

## Roots

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The roots of this redwood tree are extremely shallow, but imagine: they're spreading out. They're going in every direction, and they keep on going for a hundred feet or so. And when they come to the roots of another tree, they intertwine with that, they lock together. And now, not one tree, but hundreds of trees - or thousands - are linked together. And under our feet lies a vast system of interconnected roots. And that is how the redwood's able to stand tall: it's being held up, and supported, by others.

Hear the secrets in their silence  
The ancient wisdom of the giants  
The tree's most important lesson  
Is that like the roots, we need  
Connection

Connection  
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