

Tree Meditation

By Joe Reilly

Drinking tea I see that the steam is in me/it is water in a river flowing endlessly/the true nature of its being is ecology/we are all one organism and together we breathe/

Breathe in/the out breath from the trees/breathe out/exhale and the trees will breathe/realize all rivers flow to the sea/we inter-are with the trees/when we breathe they breathe/breathe in/breathe out/

As I strum my guitar I listen to its song/my perception of its being just may be wrong/but if I remember that I sing for fun/then I know my guitar contains the sun/it was growing in the forest stretching out its leaves/helping us to practice/as we breathed it breathed/

Breathe in/the out breath from the trees/breathe out/exhale and the trees will breathe/realize all rivers flow to the sea/we inter-are with the trees when we breathe they breathe/breathe in/the out breath from the trees/breathe out/exhale and the trees will breathe/realize all rivers flow to the sea/open your eyes so the forest is what you see and/breathe in/breathe out/harmony and understanding/

Well I could stand like a tree with my roots down deep/and my branches wide open so I could see/the blue sky above/and feel the love/from the clouds and my friends that I'm singing of/well I've got a little garden growing in my heart/sown with seeds of poetry music and art/and I've been cultivating peace with my family/this garden is grown with the whole community/

We breathe in/the out breath from the trees/breathe out/exhale and the trees will breathe/realize all rivers flow to the sea/we inter-are with the trees when we breathe they breathe/breathe in/the out breath from the trees/breathe out exhale and the trees will breathe/realize all rivers flow to the sea/open your eyes so the forest is what you see and/breathe in/with your whole self/breathe out/everybody/breathe in/breathe out/this is a new day/right here and now/

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