

Meditation: Trees and Connectedness

Sit upright, with eyes closed, shoulders relaxed. Imagine a tree in a park. Now proceed through each of the following thoughts. Hold each thought for a few a few seconds, without hurry:

1. Visualize the tree's roots deep in the ground.
2. Note its branches and leaves high in the sky.
3. See the roots in the ground as the oneness of the tree with the earth.
4. Without words, know the earth supports the tree by holding its roots, and feeding it minerals.
5. Without words, know the tree converts the earth's minerals into living matter.
6. Know its fallen leaves and rotting trunk fertilize the earth with new life.
7. Know the sun enlivens the tree with light in the leaves.
8. Know the tree releases life from sunlight as oxygen in the air, for animals and humans.
9. Know these interactions as one life circulating—earth, roots, tree, branches, leaves, sun, oxygen, animals, humans.
10. Know this as the interdependence of life.
11. Recognize the connectedness of tree with environment—one life shared with sun, air, ground, birds, worms, mammals, humans.
12. Recognize the independent self of all these forms as illusory.

You can repeat this meditation with eyes open when you next look at any tree.

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