

**ATYP ON DEMAND PLUS  
RINGS OF TIME MEDITATION SCRIPT**

You sit deep in the middle of a forest.

You are surrounded by very tall, very old trees.

You sit very still and listen.

You wonder.

You wonder how long it takes the trees to grow to the top of the forest.

You wonder about all the things the trees see in the time it takes them to grow.

These trees have seen roads of dirt paved with tar.

They have seen horses and carriages replaced with cars, buses and trains

They have seen deliveries of milk bottles become deliveries of groceries, right to your door.

They have heard music crescendo from a small sound in a single room to being taken with you everywhere.

They have seen children swinging on rubber tires transformed to children jumping on trampolines.

They have seen women, scrubbing and toiling, now going after their dreams.

They have seen quiet streets grow to bustle with life.

They have seen people, who once waited weeks for a letter, now form instant-click connections.

All this change as they grow from a seed,

To a sprout,

To a sapling,

To a tree that touches the sky.