

TREE RINGS MEDITATION



Every year a tree grows a little, forming another ring. The story of a lifetime is left behind in these rings; how old the tree is, what years it faced drought or frost, what years it enjoyed bountiful growth.

Though the tree's appearance might change over time from a sapling to a massive oak, the tree rings tell us the rest of the story. Often people consider growth as a system of replacing the older, smaller, weaker version with one newer, bigger, and stronger. And yet in every mighty oak there remains the rings that once comprised a sapling.

There are similar markers in our souls - silent measurements of the experiences we've been through. Scars and memories of harsh adversity might be there, as well as signs of joy and blessings.



Pick an image of tree rings

Find a comfortable place to stand or sit

Imagine yourself like a tree

with roots planted deep in the earth

and branches outstretched to the heavens

Breathe deeply for a few minutes

Picture the patterns made by the years of your life
like the patterns made by tree rings

- ❖ the years of drought
- ❖ the years of abundant growth
- ❖ the knots of pain
- ❖ the brittle bark
- ❖ the first growth

Give thanks for the beauty of all the years of your life