



Follow Your Heart

by Susanna Tamaro

Every time you feel lost, confused, think about trees, remember how they grow. Remember that a tree with lots of branches and few roots will get toppled by the first strong wind, while the sap hardly moves in a tree with many roots and few branches. Roots and branches must grow in equal measure, you have to stand both inside of things and above them, because only then will you be able to offer shade and shelter, only then will you be able to cover yourself with leaves and fruit at the proper season.

And later on, when so many roads open up before you, you don't know which to take, don't pick one at random; sit down and wait. Breathe deeply, trustingly, the way you breathed on the day when you came into the world, don't let anything distract you, wait and wait some more. Stay still, be quiet, and listen to your heart. Then, when it speaks, get up and go where it takes you.