



Porcupine Mountains, Michigan 2017

The Root of Self

SOUL OF THE AREA:

“Humans believe that with roots you have to stay stationary. But you can have roots that are not stationary that are yours no matter where you go. It’s inside of you where you are truly who you are. That self part.

Roots are very important, but they’re not meant to keep you stationary. They’re meant to help you be stable. Even if you are a tree. If the winds were to come here, it would be the roots that would keep the tree standing.

Roots are meant to help you be in a very stable way. And they come from the root of self that is in the trunk of your body-- in your throat, your heart, your solar plexus and your second chakra.

The more stationary you become in your life, the less you change in your life. The less you challenge yourself, the less strong your roots are.

Life is meant to be a challenge, and not always in a bad way. But strength comes from meeting a challenge. Not overcoming it, but actually growing with it. Letting it be part of your growth. So

whatever challenge comes your way, that is a place to strengthen your roots, so you're stronger.

An easy life will never let you be strong; never let you know who you truly are inside. It is the places that have been the most difficult in your life that have allowed you to not only know who you are, but become more of who you are; to actually grow into yourself more."

© Donna Sarah Taylor