

# 'The Shimmering Tree'

Workshops on the Qabalistic Tree of Life and nature.

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.

The Shimmering Tree brings together this wisdom with 'awareness of nature as our teacher' through creativity, sensory experience and movement in natural landscapes. We will use wild locations in nature to develop the reflections between inner and outer landscapes as we follow the mystical patterns and pathways of creation. In this way the Tree of Life becomes more than the study of a spiritual philosophy, it is alive and vibrant in our consciousness today... with all the beauty of a tree shimmering in the sun and wind and rain.

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. Each course will contain aspects of the following:

- Guided visualisations and meditations on the Tree of Life.
- How to build your own diagrams of the Tree of Life and get to know the associations and symbolism there.
- Enhancing and balancing your energy and then flowing it through the ten Sacred Emanations reflected in your aura
- Exploring the wisdom of nature through stretching your senses
- Finding ways to let go of references to be immersed in unconditional consciousness

If you are interested in taking part in a single day or week-end workshops, please email me:

**Jonathan Middlemiss**

**[info@wildintelligence.co.uk](mailto:info@wildintelligence.co.uk)**

**[www.wildintelligence.co.uk](http://www.wildintelligence.co.uk)**

**07814511506**