



**ROOTS:
EXPLORING
RENEWAL &
RESILIENCE**

For the month of May, we will be sharing images of roots. Each day I will post on Instagram and Facebook and I invite you to join me as we reflect on our rootedness this month as we seek curiosity in relation to our grounding of renewal and resilience.

In addition, you can download this PDF for the daily reflections if you are not on social media or read the blog in full at: *diannemorrisjones.com*.

Roots accept their place
in this world, their tentacles
a hidden anchor for the tree's
display of art and beauty.

They draw nutrients from
soil to limbs-humbly lending care
for the tree's overall well-being,
like a selfless mother for her newborn.

Roots are destined to expand-
with humility they silently dig
deeper for the tree's good,
satisfied to contribute to the whole.

The roots softly initiate renewal
of a tree's Spring growth.
Bare limbs morph to leafy glory,
grabbing the accolades.

Roots also embody resilience,
instinctively drawing inner strength
to be shared, like the valor of a Medal of Honor
recipient, who risked mightily for the platoon.

Without the living roots there's no grandeur,
nor survival. Yes, there are some things roots
don't do-like show gratitude, meditate,
offer prayer & worship.

They leave those...to us.

The Living Roots

by Roger C. Jones





PHOTO TAKEN IN ATLANTA STATE PARK, TEXAS.

DAY 1

“Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights.” - Pauline R. Kezert

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN ON JOHN MUIR TRAIL, CALIFORNIA.

DAY 2

“Storms make trees take deeper roots.”
- Dolly Parton

How might our roots impact our sense of renewal and resilience for our soul today?

DAY 3

"Blessed is the man who trusts in the Lord, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." - Jeremiah 17:7-8

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN AT EAST ROCK PARK, NEW HAVEN, CONNECTICUT.



PHOTO TAKEN IN OLYMPIC NATIONAL PARK, WASHINGTON.

DAY 4

“When we are rooted in true self, we can act in ways that are life-giving for us and all whose lives we touch. Whatever we do to care for true self is, in the long run, a gift to the world.” – Parker Palmer

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DAY 5

“We breathe in the oxygen that the trees and oceans exhale, while they breathe in the carbon dioxide that we exhale. This dance of reciprocity and interbeing is the matrix of life we are woven into.”

- Micah Mortali

How might our roots impact our sense of renewal and resilience for our soul today?

PHOTO TAKEN AT GLACIER NATIONAL PARK, MONTANA.



DAY 6

“The basic root of happiness lies in our minds; outer circumstances are nothing more than adverse or favorable.”

- Matthieu Ricard

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PHOTO TAKEN AT ROBINSON PRESERVE, BRADENTON, FLORIDA.



DAY 7

“The deep roots never doubt that spring will come.” - Marty Rubin

How might our roots impact our sense of renewal and resilience for our soul today?

PHOTO TAKEN OF ROOT PATH IN ATLANTA STATE PARK, TEXAS.

