


A Strong Tree in the Storm

As told by Hal Morra



This story was inspired by Thich Nhat Hanh's "A Strong Tree in the Storm." My hope is to bring this story to children all around the world so they can learn how to hold their feelings tenderly and come down from the branches to a calm, solid place.

-Hal

A vibrant, stylized illustration of a rainy day. The sky is filled with large, wavy, multi-colored clouds in shades of blue, green, and purple. Numerous white raindrops are falling from the clouds. In the foreground, a lush green field is dotted with various colorful flowers, including orange, purple, and white blossoms. The overall mood is peaceful and serene.

For Eva and Ezra

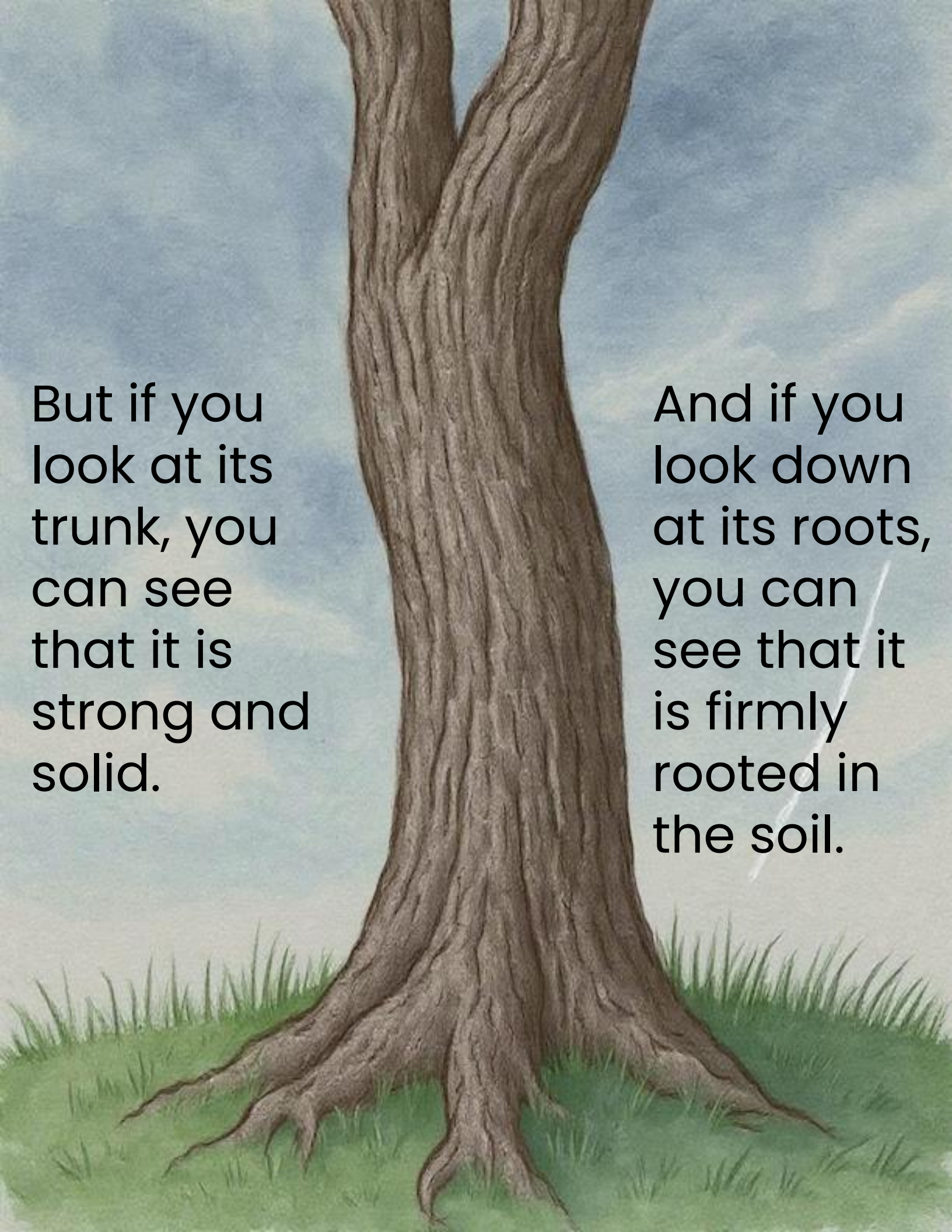


Imagine a tree in a storm.



