

The Tree of Serenity

You will find me in a quiet corner of the local park. A peaceful spot. Though scarce acknowledged at times, I am waiting for you. I know you will be drawn to me. I am there for all who seek rest and renewal. A chance to breathe.

At first I may not appear a showy specimen, worthy of further contemplation. However, if you look closer you will discover all life is here. I am a connection to the past, present and future. I provide shelter, nourishment and a safe and comforting home for all who need it.

Birds rest and sing in my branches. Songs of hope and promise. Stop and listen awhile and be uplifted and transported away from your cares. Watch the squirrels playing on my trunk. Re-connect with your childhood self. Come nearer, and you will see a myriad of tiny, fascinating creatures. They all sense the peace and protection I offer. We are one. Lose yourself in the moment, and restore your soul.

People come and sit on the little bench here under my canopy of soft leaves. To feel a deep inter-connectedness with Nature. I bring respite from the stresses and worries of life. I offer my healing. A breathing space.

You'll find me whenever you need me. I may be a modest specimen; not worthy of centre stage. Nevertheless, I play my part. As do we all. Come and see me and lift your spirits. I will always be waiting.