

To Be Tree  
*a prompt*

*(any tree anywhere wherever you can be with one)*

To Be Tree  
-  
find a tree that is appealing to you  
-  
seek its company  
-  
stand close to the tree  
-  
close your eyes and breathe  
-  
listen to the tree  
-  
hear the sound of the leaves as they are touched by the wind  
-  
gently touch the bark of the tree  
-  
lean against it  
-  
take a moment  
-  
breathe  
-  
stand next to the tree  
-  
be tree  
-  
open your eyes  
-  
keep her company



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