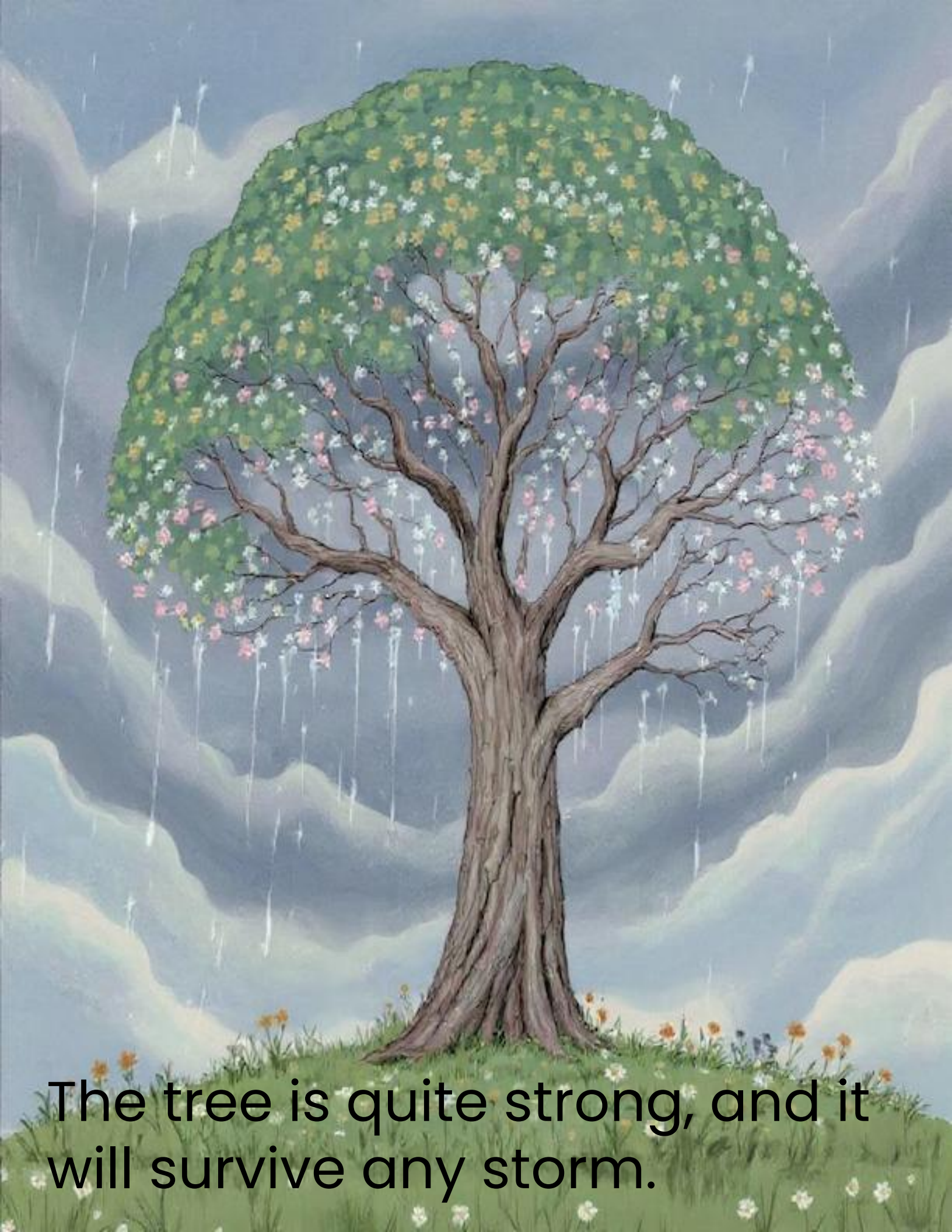
At the top
of the tree,
its
branches
sway
wildly in
the wind.

