

# The Roots and Fruits of the Tree of Life



Potter and philosopher M.C. Richards talked about the seed being the crossing point where part of it roots deep into the soil, or with us into the dark night of the soul, and part of the seed naturally rises into the heights of daylight, or with us into the openness and compassion of unconditional love. On this retreat day we will look at and experience both the roots and fruits of spiritual practices that will lead us to '*...Life, and to have it to the full*'.

**Facilitator:** Pip Nicholls

**Venue:** Mary Potter Community Center, 442 Durham St, Christchurch

**Date:** 11<sup>th</sup> August from 10 – 4pm

**Cost:** \$45 including tea and coffee and please bring your own lunch

**Registration:** (by the 1<sup>st</sup> August) to

Pip (04) 562 6364

or

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