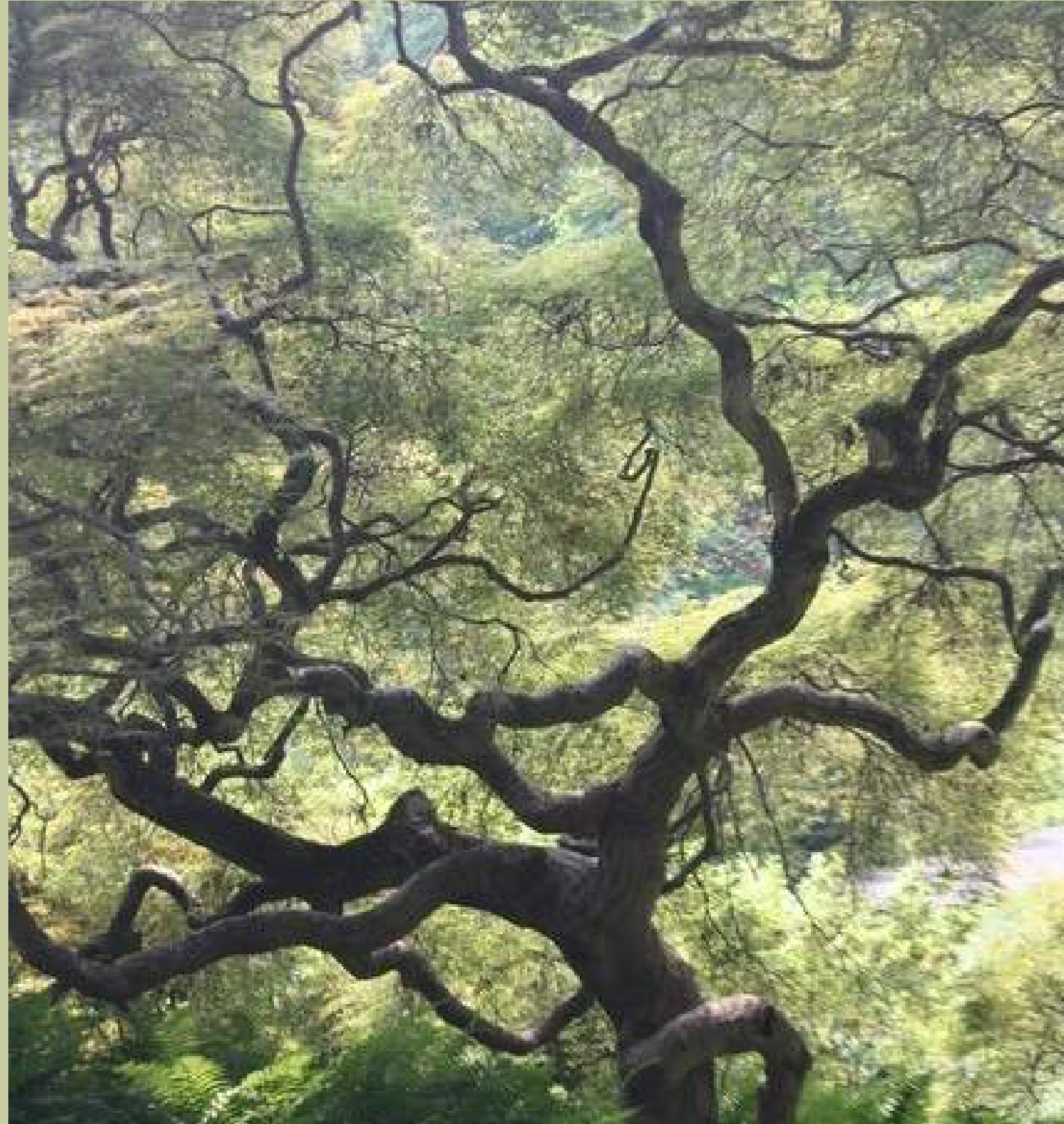


PHOTO TAKEN AT WINTERTHUR GARDEN, DELAWARE.

DAY 8

"Every day is a renewal, every morning the daily miracle. This joy you feel is life"

- Gertrude Stein

How might our roots impact our sense of renewal and resilience for our soul today?

DAY 9

"Recovery is an important word and a vital concept. It means renewal of life and energy. Knowing how and when to recover may prove to be the most important skill in your life" - James E. Loehr

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN AT VENTURA BEACH, CALIFORNIA.



**PHOTO TAKEN AT GLACIER NATIONAL PARK,
MONTANA.**

DAY 10

"Renewal is not just innovation and change. It is also the process of bringing the results of change into line with our purposes."

- John W. Gardner

How might our roots impact our sense of renewal and resilience for our soul today?



**PHOTO TAKEN AT MIDDLE FORK FLATHEAD RIVER,
MONTANA.**

DAY 11

"Renewal requires opening yourself up
to new ways of thinking and feeling."

- Deborah Day

How might our roots impact our sense
of renewal and resilience for our soul
today?



**PHOTO TAKEN AT RANCHO SIERRA VISTA/SATWIWA TRAIL,
CALIFORNIA.**

DAY 12

"There can be no renewal of our relationship with nature without a renewal of humanity itself."

- Pope Francis

How might our roots impact our sense of renewal and resilience for our soul today?



DAY 13

"There is in us an instinct for newness, for renewal, for a liberation of creative power. We seek to awaken in ourselves a force which really changes our lives from within. And yet the same instinct tells us that this change is a recovery of that which is deepest, most original, most personal in ourselves. To be born again is not to become somebody else, but to become ourselves."

