

Advice from Grandfather Juniper Tree

From Guided Meditation

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“Many days, more than I can say, I have heard the wind through my needle-like leaves lifting prayers into the air.

730,002 days I have lived, rooted into the ground. It is no surprise why I am known as Grandfather Juniper.

I have weathered times of war and times of peace, I have weathered rain and fire, I have lost limbs and still I am able to stand tall.

My bark, like rough scales of an alligator, covers me, a shield from the outside in.

I have no secrets hidden within me, but if you gather around me, there are some things I would like to share.

I have lived long by growing my roots in one place.

I have stood strong because my branches are willing to be flexible and bend when forced upon.

I sit upon granite, a strong, reliable foundation that holds me up even when I would rather fall down.

My truth is on the inside where I can always remember it well.

I give of myself to help others when asked - my gifts are food from my berries, medicine from my bark and tea from my leaves.

All of these things you may experience as well. In the end, remember, it is the earth on and in which we all dwell together - none of us shall come out alive but what if our journey together helps make the journeys of those who come after us lead more spiritually rich and joyful lives together.”

