

Tree of Life: Guide



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DISCLAIMER

The Tree Of Life Ecolodge (formerly The Tree of Life Sustainability Project Inc.) is not a commercial enterprise. (TOL) is a registered not-for-profit corporation operating as a social enterprise. We provide a sacred space in Nature in order to support others in spiritual practices. Participants are asked to sign a waiver and release indemnifying the TOL of liabilities. We support practices and workshops in yoga, meditation and dyads through private workshops and retreats led by qualified instructors. We have no religious affiliations, meaning that we associate spiritual practice with the unfoldment of the individual human experience. Many of these teachings at TOL are influenced strongly by the eastern Vedanta philosophy which is universal in its application being equally relevant to all countries, cultures and all religious backgrounds.

Although Tree Of Life supports community, we recognize we are limited in our capacity for mental health support. We encourage people to be healthy in their mind, body and spirit during their visits. We value people who engage in spiritual practice, empower themselves to live purely, nourish their mental and physical bodies and are socially conscious to work with others to raise consciousness.

LAND ACKNOWLEDGEMENT:

We respectfully acknowledge the territory in which we gather as the ancestral homelands of the Beothuk, and the island of Newfoundland as the ancestral homelands of the Beothuk Nation and Mi'kmaq. We also recognize the Inuit of Nunatsiavut and NunatuKavut and the Innu of Nitassinan, and their ancestors, as the original people of Labrador. We recognize all First Peoples who were here before us, those who live with us now, and the seven generations to come. In particular, we recognize the need for repatriation of the Beothuk Nation on the Island of Newfoundland, that is, a deeper need to recognize this unique culture, and the key role that western colonization played in its extirpation. As First People have done since time immemorial, we strive to be responsible stewards of the land & to respect the cultures, ceremonies & traditions of all who call it home. As we open our hearts & minds to the past, we commit ourselves to working in a spirit of truth and reconciliation to honour this beautiful land together and make a better future for all.

THE TREE OF LIFE MISSION STATEMENT:

Tree Of Life is an eco-lodge and retreat centre on a 2 ha (5 acre) parcel of land located on a terrace of The Salmonier River Valley at the head of St. Mary's Bay, Newfoundland and Labrador, Canada. We provide off-the-grid facilities for private small-scale retreats, workshops, Vedanta training, as well as Work-Away programs for

those who want to deepen and learn natural building techniques and self-sufficiency. The TOL is designed to help connect people with nature, spiritual practice and alternative living.

Our **Mission** includes constructing a retreat space featuring designs of sacred geometry (e.g., Tree Of Life or Kabbalah), off-the-grid energy, organic gardening, natural lifestyle and supporting spiritual practices, such as yoga and meditation, and certification in Vedanta practices.

Our **Vision** is to establish sacred space to promote connectedness to Nature. We encourage individuals to express their creativity and deepen spiritually at the Tree Of Life while increasing our profile in the local, regional and international context. We welcome people to participate in our workshops and retreats and programs in order to build like-minded community and to experience a sense of place.

Our **Values** are spiritual growth & practice, self-exploration practices, a free voice of honest communication, openness to the power of possibilities, healthy work ethics & personal boundaries, respect for others' individuality & talents and community building. We promote an *au naturel* approach to spirituality, meaning that we do not cater to practices employing plant and animal medicines. While we recognize the value that some psychotropic compounds may play in initiating individuals to deeper explorations, we focus toward the pure experience of the individual being.

DIVERSITY AND INCLUSION STATEMENT:

TOL is committed to organically building an inclusive & varied community of people of all backgrounds. We strive for equity, diversity, inclusion and reconciliation.

TREE OF LIFE FUNDAMENTALS:

1. We discourage the use of recreational drugs including alcohol & marijuana.
2. We encourage individuals to approach their spiritual development through natural practices, such as yoga, meditation and dyads.
3. We promote eating healthy foods by providing and encouraging consumption of whole foods that are preferably organic and/or local.
4. We encourage guests to scale down or eliminate smart phone/computer use during their stay at TOL. We have WIFI Internet access, and you can access good cell phone signal everywhere on the property.
5. We welcome pets, however pets must be kept on a leash when outside.