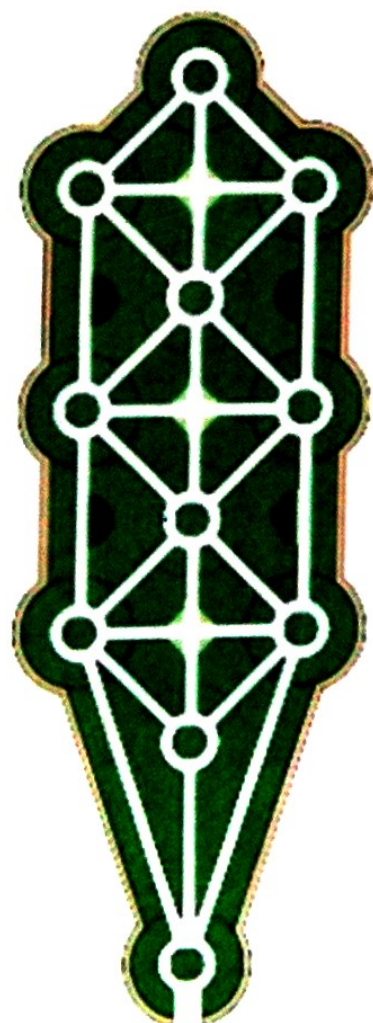


Welcome to the WellSprings

Tree of Life Garden

— 4 ft —

- UNDER CONSTRUCTION -

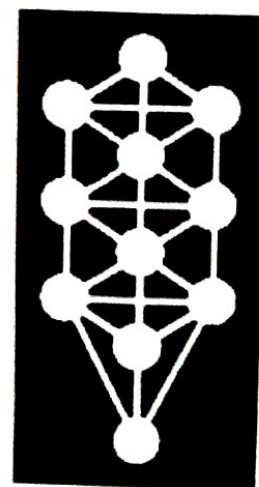
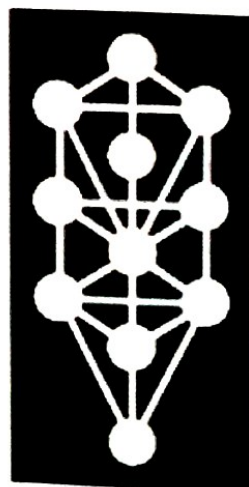
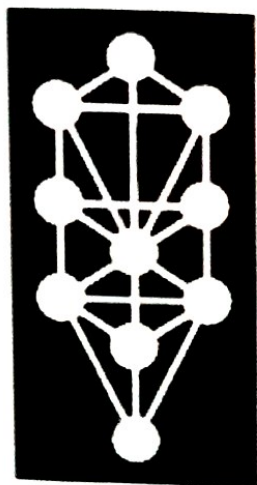
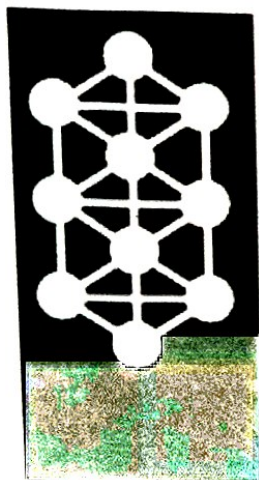


Feel free to weed out the grasses and the Canadian thistles, but **PLEASE** leave the flowers and the medicinal plants alone!

Volunteer gardeners needed!

A Note on the Design:

