

# Tree of Life: Guide



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[Thelotuscentre.ca/tree-of-life](http://Thelotuscentre.ca/tree-of-life)

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## **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 Mi'kmaq and Beothuk. We would also like to 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. 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:**

The Tree of Life Sustainability Project Inc. (TOL) is a registered not-for-profit. TOL is an eco-lodge and retreat on a 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 small-scale retreats, and 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.

Our **Vision** is to establish sacred space to promote connectedness to nature, dive into creativity and deepen spirituality at The Tree of Life while increasing our profile in the local, regional and international context. We welcome people to participate in our community 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.

**DIVERSITY AND INCLUSION STATEMENT:**

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

**DISCLAIMER:**

Although TOL 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.

**TREE OF LIFE FUNDAMENTALS:**

1. We discourage the use of recreational drugs including alcohol & marijuana.
2. We welcome pets, however pets must be kept on a leash when outside.
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 in the main building, and you can access good cell phone signal everywhere on the property.