



*Well over 1000 years old, the "Old Tree" growing on Goose Island in southeastern coastal Texas is recognized by the Organization of American Forests as the largest live oak in the United States. With a circumference of over 35 feet, a height of over 45 feet, and crown of over 90 feet, many believe it to be the largest live oak in the world.*



# Ancient Live Oak

*Quercus Virginia*

provides a sense of balance to overly-responsible, unrelenting standards

When the tree was asked how old it is,  
the tree spirit replied that it is "the tree that always was"  
and a part of what was once a great healing tree circle  
that spanned almost 60 miles in diameter.

Growing along a shoreline comprised of oyster-shell mud flats and marsh grasses,  
the grandfather tree  
now anchors this southern Gulf coast with healing and wisdom.



Known as a ceremonial tree for the Karankaw  
and a council tree for the Carancahua,  
the tree has survived over 50 hurricanes, Spanish invasion, pirates,  
Mexican Empresarios, the Civil War,  
countless droughts, tornados and floods.

Today the tree offers us its time-worn wisdom  
in the strength of this essence from the Tree that Always was.

The Ancient Live Oak essence is a very important remedy for the personality that is naturally strong, ambitious and persevering.  
Able to do what needs to be done and to do it well.  
These people easily hold leadership positions  
as others are drawn to respect and depend upon them.  
Hard workers with high standards,  
they seem surprisingly resistant to adversity  
and may be the fulcrum that supports many others.  
The parent that takes on a second or third job during hard times,  
the career mom moving up in position at work while continuing to do everyone else's jobs at home  
will be blessed by the gentle teaching of this great tree.  
The Ancient Live Oak essence  
provides a sense of balance to the overly responsible  
whose unrelenting standards  
can press them to the limits of their human-hero ability.  
Helping one to learn to work and organize one's life more cooperatively,  
the essence calms the spirit of over-achievement within.  
Relaxing extreme self-standards,  
the soul can access a greater self-strength,  
a strength found in an authentic self-peace that can... yes, let some stuff go  
in order to replenish and refocus the roots of one's real intentions.  
It is in this surrender that we receive Divine Guidance and the help that we need.



The Old Tree spreads wide,

with branches to hold the community.  
Its long life has depended upon an iron will that has adapted to adversity,  
"knowing" how to thrive, compete and provide year-round  
for the many who depend upon its life force  
(bobwhite, woodduck, Florida scrub jay, yellow bellied sapsucker, wild turkey,  
black bear, squirrel, white-tailed deer... to name a few!).  
The Grandfather invites you...  
come climb my branches, play, lay down in my shade,  
hear the wind in my leaves,  
learn to grow stronger and more enduring  
by allowing your will to surrender and align with Divine will.  
In this you will be blessed.

