

## TREES

In the past all of life was based on trees. Their flowers gave us nourishment, their leaves and fibres clothed us and provided us with shelter. We took refuge in their branches for protection from wild animals. We used wood for heat, and for canes to bear our weight when we grew old, and to make weapons to defend ourselves. We were very close to trees. Today, surrounded by sophisticated machinery and high performance computers in our ultra-modern offices, it is easy to forget our ties with nature.

The 14<sup>th</sup> Dalai Lama

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