

Tree of Life Rejuvenation Center - Customer Services Department

Welcome Guide

For all programs offered at The Tree of Life Rejuvenation Center

About our center * Transportation FAQ's * Arrival info * Our Support Matrix

Questions about this guide? Please call: 520 394 2520

(emergencies: Guest Services Manager 520 860 0477)

Welcome to the Tree of Life Rejuvenation center.

This guide reflects the experiences and needs of guests of the Tree since 1993. To enhance your comfort here, we highly recommend that you read and understand the information in this packet.

The Tree of Life Rejuvenation Center is located in the town of Patagonia, in Southern Arizona. "The Tree" nestles up close to the Coronado National Forest and sits at the foot of the Patagonia Mountains, known to us as "Red Mountain." It is our home in the majestic high desert.

Patagonia is a transformative area, and we like to think of the Tree of Life as its epicenter. Our temple sits just up the hill from the café and is built on a powerfully healing, expansive and peaceful vortex. This vortex inspires a spiritual unfolding that radiates through one's entire being as it initiates powerful personal transformations. We ask you to be open to the dark and light sides of healing and transformation. From this perspective, you can embrace all experiences as a part of your healing journey.

Our accommodations are ecologically constructed and cleaned with natural, chemical-free products. To encourage inward focus, rooms are not equipped with televisions or phones, and we encourage guests to limit their use of electronic equipment. We offer community phones both in the Orchard House and at the Casitas. When using them, please be conscious of people who may be sleeping or waiting to use the phone. Though minimal computer use is recommended, we do have wireless access for laptops.

The Tree is a rugged and natural center. We host guests from 88 different countries and find ourselves positioned at the leading edge of raw food nutrition and whole body health. We are widely known, and remain simple. We celebrate living close to the earth with dirt roads, pebble walkways, and minimal artificial lighting.

We invite you to breathe in fresh air, drink in spectacular mountain views, gorgeous sunsets, the subtle pastels of the high desert mesa, and bask in the remarkable peace of this area. We steward the fauna and flora of this unique Sonoran Desert Region. Please remember that the desert is a wild, untamed masterpiece. You may experience Javelina (wild boars), coyote, deer, frogs, rabbits, snakes (including rattlesnakes in hot season), large desert insects, spiders, and a variety of birds, including the roadrunner. We are guests in THEIR world - please honor and appreciate these creatures from afar.

What is the Tree of Life Association?

The Tree of Life Rejuvenation Center is an eco-educational-health-spiritual destination and community, offering a 100% organic, plant source only, live-food cuisine. It is an *Unincorporated For Profit Association* that offers various memberships, allowing multiple levels of participation. Holding the status of an unincorporated association allows the Tree of Life to offer certain treatments not available to incorporated profit-based organizations. Registering in any Tree of Life activity automatically activates your membership in the Tree of Life Rejuvenation Center Association* and enrolls you as a Spiritual Student of the Human School of Living Arts. Employees and root and branch members of the Tree also align with and embrace TOL dharma.

Members of the Tree of Life Association adhere to the Tree of Life dharma*, which includes embracing a vegan, organic, and 80% live food diet, as well as basic spiritual understanding. This includes refraining from behaviors such as the use of drugs, alcohol, and tobacco, inappropriate nudity, sexual or any other sort of harassment of others, gossip, slander, negativity, and/or any other behavior that undermines or interferes with the awakening and healing process of others. The Tree of Life holds the right to ask members to leave without refund if they choose not to follow these simple guidelines.

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Are You Ready – Lets Check!

Check-In & Arrival

OASIS FRONT DESK HOURS: (Mon-Fri 9:00-1:30 & 2:30-4:30) (Sat & Sun 12-5)
BREAKFAST (M-F 8:00-9:00) **LUNCH** (M-F 1:00-2:00) **DINNER** (M-F 5:00-6:00) **BRUNCH** (Sat&Sun 10:30-12)
CHECK IN: 1:00-5:00 PM **CHECK OUT:** 11:00 AM

CHECK-IN: If you arrive before 5pm, please stop at the Oasis to check in and receive your room key and welcome packet, as well as a warm greeting, orientation, and land tour.

LATE ARRIVAL: If you know you'll be arriving after 5pm, please call guest services immediately to make special arrangements for your welcome packet and room key, otherwise you may be locked out of your room. If you cannot arrive before 7:00 PM, we recommend staying in Tucson, as local Patagonia hotels close at 8 pm.

Getting to Tree of Life from Tucson

CAR RENTAL & TAXI/ SHUTTLE SERVICES:

Car Rental is a must for anyone staying off-site, as the Tree of Life Center is located about 1.5 miles away from the center of town. While we encourage everyone to walk and take advantage of the health benefits that walking offers, we do recommend you rent a car if you have any trouble walking, have numerous spa appointments or anticipate limited energy due to participation in a fasting or detoxification program. Our center stretches over 160 acres of beautiful high desert and can require 2-4 miles of walking per day, including some fairly steep hills.

