



## **Advice From A Tree, by Ilan Shamir**

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!