It looks
like it will
break at
any
second.

A detailed illustration of a tree trunk and its roots. The trunk is thick and has a deeply textured, brown bark. It splits into two main sections near the top. The roots are thick and spread out horizontally across a green grassy field. The background is a soft, light blue sky with some faint clouds.

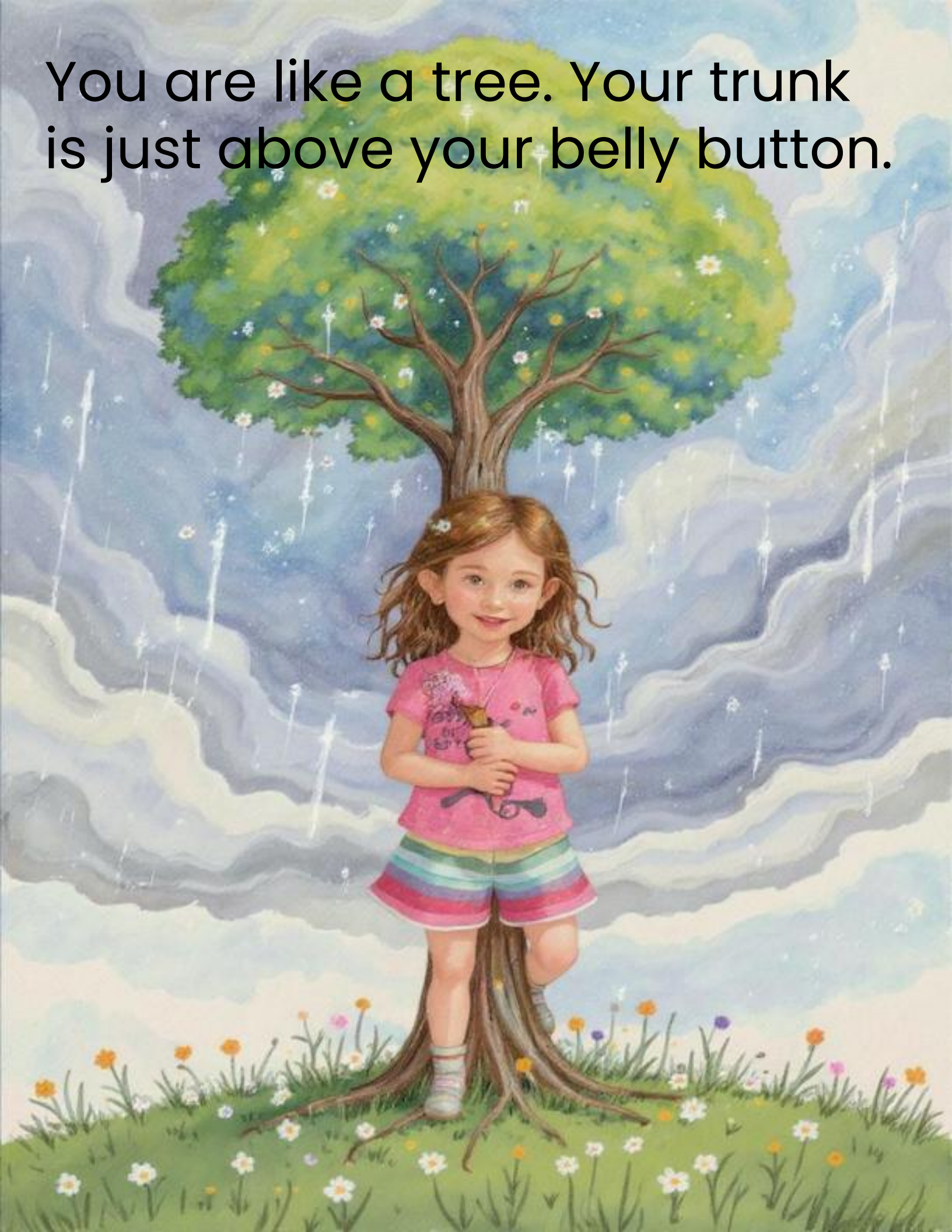
But if you
look at its
trunk, you
can see
that it is
strong and
solid.