Taxi/ Shuttle Services between Tucson and Patagonia are great for those who prefer to walk (highly recommend as a top exercise by Dr Cousens) and minimize car use.

Enrique – 520 358 6141 (available 7days/wk; \$95 each way; shared rides available)

Lila Davison – 520-394-9051 (M-F 8am-5pm; \$100 each way; shared rides available – limit 2 people)

RIDE SHARING: Please call guest services if you would like to be contacted about ride sharing with other guests.

Driving to Tree of Life from Tucson Airport

(Note: Tucson airport is 1.5 hours away; Phoenix airport is 3 hours away)

- ♥ **EXIT** the airport on Tucson Blvd.
- ♥ **TURN RIGHT** at the first traffic light, onto Valencia Blvd (3 miles)
- ♥ **GO East** on I-10 (towards El Paso) (15 miles)
- ♥ **EXIT 281** South to Sonoita/Patagonia/Scenic Route, stay right (25 miles)
- ♥ **AT STOP SIGN** (Sonoita) turn right onto Hwy 82 towards Patagonia (12 miles)
- ♥ **WELCOME TO PATAGONIA**- slow down! ☺
- ♥ **CONTINUE** towards town, and make the first left (Taylor Ave).
- ♥ **PASS** the post office on your left.
- ♥ **AT STOP SIGN** make a left onto Harshaw (not marked) (1 mile)
- ♥ **WELCOME TO THE TREE OF LIFE... YOU'RE HERE** ☺
 - ❑ **GO LEFT** to the Tree Of Life Oasis for check-in, your room key & welcome packet.
 - ❑ **GO RIGHT** to go directly to the Café or the Casitas.
 - ❑ **GO STRAIGHT, First left** to the Orchard House & **Second left** (after cattle guard) to the Tree Of Life Garden, the Unity room or our Student Dormitory.

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What should I bring?

Patagonia is a very small town with few supplies. There is a convenience store, a gas station, and a health food store that sells snacks & organic fruits/vegetables. We suggest bringing the following from home:

- Flashlight & Batteries (Essential for unlit trails)
- Sun hat & Sun Glasses
- Rain Poncho & Hat (Rainy Season: July/Aug)
- Watch or alarm clock
- Long Distance Phone Card (great prices at: www.enjoyprepaid.com)
- Water Bottle
- Small Day Pack
- TO-GO containers for food & juices
- Toiletry Bag
- Eco-friendly toiletries, cosmetics & perfumes
- Eco-friendly sunscreen
- Eco-friendly laundry detergent for extended Stays (off-site Laundromat available)
- Journal, pad & pens
- Loose, light colored cotton/linen clothing for hot weather
- White cotton or linen for Shabbat & Havdallah services.
- Meditation cushion & shawl (optional)
- Slip-on shoes (we take our shoes off for temple)
- Walking/hiking shoes or tough sandals (e.g... Earth Vegan, Texas or Chacos)
- Bathrobe, Bathing suit (Apr-Nov), Warm jacket/sweater, & socks (Dec-Mar)
- Binoculars (Bird Watching Season: Spring/Summer)
- Sweat lodge clothing (loose, long skirts/pants & tee-shirts *will get very muddy & smoky) – *NEW MOON*
- Jet Stress Kit – for minimal impact while traveling (www.treeoflife.nu/whyjetstress/)

What is the Weather Like in Patagonia

Patagonia enjoys generally comfortable weather year-round. The Tree sits on a mesa at an elevation of 4,200 feet above a riparian valley (river) water area. It is surrounded by 360 degrees of stunning mountains and majestic views.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High temp (°F)	60	64	72	83	92	98	92	89	84	79	68	61
Low temp (°F)	28	30	35	39	46	64	55	63	56	44	33	28
Rain (in)	1.3	1.1	1	0.5	0.3	0.5	4.2	4.2	1.7	1.8	0.8	1.5

**RAINY MONTHS: (July, Aug, & Jan) **HOT MONTHS: (May & June) **COLD MONTHS: (Nov - Feb)

What about Internet & Cell Phones?

Wireless Internet: Wireless internet is available for guests with a personal laptop with a standard wireless card. The WEP encryption key is 7033562838. Wireless access points are ONLY at the Oasis and Café. Please consult a professional before arriving to ensure that your equipment is compatible. If you would like to use a computer during your stay, there is a public library in town with free high speed internet.

Cell Phone Service: To facilitate your healing, we recommend you keep your cell phone turned off while here.

