



The Four Pillars of Planting

Stage 1: MOTIVATION

Set a good motivation for your tree planting activity. Imagine a better world not just for you and your family but for all living beings. Visualize a world free of inner and outer pollution; a peaceful, prosperous world without hatred, greed and confusion where the landscape is lush and verdant, fragrant flowers bloom, trees stand tall, animals thrive and humanity lives in harmony.

Stage 2: AWARENESS

Maintain this awareness of your end goal throughout the process. Stay present. Be right where you are holding in your heart a wish for a better world starting right now with you and this seed.

Stage 3: DEDICATE

After planting and caring for your tree, mentally seal in the whole process. Think, "May the world be a better place due to this tree planting activity" and include any of your personal dedicated wishes too.

Stage 4: DELIGHT

Delight in your efforts and celebrate. With this thought in your mind, ignite a feeling of joy in your heart. A job well done! Allow this great feeling of joy and delight to swell from the depths of your heart. Your one individual action, coupled with the same individual actions done by thousands and millions around the planet contains the seeds that can change our world.

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