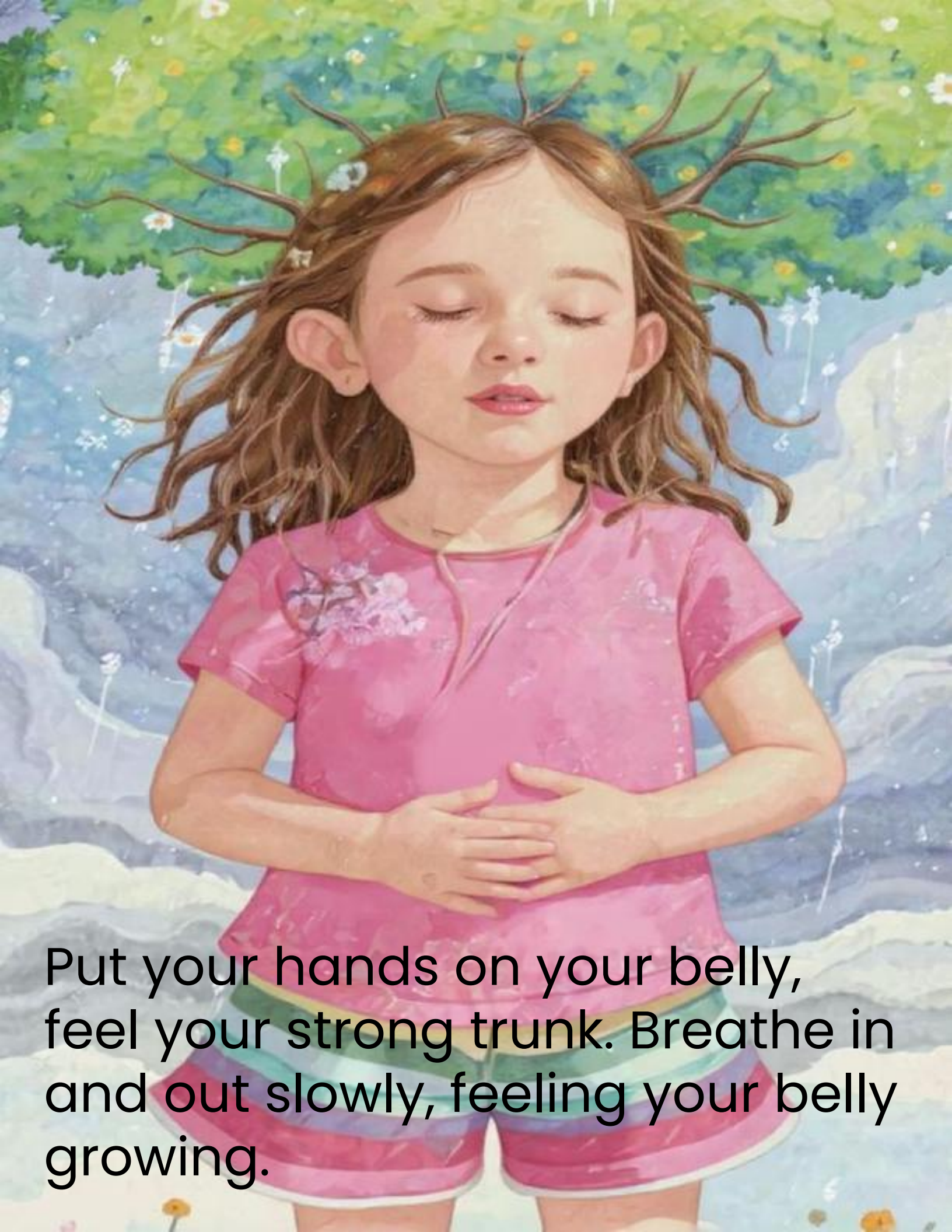
And if you
look down
at its roots,
you can
see that it
is firmly
rooted in
the soil.