Please Note: Only Verizon and Cingular offer service in Patagonia. Other providers may work... check before coming!

How do I make Spa & Medical Appointments?

Please schedule all spa and medical appointments through the front desk. Refer to your program schedule for meal times, classes, Q & A sessions, and yoga/meditation times prior to scheduling. You may re-schedule your appointments or make a cancellation by contacting the front desk (ext. 206) before 4pm the day prior to your appointment. Spa appointments cancelled after this time will be charged in full. For EMERGENCY cancellations, we ask that you notify us as soon as possible.

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What about Laundry & Housekeeping?

Our housekeeping staff is small in relation to our center's many needs. To accommodate new arrivals and minimize ecological impact, housekeeping of your room will be minimal during your stay. You may request fresh linens or additional cleaning in your room by signing the housekeeping request form located at the Casitas and the Orchard House. It may take them time to get to your room, so please be patient. Laundry is available in the Orchard House & casitas between the hours of 3pm-10am (the housekeeping staff uses the laundry facilities during the remaining times). There is also laundry services available at the RV park next door to the Oasis; \$1.25 for washer and \$1.00 for dryer. **NOTE:** The Tree of Life uses only biodegradable cleaning products and eco-friendly paper products.

What are the facilities like?

The Casitas: The casitas are located "up the hill", just a short walk from the Café. Eight bright and simple rooms surround a Spanish style courtyard. All rooms have twin beds that can be shared or private. Bathrooms are located at each end of the courtyard and are shared with other guests. Four additional single bathrooms provide privacy for enemas.

The Orchard House: A "house" setting with 4 guest rooms. All rooms have twin beds that can be shared or private. Amenities include: laundry room, living room, kitchen, 2 full baths, and a front porch. Located behind the Oasis.

The Oasis: Offices in the Oasis include: reservations, billing, guest services, front desk and doctors' offices, The Awakened Living Shoppe, Spa Services, and the Supplement Dispensary. Visit the Oasis to check in upon arrival, meet with guest services, and check in for medical and spa appointments.

The Café: Exclusively 100% organic, plant sourced, kosher, live-food cuisine. To-Go food can be arranged with 24-hour notice, for a small fee. Please arrange in advance with guest services.

Dharma Center: Located in the Oasis- a sacred space for Shabbat Services and Zero Point.

Unity Room: A meeting place for groups and daily yoga, the unity room is located about one half mile from the Oasis, just behind the student dormitory.

Awakened Living Shoppe: Lifestyle products, raw food snacks, super foods, and supplements from around the world. We carry several lines of 100% organic beauty products, as well as books, cookbooks, videos, CD's, kitchen tools, and the *Fasting Kit* (please see your fasting protocol for more information).

Medical Dispensary: A source for supplements and cleansing information. Products prescribed during whole person healing and doctor's appointments are available here.

Tree of Life Spa: Let our wonderful staff transport you to tranquility. We offer a variety of personalized massages, wet treatments, reflexology, Ayurvedic massage, rejuvenation treatments, and facials.

Offsite Accommodations: If you prefer to stay off property, Patagonia has a variety of accommodations. Some of the facilities we work with include:

- Red Mountain Cottage: 520-394-2514 *Closest Accommodation to the Tree*
- Enchanted Garden: 520-604-0070
- Virginia Casita: 401-474-7393
- For a more complete listing of local accommodations, please visit: <http://www.patagoniaaz.com/rest.html>
- Camping*: Patagonia RV Park: 520-394-2491 Patagonia Lake State Park: 520-287-6965
- * *Absolutely NO Camping on TOL Property or National Forest adjacent to TOL*

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Our Conscious Healing Support Matrix

"When one is in alignment with these guidelines, healing is accelerated & the soul is bathed in beauty & love. This brings personal power, which enables you to overcome obstacles in your process."

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Six Foundations <http://www.treeoflife.nu/sixfoundations/> **Dharma** <http://www.treeoflife.nu/dharma/>

Take Charge of your Healing: While at the Tree of Life exploring your personal rejuvenation journey, you may experience powerful emotional, mental, physical, and spiritual cleansings. Your experience at the Tree of Life may represent a new beginning or a new chapter in your journey. Patience allows the healing process to unfold at its own pace. Gabriel Cousens has created a powerful weekly cycle to support you on your healing journey.

Go to the self (Lech Lecha): The healing path increases sensitivity, which may express itself as lower tolerance to people and circumstances. Reacting unconsciously to these sensitivities may drain our life force energy and that of others around us. Please be mindful of the healing journeys of our other guests and focus your own healing within. Whenever possible, look within and try to pinpoint exactly what is getting to you - find the root feeling or experience that is causing your discomfort. When you are able to express it, please turn to the help of our guest services team, who will help you with your experiences. Utilizing these energies can actually give birth to deep healing and help to clear issues that may have been dormant for years.

