

There is an olive tree seed on the soil. The seed goes quickly in the soil. Its pulp has been completely eaten by animals or deteriorated by atmospheric events. Actually, the seed is clean and polished but terribly alone, completely detached from the tree that generated him, cut out from the mother tree. Because of that, the olive tree seed breaks the order of its molecular structure and fluxes of energy.

That is chaos, but it allows the seed to receive sky and earth forces. Suddenly the seed pushes down roots, and pushes up cotyledon from which emerges a stem, which, attracted by sky forces, holes soil, wins gravity force, and hovers toward the sun. Stem grows up quickly. Its color is green, almost transparent, its brilliance reverberates the finest quality of cosmos forces.

Soon, some branches start to grow up with their very delicate leaves. You can feel the vital force of the tree coming out from soil and, through seed, flowing along the trunk. The baby olive tree is very similar to the adult one, with its small elongated leaves, which are green, with a silver part below.

The tree grows up, but suddenly something very special happens: branches twist in dramatic figures due to the sacrifice of their yearning toward the sky. Instead of going up, all forces are directed to the edge of the branches, where the olives grow.

Olive is a symbol of conjunction between earth and sky: nuances of its color which go from green to black, remember us not only soil, but also mysterious fossils which lay under the ground. Inside olives there is a gold and transparent juice which brings sun, heat and light.

Olives grow up inside the foliage which can be considered a tree breathing system, which gives and takes something from world, similar to human beings' breathing, which actually permits us to hold on to our meditation. In this relationship with the external world, olive tree founds its soul, which is animated by perceptions, emotions and sensations. Think about leaves, which are gently moved by wind.

During day time, they reflect the sunlight through thousands of golden shining rays. In night time, leaves, moved by wind, reflect moon light through thousands of shining silver rays. Bees, hornets and many other insects are active inside the foliage as well birds which nest, chat, sing and fly. It's the realm of perceptions, sensations and emotions.

Pause.

Let's try to rebuild an inner image of the olive tree. Now, you have your olive tree in front of you.

Pause

It is difficult to hold on to the image of olive tree because other thoughts cross our mind. Let them go away and hold on the inner vision of the olive tree.

Pause.

Let's consider the inner image of the olive tree: feel a sense of solidity suggested by the roots and trunk – the freshness of the air and the lightness of its movement at the top. Feel, at the same time, these two contrasting elements.

The vital force which flows inside the trunk is the same which flows inside your spine.

Feel the soul of the olive tree high in your heart where warm sensations, perceptions and emotions lay.

Now you are the olive tree.