

## Preparing Ourselves for Earth Day

### *TREES -Monuments of Nature*



Native Americans call Trees standing people. "They believe, just like humans, Trees have spirits."

In a symbolic sense Trees represent: Permanence, Stability and Growth. Their power throughout the ages has been represented in Mythology and Poetry. As long as a Tree lives it never stops growing, developing strong roots deep into the earth, while its branches reach upwards seeking the sun and the heavens. Large rocks might be the bones of the earth, while *Trees are its Lungs*.

#### **Some Tree Facts:**

- Trees clean our air by removing carbon dioxide while releasing oxygen.
- They protect our soil from erosion by absorbing excess water.
- Their limbs provide shade while their fruits and foliage awaken our aesthetic senses.
- In an urban community they can provide a setting which makes us feel comfortable.
- Some are taller than most buildings.
- They are considered living documents by counting the number of annual rings to determine their age.
- By following the rhythms of the seasons they are continually regenerating themselves.

So, as Earth Day celebrations approach let's think about how to give back to these *Monuments of Nature* who provide us with so much. One of the best things we can do for ourselves, for humanity, and for the planet is to begin to live a conscious life. The socially responsible decisions and choices we make might seem small at first but collectively will have a larger positive impact on our environment in the future.

#### **Ways to Save a Tree:**

- Do your billing on-line
- Cancel catalogues you no longer wish to receive at [www.Catalogchoice.org](http://www.Catalogchoice.org)
- Cancel junk mail
- Switch to tissue, toilet and all other paper goods to ones with recycled content
- Purchase a cloth bag at the grocery store
- Wood floor options: use FSC certified wood, reclaimed wood, Palmwood or Bamboo
- Plant a Tree of your favorite species
- Donate to your favorite local Arboretum or simply visit the grounds and walk around appreciating its open space and natural beauty. Maybe give a Tree a HUG !

#### About Joan Stigliano:

Joan Stigliano IIDA is a Feng Shui Eco Design Practitioner and Educator. Joan has an Interior Design practice in Locust Valley, N.Y. and teaches Feng Shui and Green Design at New York Institute of Technology, Old Westbury Campus and at the Long Island Feng Shui Institute. She is available by appointment at 516-671-6463 or [www.joanstigliano.com](http://www.joanstigliano.com)