

Life around the tree

(Guidelines for sharing in the forest of men)



1. The tree offers gentle hospitality. It doesn't ask anything of us except presence. This is what we ask of each other. Be present to other men as they share.
2. The tree bares its 'gory' along with its glory. Our doubts, fears and failures are as welcome as our successes and joys. Be present to both in each other. Listen and attend to yourself.
3. The tree invites, it never demands. Nothing is needed but your soul's presence. Don't perform for any man in the group. You will be safely known in time. Relax.
4. The tree does not try to be anything other than what it is. Accept every man's story as it comes to you. They are not you. There is no place for fixing, correcting or debating.
5. The tree does not rescue. It lets whatever is, be. It knows a fallen log is food for the future. It knows its own failure will bless others. We need not save any man.
6. The tree does not spread the seeds of another plant. Safe men keep confidence. Always.
7. The tree is not the forest, but it belongs in the forest by owning itself. Speak your truth into the forest, using "I am" statements. Let it be. Your 'bark' (you, we, they, I reckon) is not needed.
8. Silence is the tree's natural state. Trust silence. Embrace silence. Let the weight of a man's words be received in silence before sharing your soul's secrets.
9. The tree notices the passage of all weather, and accepts it. The wind in the leaves is not the tree's true voice. This is because its life is hidden below the surface, in the unconscious but fertile ground. If you don't like what you hear, ask yourself "What does my resonance tell me about me?" or "what might have caused him to feel, act or speak this way?"
10. The tree knows that whatever is, is enough. Some seeds will bear fruit. Some will not. That's not any man's concern. This is not a place to perform or expect performance. It's a place to scatter good seed.

"Strangely, I heard a stranger say, I am with you." - Rilke