- Thomas Merton

How might our roots impact our sense of renewal and resilience for our soul today?

PHOTO TAKEN AT GLACIER NATIONAL PARK, MONTANA.

DAY 14

"Transitions are a part of life, allowing for perpetual renewal. When you experience the end of one chapter, allow yourself to feel the emotions of loss and rebirth. A bud gives way to a new flower, which surrenders to the fruit, which gives rise to a seed, which yields a new sprout. Even as you ride the roller coaster, embrace the centered internal reference of the ever-present witness."

- David Simon

How might our roots impact our sense of renewal and resilience for our soul today?



**PHOTO TAKEN IN ANNA MARIA , FLORIDA
BY NAWAL GHALI.**

DAY 15



PHOTO TAKEN IN THREE SISTERS, OREGON.

"When we complain of having to do the same thing over and over, let us remember that God does not send new trees, strange flowers and different grasses every year. When the spring winds blow, they blow in the same way. In the same places the same dear blossoms lift up the same sweet faces, yet they never weary us. When it rains, it rains as it always has. Even so would the same tasks which fill our daily lives put on new meanings if we wrought them in the spirit of renewal from within—a spirit of growth and beauty."

- Helen Keller

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN IN BEND, OREGON.

DAY 16

“Do not judge me by my success, judge me by how many times I fell down and got back up again.”
— Nelson Mandela

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN IN BEND, OREGON.

DAY 17

“A good half of the art of living is resilience.”

- Alain de Botton

How might our roots impact our sense of renewal and resilience for our soul today?

DAY 18



PHOTO TAKEN IN BEND, OREGON.

“Grief and resilience live together.”

- Michelle Obama

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN AT ATLANTA STATE PARK, TEXAS.

DAY 19

“When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience.”

- Jaeda Dewalt

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DAY 20

“Resilience is based on compassion for ourselves as well as compassion for others.”

- Sharon Salzberg

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PHOTO TAKEN AT GLACIER NATIONAL PARK, MONTANA.



DAY 21

“Change your opinions, keep to your principles; change your leaves, keep intact your roots.”

– Victor Hugo

How might our roots impact our sense of renewal and resilience for our soul today?

PHOTO TAKEN AT TAGGERT LAKE, GRAND TETON NATIONAL PARK,
WYOMING.



PHOTO TAKEN IN SAN MARINO, CALIFORNIA.

DAY 22

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

- Amelia Earhart

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN IN ANCHORAGE, ALASKA.

DAY 23

“Cultivate the root; the leaves and branches will take care of themselves.”

- Confucius

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN AT CRATER LAKE, OREGON.

DAY 24

“For a tree to become tall it must grow tough roots among the rocks.”

- Friedrich Nietzsche

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN IN CUYAHOGA NATIONAL PARK, OHIO.

DAY 25

“Give the ones you love wings to fly, roots to come back and reasons to stay.”

- Dalai Lama

How might our roots impact our sense of renewal and resilience for our soul today?



DAY 26

“I seem restless, but am deeply at ease.
Branches tremble; the roots are still.”

- Rumi

How might our roots impact our sense of
renewal and resilience for our soul today?

PHOTO TAKEN IN CUYAHOGA NATIONAL PARK, OHIO.



PHOTO TAKEN AT ATLANTA STATE PARK, TEXAS.

DAY 27

“Though leaves are many, the root is one.” - William Butler Yeats

How might our roots impact our sense of renewal and resilience for our soul today?



**PHOTO TAKEN AT GLACIER NATIONAL PARK,
MONTANA.**

DAY 28

“You have first an instinct, then an opinion, then a knowledge, as the plant has root, bud, and fruit.”

- Ralph Waldo Emerson

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN IN DALLAS, TEXAS.

DAY 29

“There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings.”

- Johann Wolfgang von Goethe

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN AT MARMOT PASS, WASHINGTON.

DAY 30

“I never saw a discontented tree. They grip the ground as though they liked it, and though fast rooted they travel about as far as we do.”

- John Muir

How might our roots impact our sense of renewal and resilience for our soul today?



PHOTO TAKEN IN PERU.

DAY 31

“When you are up against a wall, put down the roots like a tree, until clarity comes from deeper sources to see over that wall and grow.”

- Carl Jung

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