A SEED OF AN IDEA BEGINS TO GROW

THE BEGINNING OF UNDER THE THINKING TREE

A Seed



A seed, however small, contains within it the DNA of life. Dark within the packet, the seed remains lifeless; nevertheless, it is bursting with creative potential, and waiting.

Some seeds need special conditions in order to begin to germinate, and sometimes the tender shoots need protection. With light, nutritious soil and water the seed begins to grow.

A seed that is so tiny that it can go unnoticed, or be overlooked, or trampled underfoot, nevertheless can take root and begin to reach for the light.

Such a miniscule seed can grow into a tree. Majestic and strong, bending with the winds. Such a tree can provide shelter for the birds to rest and nest and shade from the sun.

The metaphor of the seed is a good one to describe the germination of a new project. 'Under the Thinking Tree a centre for well-being' has been a seed growing in the thoughts and lives of the members of the team. For some of us it has taken 20 years of waiting. The waiting has been a productive time of gaining skills and experience. Ideas have been tried in different kinds of soil.

Under the canopy of the centre we aim to offer a space for people to reflect on what they need for their own well-being. We provide training workshops to give skills and insights which enable those who take part to make their own mind up about issues in their life, relationships, community engagements or spiritual journey.

In the parable borrowed from the Gospels, the growth of the tree is remarkable. However, this is not all. The tree's purpose is not just to be strong, and to withstand inclement weather conditions, but to provide shade for the 'birds of the air'. The tree helps to sustain different kinds of life.

At the centre we help individuals find their own voice and celebrate their individuality. We seek to tease out what makes for good community engagement in particular locations and contexts. We also seek to explore together ways in which we might live and act more sustainably within planetary boundaries.