

# 'The Tree of Life'

The Tree of Life is an ancient sacred symbol in many cultures, and to those who study the western mystical tradition it is a living breathing map of consciousness in all its manifestations. To gain insight into its beauty and truth requires study and practice through meditation and visualisation, and for students and followers, this may be a daily discipline. This course will bring it to life in a new way by working with it in nature.



The course uses wild locations to develop the reflections between inner and outer landscapes as we follow the mystical patterns and pathways of creation known as Otz-Chiim - The Tree of Life. This is not an advanced study and the opportunity will be available for all to experience their own journey at their own pace with guidance. Again we will look for the pathway to become clear through sensory experience. Drawing, colour and written exercises to train for the journey will be part of the course. Consecutive days and week-ends will be used to maintain continuity.

Course leader: **Jonathan Middlemiss**



For more Information  
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