



## In the Life Flow

*One of the oldest living organisms on the planet is the Bristlecone pine. Growing in harsh conditions at high altitudes, these trees can live up to 5,000 years. The following was channeled during a trip to visit them in Nevada, Utah and California in 2003.*

### Bristlecone Trees:

“We like adversity. You do not. We expect adversity. You try to avoid it. But if you’re going to be alive in the life flow, there’s joy and adversity. There’s both. You can’t be in the life flow and have it without the adversity – the hard conditions.

Look at the soil in which we live. And yet we are growing, aren’t we? We are producing, with very little. We don’t need a lot. And we don’t want very much. You may want more, and that’s okay, but if you want more, then you need to be happy with what you have, because having more and more and more just covers up where you’re not happy. It doesn’t satisfy you, does it?

We don’t take anything, we use everything. There’s not a piece of our body that is not sacred to us, and not necessary. Even the parts that look dead, are not dead. So, there’s life with death in them. It’s as if they’re covered over with death, but life is inside.”