



Characters of trees 4 – Spruce

Inner firmness

If maple is famous for its luxurious exterior, spruce is a quiet introvert. It is easily recognized by its dark green pointed shape and four-sided short needles that can be rolled between the fingers, unlike the flat two-sided needles of fir and yew. The shape of the tree and its needles provide strong shelter and food for many forest dwellers. Spruce is flat-grained, which gives its body strength despite being very light in weight. It is elastic and strong when carrying snow, and there is often dry under it even in severe winters. Due to the branches hanging down to the ground, a igloo-like shelter insulated with living branches is made under it, which is skilfully used by forest dwellers.

Spruce is an inconspicuous and pragmatic tree, due to the impermeability of the needles it keeps snow on the branches for a long time and with its dark-green-white contrast it beautifies the winter landscape more than any other tree.

Spruce is related to the type of person who prefers to 'stand by', not passively, percentage-wise, but as a wise observer who does not interfere and is always ready to offer help when needed. Like a spruce, he(she) is able to withstand heavy pressures without complaining when life gets tougher. It does what it takes without saying much.

If you find yourself in spruce, you probably don't attract attention with your appearance, but you have the ability to bring extraordinary beauty to life in your own way. If you would like to awaken your inner resource, spiritual flexibility and tenacity, then seek its support.

In nature you never find it in a mono-culture, in fact you don't find mono-cultures at all. These are created by the machine man, and especially the spruce monoculture evokes a dark uneasiness in which it is not pleasant to linger. Pay attention and your body will tell you where there are places that remember high natural energies and where it is better to leave when your body warns you of harmfulness with restlessness. Be like a Zen gardener who is not fooled by the false shine of as box well-organized arboretums and leave the judgment to the feeling of the body, which will infallibly read spatial energy. Trees do have the ability to transform low energies, but only to the extent that the conditions allow them.



Spruce, whose neighbors are only spruce trees and nothing grows under them, orchards of fruit trees and walnuts, fields of wheat, corn and other monocultures are so far from the manifold, mutually supportive and symbiotic arrangement of Life that they no longer fall under its protection. My spiritual lighthouse tells me on many occasions that it is strange that anything grows at all, and thanks goes not to human 'knowledge', but to the Grace of Life

Spruce is mixed in with hardwoods and other trees, in cooler conditions, so look for it in a mixed forest higher above the sea. For a special support of connecting with the inner source, find an old solitary spruce that grows alone among other deciduous trees.

Just like an uncultivated forest, so too your soul, if you did not interfere with it with human knowledge, would flourish by itself into your own kingdom of natural beauty, for which you do not have to work, build them and create, just the same like we don't need to do anything to have forest abundance. In fact, it is so much more beautiful and more discreet with Life, the less we interfere with it.

Your naturalness is there as a divine legacy, so you can relax, just be careful not to overdo it when caring for the indoor garden according to the learned guidelines of beauty and health, which force you into a monotonous stilted ingenuity, but forget about all that and just deeply relax into the realization that you are already Beautiful and Healthy.

When you do nothing to beautify or heal yourself, you will shine as naturally and inconspicuously as nature. Nature does not know that it is beautiful and healthy because it does nothing for it. Stop trying to be happy, fulfilled, satisfied, joyful and just realize that you already are.

Allow your inner beauty an unrestrained way to the surface, don't get stuck with norms, rules and expectations that tame you into a kind of dwarf bonsai or a carved stone. Allow yourself to be shapeless or all-shaped as you prefer. Be as raw as a forest boulder that has not been touched by the sculptor's hand, not even your own. No lipstick, no nail polish, no name, nationality and profession, no history and plans for the future.

Don't think about what you have to do to be spiritually flexible like a spruce that is not broken by any external pressure, just smoothly, without resistance, yield to the pressure and the tension will disappear! You, on the other hand, receive free mental and physical stretching and never need recreation or exercise again.



