIR ENVIRONMENT JUST BY BEING



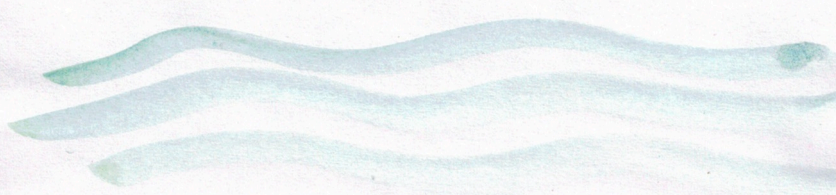
- They shelter animals like birds, insects, squirrels and even us too (we use their wood to build our dwellings).
- They produce oxygen = breath of LIFE.
- They shed their leaves, providing nutrients to the soil when these decompose.
- They produce ^{many} foods for all kinds of beings - from bark to fruits, for insects to humans.
- They provide shelter for littler plants & stability for the soil.
- They are GORGEOUS to look at!

A RAIN DROP MEDITATION



I am like a drop
of rain, creating
infinite ripples...

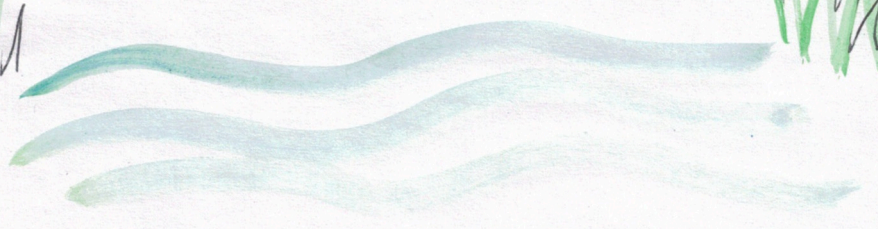


A RIVER'S WAY OF BEING

- 
- Rivers create ecosystems, oases of life & abundance, as they carry life-giving waters and minerals over the lands...

—○—

Just by flowing through
life you can spread
love, joy, blessings and
nourishment for every
being you come into
contact with

○—○



• • •

This booklet
was made for
you
with ~~sooo~~ much
love, by me,

Zoe