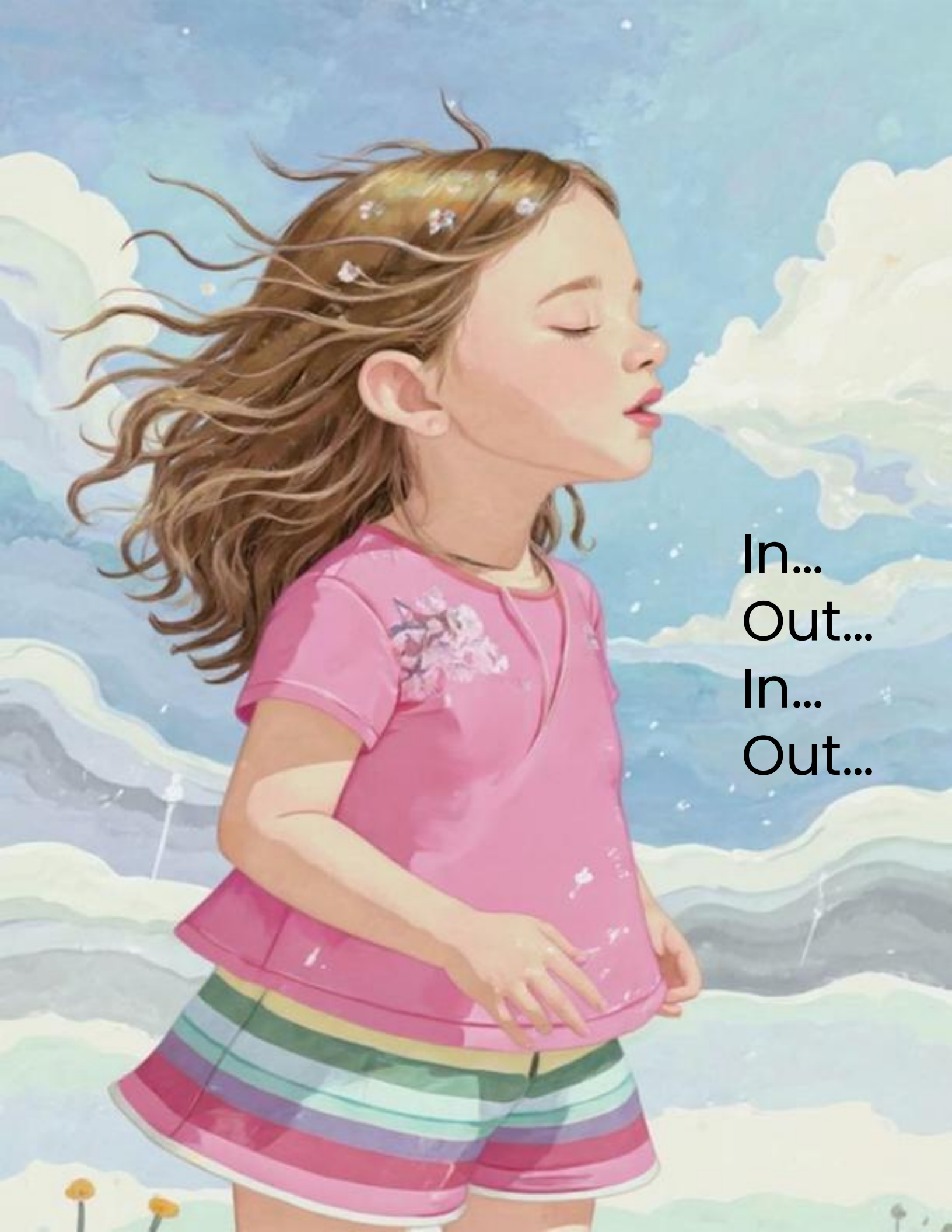
The tree is quite strong, and it will survive any storm.

