



BEING
GROUNDED
WHILE
BRANCHING
OUT

“Sadness gives depth. Happiness gives height. Sadness gives roots. Happiness gives branches. Happiness is like a tree going into the sky, and sadness is like the roots going down into the womb of the earth. Both are needed, and the higher a tree goes, the deeper it goes, simultaneously. The bigger the tree, the bigger will be its roots. In fact, it is always in proportion. That's its balance.”

Osho

The Tree of Life celebrates and embraces the strength to live and grow through life's changes with grace and beauty. The roots in the ground and the branches reaching to the sky, trees unite heaven and earth.

Taking on the appearance of death in the winter - losing their leaves, only to sprout new growth with the return of spring - symbolizes the continuous regeneration within the cycles of life.

During your creative process working with the tree of life explore the strength of your roots .

How deeply grounded are you ? What in your life supports your roots ? Your family, work, partner, parents, your strong mind, the food you eat, the way you think, the love that you have....

What are you reaching out for ? Where do you want to grow ?
How will you fertilize your soil to help you reach out into your full potential ?

Enjoy !

With Love

Marion I. Maenner