



The Garden

A Learning Community of Holistic Healing

Vision and Concepts

3:00 pm

Janet is looking for stones to construct a labyrinth. When she finds a stone she believes will add to the whole, she holds it in her hands next to her heart. She honors the ancient memories of this stone, says a quiet blessing of thanks, and adds it to the stone labyrinth

3:45 pm

Gracia and Steve are immersing themselves in “all things feet” - studying reflexology points and zones, experimenting with herbal foot soaks, giving each other foot massages, letting the other know what feels good - what hurts, and having a great conversation about the things they’ve stepped on throughout their lives.

5:00 pm

Everyone gathers to prepare the evening meal. Tonight it is vegan lentil loaf. The food is enjoyed in community. Everyone helps to prepare it, eat it, and clean up.



7:00pm

A smaller group of residents gather for a “Compassionate Communication’ practice group they have formed. They share their conflicts collected throughout the week, listen to one another, give suggestions, and role-play possible scenarios for using Nonviolent Communication to resolve the situation.

9:00pm

Reba and Celia come back from hosting a Reiki sharing evening in the town nearby, sharing their great experiences with others who are reading, knitting, or gathered in the living room of the house.

9:00 am - The next morning

Everyone gathers for “Dream Group” - where they draw and color their dreams on blank sheets of newsprint, sharing their dreams in a circle - exploring them, and what they might mean in their lives.

11:00 am

Steve and Gracia hike to a nearby stream to dip their hands in the water as they discuss what they have read and learned deeply about the element of Water in Traditional Chinese Medicine. They talk about water’s transformative properties, and their hopes for transformation and healing.

Welcome to The Garden.

The Garden is an intentional learning community of holistic healers. People of all walks of life come together to explore their uniqueness, share with one another, explore holistic health, practice self-healing, and live in community for a time. Some come for a month, others stay for years.

The Garden is called a “learning community.” It is not a “school” - but an “unschool” for holistic healers and those wishing to immerse themselves in healing studies. There are no required classes, no tests, and no predetermined spiritual or religious beliefs.

The community house, the land, our community interactions - they are all part of our collective “playground” of personal and community experimentation in the healing arts. Holistic healing at The Garden is indeed an “art” - and all participants are unique artists - free to choose and forge their own paths, and to bring their healing into the world as it manifests.

The Garden is a living, transforming, and organic “learning laboratory” for many types of artists, healers, and seekers. Some are experienced holistic healers, who mentor newcomers. Some come to The Garden, finding themselves at a critical and important turning point in their lives. Some come to learn and grow from their deepest passions and desires, because learning in a classroom was not satisfying to them.

Living in Community

Living and eating together, sharing our joys, our sorrows, our conflicts, and ourselves with one another is a foundation of true community. At The Garden, people of all ages come for a time - a month, six months, a year, maybe more. They come to be nurtured, to learn from others, to live more simply, and to heal themselves as they heal others. While living in community, we share our

gifts, talents, and passions with one another, and help to foster them as ways to heal the broader community and the world.

Decisions are made by consensus, and conflicts are mediated through non-violent, compassionate communication. Everyone is a participant. Everyone is a learner. Everyone has something to teach others.

Growing Food - Living on the Land

Healing ourselves begins with the health of our food, the land and soil, and the environment in which we live. The Garden has fifty acres of land, where we grow organic food, make maple syrup, grow herbs, cultivate wild plants, walk through woods, restore prairie grasses, hold events, and LIVE. We strive to find sustainable solutions to energy consumption and land use. The land is also our living and breathing playground of experimentation, contemplation, and healing. We rarely have to go very far to find wild medicinal plants, edible flowers, or a place to sit and meditate in nature.

By living in harmony with the land - restoring wild places, maintaining the diversity of flora, fauna, trees, and plants, our woodland and meadow filled home can be a model for others looking to re-establish a close relationship with Nature.

Freeing the Power to Heal

Marshall Rosenberg, the creator of Nonviolent Communication, states that we each must “find what is alive in [us], and go and do that. The world needs more people who have come alive.” In order to heal others and heal the world, we must begin with ourselves - at the very core of our lives. Peeling away the layers of societal violence, discrimination, judgement, hierarchy, stress, and many times - control, can be a freeing and “enlivening” process. We not only learn about holistic healing, nonviolence, and sustainable ways of living as a betterment to healing others, but as a means to transform ourselves and an aching world.

To share our time, our passions, our knowledge of traditional healing, and ultimately - our love, is the most basic and simple invitation for others to do the same. We believe that healing, health, and well being should be fully accessible to all people, and not strictly held by specialized “professionals.” The sharing of knowledge in community is valued more than the selling, trading, or profiting from it in the marketplace. While many participants go on to establish fruitful healing practices of their own, we hold true to an ethic of “valuing and honoring all traditions.” We advocate for the freedom of healing practitioners to practice the healing arts they have been trained, apprenticed, or have learned by autodidactic means. We advocate for the freedom of choice and access by all to the full range of complimentary and holistic healing modalities. Moreover, we strive to be a place of transformation, creation, and change within the field of holistic healing. We encourage participants to create their own personalized or even “radically new” method of holistic healing.

An Invitation

Come walk with us, through The Garden. Touch the stones and listen to the trees. Dip your hands into rivers and streams. Walk the labyrinths, the leafy trails. Come alive in your own self-healing. Grow a lasting peace within your heart. Live among the healing plants, the birds, and friends. Heal yourself to heal the planet. Listen to your heart above all other voices. Come and be - for a time that you define. Come to learn, and to cultivate a relationship with your own learning. Share in our community, as we share our healing with the world.