

A photograph of a lush green forest. In the foreground, there are several large, moss-covered rocks. The ground is covered in green moss and small plants. In the background, there are several large, gnarled trees with thick trunks and dense green foliage. The scene is bright and vibrant, suggesting a healthy, thriving forest.

# Magic Pathfinding with Author Rose Stauffer

## Welcome, Magic Makers!

This edition of my mini magazine features my love affair with trees. It is March, the time of spring's awakening, and the best way to see the earth "spring" into new life is to watch the trees! As always, in this digital magazine, I'll share my photos, musings, inspirations, and creative endeavors to hopefully inspire you to notice and find your own magic in everyday life.

When it comes to trees, I have long considered them my friends. In the memoir "Nature and Other Mothers," I first heard trees described as the Standing People. That stuck with me. They are sentinals that watch the world and most of them out live humans. I have found solace, joy, awe, and safety in trees. And yes, I'm a tree hugger, although I find that laying on of hands is my favorite way to listen to a tree.



**Trees have a secret life that thrives underground in their root systems. Science knows now that trees have a strong communication system and a complex communal bond it would behoove us to emulate.**

**Humans and trees are completely interdependent as we need their oxygen and they need our carbon dioxide.**

**The benefits of being outdoors near trees are endless. The Japanese now have a term for the health benefits we get from trees: forest bathing.**

**From a spiritual perspective, trees are sentient beings that are alive, have wisdom, and are part of the circle of life.**





**Last summer I was honored to visit the redwood trees in Muir Woods, CA. These ancient ones were without a doubt imbued with the strength and wisdom of elderhood. They offer silence and stillness and I approached them with respect.**

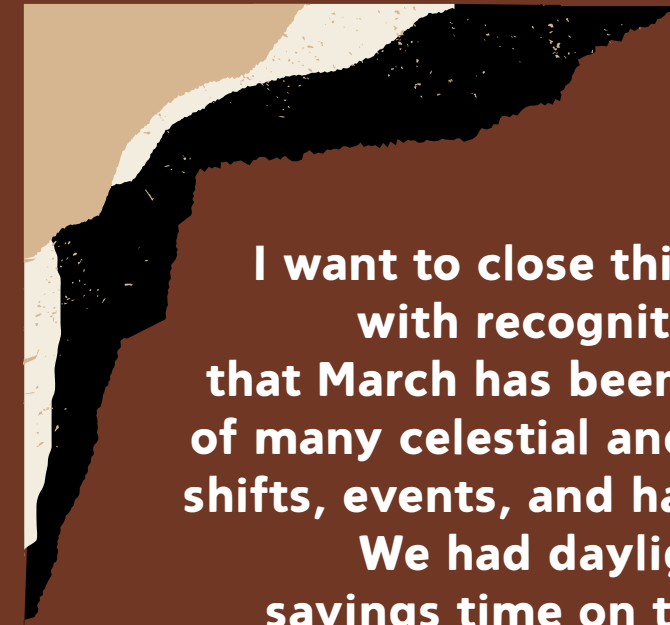


**This tree of life is etched in a stone bench in our neighborhood as a memorial to a daughter who passed during the Covid Pandemic**

**In celebration of Spring, I give you a picture of  
"UMI" by sculptor Daniel Popper.**

**She is a two story high wooden beauty  
of Gaia - mother earth - located near the Denver airport.  
She sits out in the open and you can walk upright into the  
protection of her body.**

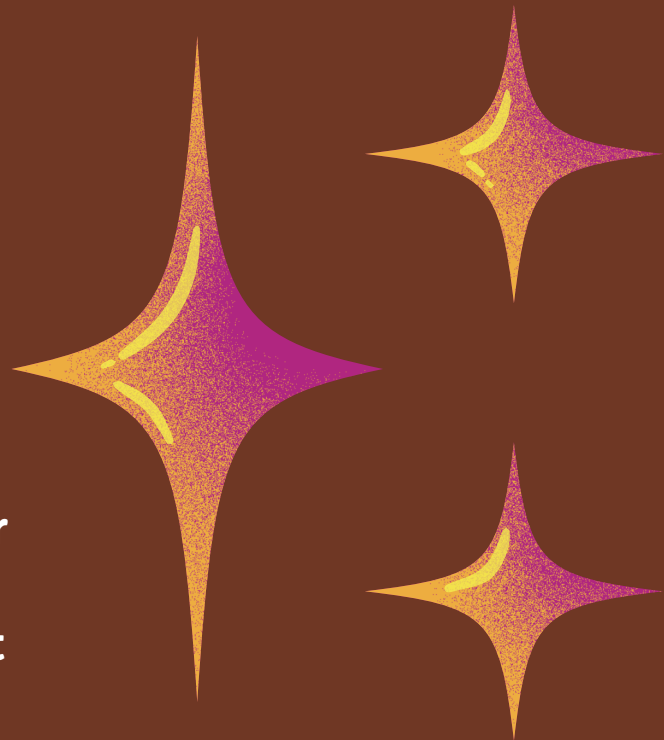




**I want to close this issue  
with recognition  
that March has been a month  
of many celestial and seasonal  
shifts, events, and happenings.**

**We had daylight  
savings time on the 8th.  
We had the full moon and  
total lunar eclipse on the 14th,  
we have the spring (vernal)  
equinox on the 20th,  
wrapping up on the 29th with a  
solar eclipse.**

**You may likely notice having  
more fatigue, more dreams  
and emotions - maybe even  
headaches and insomnia.  
We are all OK, we just need to  
hold fast to love and hope,  
avoid falling into the pit of fear,  
and take care of yourself, body,  
mind and soul. And listen to your  
body, it will tell you what you  
need. Self care is not a luxury, it  
is a necessity.**



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**See you next month!!!**