

The Trees Speak to Me

As I walk,
the trees speak to me.
From sturdy thick trunks
they speak of Grandness & Vision
Individuality & Community
Passion & Integrity
Expansion & Stillness
Patience & Aspirations
Strength & Endurance
Their Wildness & their Pride

As I am still,
the trees speak to me.
From branches stretched in all directions,
They speak of Divine Art & Sculpture
Brain cells & Neurons
Limbs & Vertebrae
Sharing & Acceptance
Joy & Freedom
Rainbows and rays of sunlight
And their untold desire to kiss the sky

As I climb,
the trees speak to me.
From leaves dancing in the wind,
they speak of Letting go & Replenishing
Mathematics & Sciences
Chemicals & Formulas
Sequences & Equations
Complexity & Wisdom
Life & Rebirth
Their Growth & Continuous Cycles

As I descend,
the trees speak to me.
From roots deep in the earth,
they speak of warmth and darkness
Micro-organisms & worms
Nourishment & the Unseen
Diversity & Power
Souls and spirituality
Quietness & Contemplation
Travel & Exploration
And their secret methods of long distance communication

As I eat,
the trees speak to me.
From heavy sweet fruits
they speak of Glory & Triumph
Success & Brightness
Richness & Fulfillment
Responsibility & Abundance
Seeds & Fertility
Nutrition & hydration
Grief & Sadness
Unconditional love and Peace
And they ask me to share with the world what they said to me

Terri Henry December 2005