You are like a tree. Your trunk is just above your belly button.

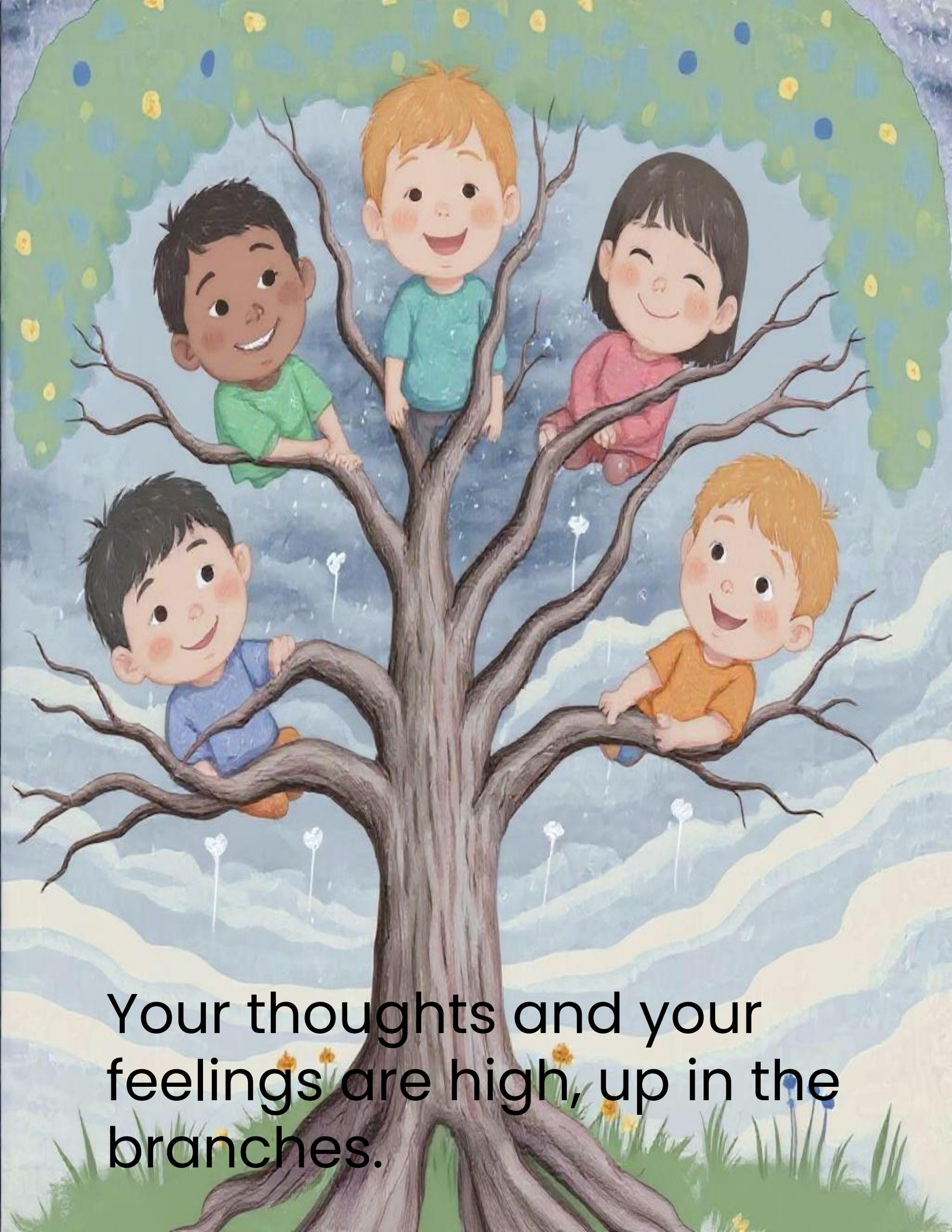




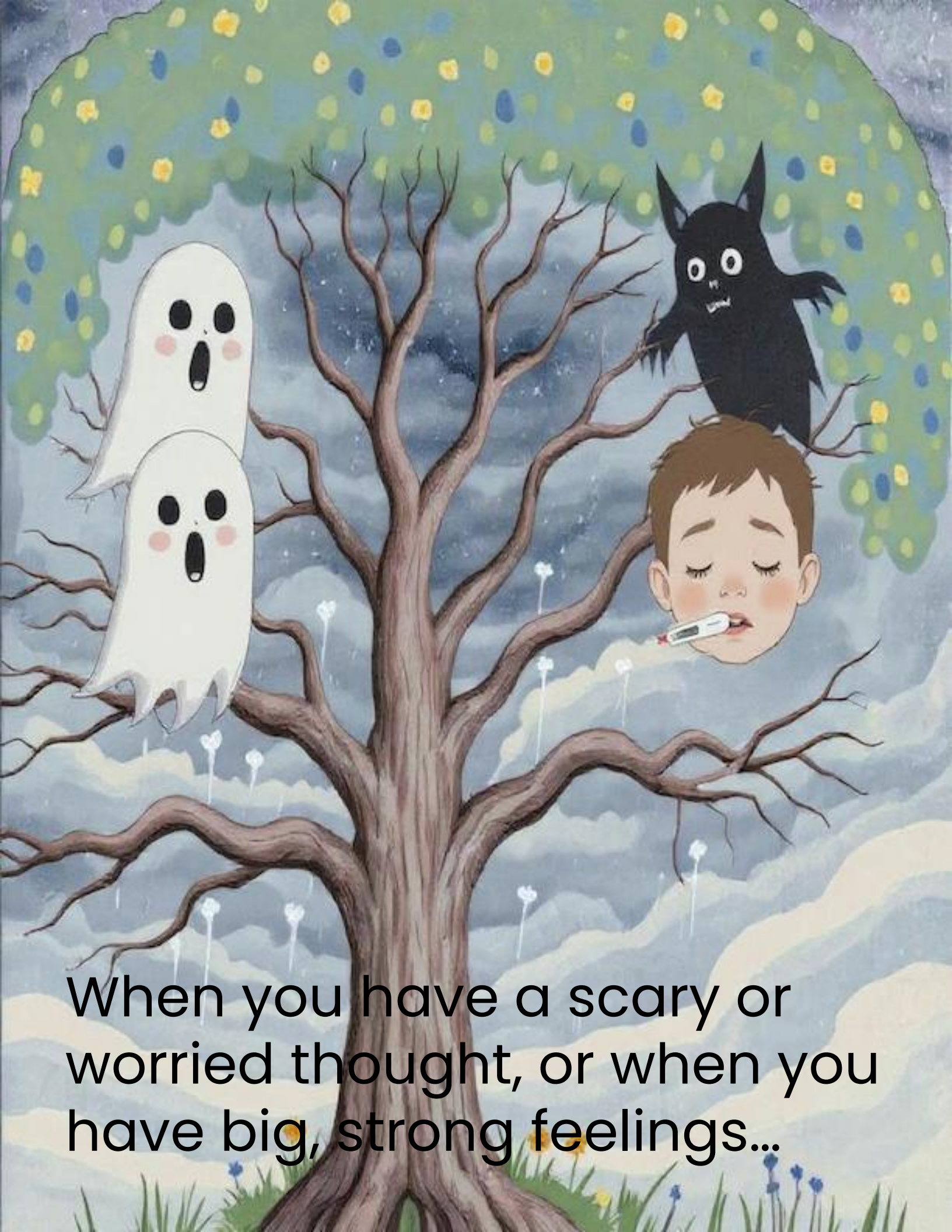
Put your hands on your belly,
feel your strong trunk. Breathe in
and out slowly, feeling your belly
growing.



In...
Out...
In...
Out...



