



I am a Tree

By R. A. Lupo

***THIS PREVIEW IS NOT TRUE TO SIZE**



I am a tree.
The world is
within
ME...

Sometimes I have many
leaves and sometimes I
have none.

Some of my leaves are
newly born
and some pass on
blowing through the wind
when they are done.





I have limbs that are
crooked and some
that are straight.

But they are all my
limbs and all pretty
great.





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WRITER/ARTIST NOTE:

This book has many basic teachings about the unnoticed, seamless, pattern of life. It is for the very young and for very old. The teachings are foundational and instrumental in our growth and attitude for life. The ideas need only be heard or read regularly. They don't need to be forced. Overtime, they will simply be rooted within the body, mind and spirit.

ABOUT THE AUTHOR:

R. A. Lupo

Rebekah Aramini Lupo used watercolours and gouache for the designs in this book. Rebekah's teachings and practice of yoga have influenced her writings and ideas. She was born and raised in Rhode Island and now lives with her husband on the Hudson River, across from New York City in the quaintness of Hoboken, NJ.



*For my sister,
Rachel
and
my track coach,
Mr. Dewell*

Thank you for always believing in me.



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