Once you get into the world of energies. you are beginning to take the reins of manifestation into your own hands. Instead of moving things around, including your body, you prefer to create the ideal energetic conditions where everything comes from and which you cannot fix by moving things. You need to go inside and free your energy from wasteful behavior.

Try to understand the following statement:

'He who will do nothing for himself, for his well-being or for his health, will be given all the spiritual and physical abundance of Life.'

If you practice yoga, pilates or qigong, exercise, run and do recreation for 'health', you start from the assumption that you have to do something for health to have it. From an energetic point of view, you are communicating that you do not have health, so you are creating illness. It cannot occur to a healthy person that he should do anything for what he already is! That's why he's healthy! He does not devote himself directly to his body, which is a consequence of his energy state, but only vigilantly takes care of a nicely cleaned inner garden and remains in Peace.

Many people could accuse me of being the same... and they would be right. I have been dancing since the age of 7, I have a black belt in martial arts, several titles of master of this and that skill and years of teaching all kinds of skills. I could consider it a good thing that I was drawn to these activities for the pure joy of them, and I did not do them for health or to increase my own fame, but I could not escape the words of the Toltecs, which kept echoing in the background of me, that once I have accumulated enough inner silence, I am as if connected to Life Vitality, which keeps the body in perfect shape and condition, and no activity is necessary for a healthy body.

Humans are in an extremely awkward position and we would like you to see it raw and orient yourself more easily towards your own naturalness. Try to look at it through the eyes of Tarzan for example. See how divinely muscular, lean, strong and skilled he is without doing anything to make him so. We too could want a natural Life in which physical health, beauty and strength are the consequences of the way of Life and not the object of your attention. Now you're destroying it with Life stile, but then you're supposed to win it back with various skills and abilities? It's like inventing a diesel car, then in 100 years you find out that you've destroyed the air and you're suffocating under sheet metal, and you invent a purification device that is supposed to fix it, and in both cases you want to believe how caring you are for the environment or body.



When I direct you again and again to just one point - the cultivation of inner silence, you receive the highest fact of Power. If you allow yourself to be guided by It and use it to erase the program that forces you to chase your own tail, and if all also let themselves be guided by It, we would get out of this loop of self-deception overnight.

Therefore, if you are still investing your efforts in flexing your body to be healthy, know where you are and what you are really doing. Every time you invent a 'cleaning device' to fix what you destroy with your way of life. Let it sober you up! Then just cling to this slender beauty, spruce and you will understand the pain of all the trees in experiencing your sickness, which you have been taught to think is health.

Being a seer is no joke, surviving yourself is no joke? Every detail of your Life is the fruit of some thought and not your unsullied naturalness, therefore, Love invites you to calm down, in which is everything that, due to the lack of 'time', you do not recognize as a given and do not accept. Life is given to you without interruption, but you close the door in its face every time again, by serving the restlessness of the mind. Do not be afraid to be still and 'rest in Peace' and you will receive unspeakable Gifts.

Do you not want a clean planet, free natural internal and external endowments and a carefree Existence in which you have no natural enemies..., except self-forgetfulness. Why don't you hope anymore in Beauty, Peace and Love, in Justice? Have you thrown your hands up and think it's too late for you, for people, for the planet? Then I feel sorry for you, because the thought presents its darkness to you, to keep you in despair, from which there is no point in stopping, because everything is already lost.

Truthfully, you are wrong. As long as you are breathing, even if the last tree falls, you can stop self-destruction. Do not be afraid to believe in Love, it will not let you down, and do not be afraid to trust in Peace, in it you will find your own Light. There is a Life charge in it that attracts the same. This not only revives you, but also takes care of your well-being and your body.

So tune in to the high pitch of the spruce tree to awaken the tenacity and flexibility in letting go of what you think you know. Do not worry about anything else but the inner purity from which you are already attracting the golden times of Life Abundance for yourself and loved ones.