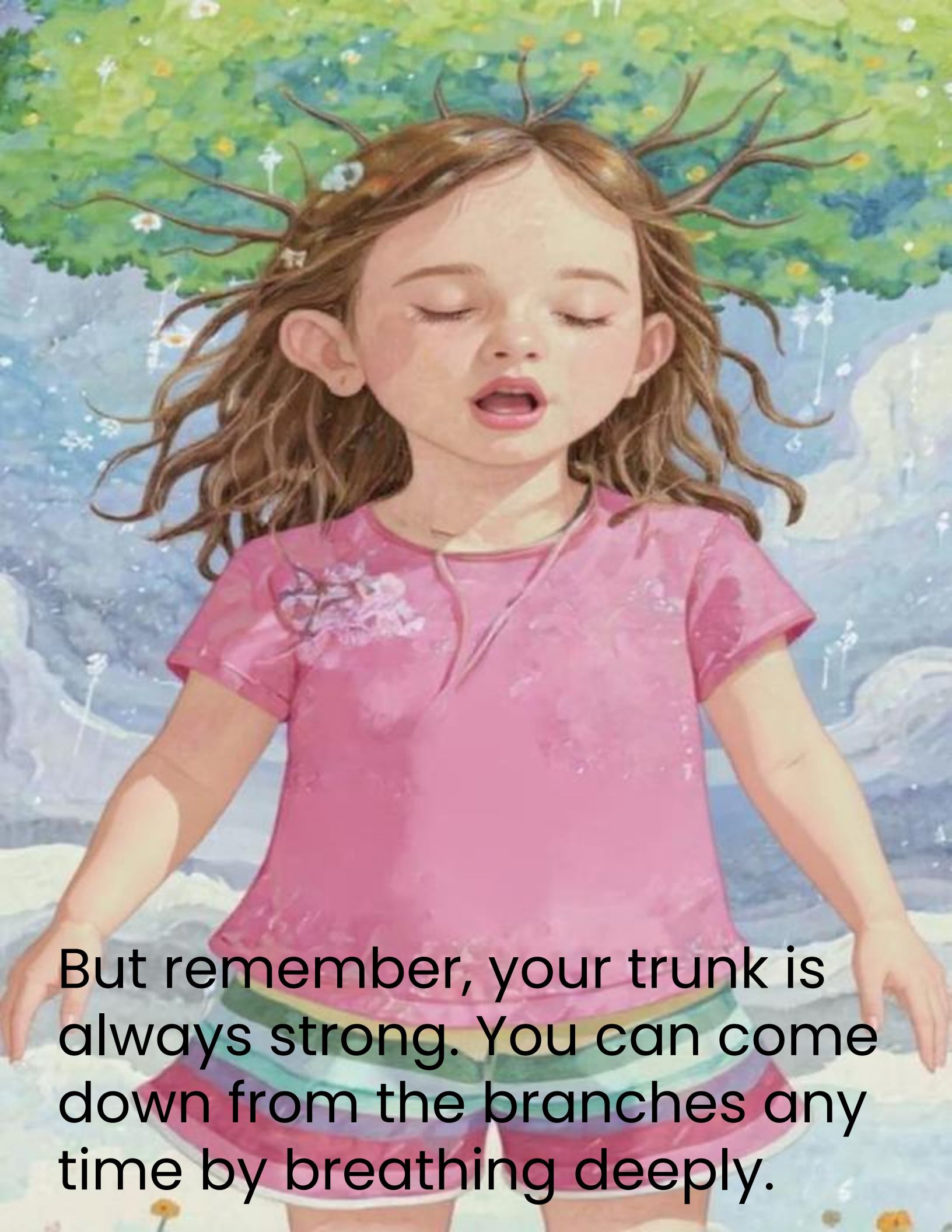
Your thoughts and your feelings are high, up in the branches.



When you have a scary or worried thought, or when you have big, strong feelings...



You are stuck in the branches,
blowing fiercely in the wind.



But remember, your trunk is always strong. You can come down from the branches any time by breathing deeply.



Take a deep breath now.
Feel your belly fill with air.



Breathe in and out, big and slow.
Feel your belly, calm and strong.



You are a tree.



Strong in the storm.