Guest Comfort Review (Mishpacha): We highly recommend you attend Mishpacha, held each weekday. Mishpacha reveals how to gain the most from your stay here, how to implement what you learn here into your everyday life, and how to create and maintain clarity and intentions. It also offers an opportunity to review your personal experiences and voice any needs you may have.

Bi-Weekly Nutritional Q&A Sessions: In these sessions you can ask questions about nutrition, diet, live foods, and making the live foods lifestyle work for you. These sessions are highly beneficial for the continued success of your healing and rejuvenation.

Evening Spiritual Programs

Satsang: This is a special time to gain support by asking questions of Gabriel that pertain to your spiritual life. Gabriel has appointed a group of 7 teachers to lead satsang when he is away: Adaya, Alden, Michael, Shanti, Philip, Susan, and Keith.

Meditation: Helps bring a sense of inner peace and builds spiritual power, and is the foundation of the spiritual community.

Weekly Homa: A fire ceremony from Ancient India designed to release that which no longer serves you.

Chanting: Opens the heart, allowing love to permeate your very being.

Shabbat & Havdalah: Ancient Essene ceremonies that invoke joy, peace, harmony, and a unified view of life.

Other Support Systems

PEP: Fasters receive daily medical PEP talks to ensure successful rejuvenation.

Nurse: The nurse is available to answer detox and nutritional support questions.

Spa Services: Our spa services offer deep healing that may clear emotional and physical blockages. (We recommend that you focus inwardly during your sessions and not process with our spa therapists.)

Food Prep Classes: Learn essential skills that make it easy and fun to prepare and enjoy live foods at home.

Preparing to eat Living Foods

While staying at the Tree of Life, you will be eating the food served by the Café. The café serves a low glycemic live food cuisine (based on Gabriel Cousens book Rainbow Green Live Food Cuisine). Prior to your arrival, we recommend moving toward a whole, organic, plant-sourced diet, with an abundance of salads, green juices, fresh water, and a healthy lifestyle. This makes the whole experience much more powerful and minimizes detoxification responses.

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*"When one is in alignment with these guidelines, healing is accelerated & the soul is bathed in beauty & love.
This brings personal power, which enables you to overcome obstacles in your process."*

We are a *Spiritual* Rejuvenation Center

The Tree of Life is not set up as a 24-hour medical crisis center; we are not equipped to handle urgent medical care needs and are not in possession of a defibrillator machine or emergency equipment. We are not a rehab center for coming off of drugs and/or alcohol, and are not set up to provide special care for clients who have special physical, physiological or emotional needs. If you need special care or assistance in getting around our property, we require that you bring someone with you to help meet your special needs. We require that all clients disclose any significant health issues prior to coming to the Tree of Life. Anyone at high risk for needing emergency medical care should not come to the Tree of Life unless this risk has been brought to the attention of Dr. Cousens. If our medical staff determines that a client is in need of urgent medical care while staying at the Tree of Life, the client is required to pay any or all ambulance and hospital fees.

Key Medical Points

- ♥ We help people strengthen their immune systems.
- ♥ This indirectly helps with all degenerative diseases.
- ♥ We do not claim to be a cancer or AIDS clinic.
- ♥ We are not a drug or alcohol detoxification medical clinic.
- ♥ We make no healing claims.
- ♥ Each individual is responsible for taking the necessary steps towards excellent health and vitality.
- ♥ These steps may involve using other health modalities provided at the Tree of Life.

Health Intake Form and Program Contraindications

To attend Detoxification Programs, Fasting Retreats, Whole Person Healing, and Diabetes Programs, all guests must fill in an accurate health intake form prior to arriving*.

People on or within 21 days of psychiatric medication, those underweight, pregnant, or with disease conditions may not be able to fast or attend TOL programs (see paragraph 1 of medical disclaimer). To fully assess health conditions, those who fit any of the categories above must arrange a 15-minute phone consultation with the Doctor prior to arrival before:

- ♥ Coming to any Tree of Life Experience Program
- ♥ Taking part in a detox program
- ♥ Attending a Juice Fasting Retreat
- ♥ Coming off of psychiatric medications.*

Tapering off of psychiatric medications requires at least 21-days at the Tree of Life, starting with a Whole Person Healing, and the additional support of proper medical monitoring.

Tree of Life requires a completed health intake form prior to participants' arrival. If there are any questions about the individual's health status, Tree of Life Representatives are authorized to require the participant to book a 15-minute phone consultation with the doctor before arrival.

* If significant health issues are not disclosed prior to arrival, Tree of Life Association reserves the right to ask a guest to leave without a refund.