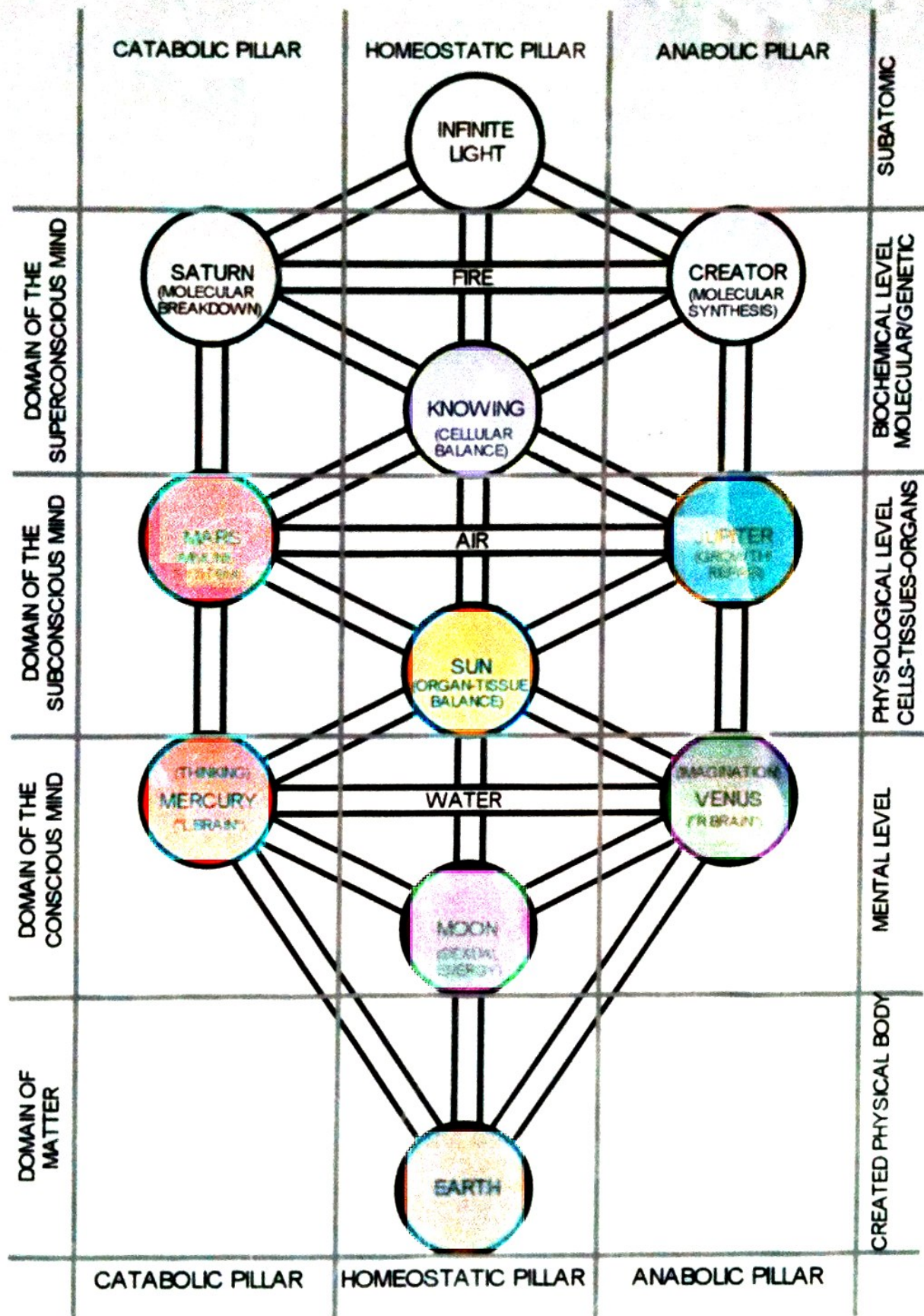
The **WellSprings Tree of Life Garden** Committee began by approving a modification on a common design that brings to life an "evolved" version of the original "*Tree of Life*". The Kabbalistic **Sefer Yetzirah**, (**Book of Creation**), written circa 100 - 500 CE, first presented the specifics of the Hebrew *Tree of Life* as we know it today. Although one can find the primordial archetype of the *Tree* in the mythologies of almost every culture, in the Hebrew *Tree of Life* it may well have undergone its fullest flowering. This ancient *Tree* designated 10 sefirot (circular spaces / energy centers) and 22 interconnecting paths, which different schools have arranged in different patterns, and which the most common representation accepted today includes an "abyss" or gap. The "evolved *Tree*" design as approved for the **WellSprings Tree of Life Garden** fills this gap and anticipates the next step, an evolved form of the *Tree of Life* created through the completion of the process of **Tikkun**, the restoration of the Universe to a perfected state.



Tikkun

Four Stages in the Evolution of the Tree of Life

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The Metabolic Tree of Life

©2001 E. W. Kellogg III

WellSprings

TREE OF LIFE GARDEN

From at least the beginning of recorded history, people have used herbs and plants to cure diseases, relieve suffering, and to flavor their foods. Although most gardeners today grow plants and herbs only for ornamental or culinary purposes, in the Middle Ages herbal gardens, called "Physick Gardens", served as community pharmacies as well. Of course, the ancients believed that all plants, indeed all foods, had medicinal qualities for good or for ill. This view eventually fell out of favor, but now has made a legitimate reemergence now that more and more scientific studies confirm that even the most commonplace of foods - from broccoli to ketchup to oatmeal - have both positive and negative medicinal effects.

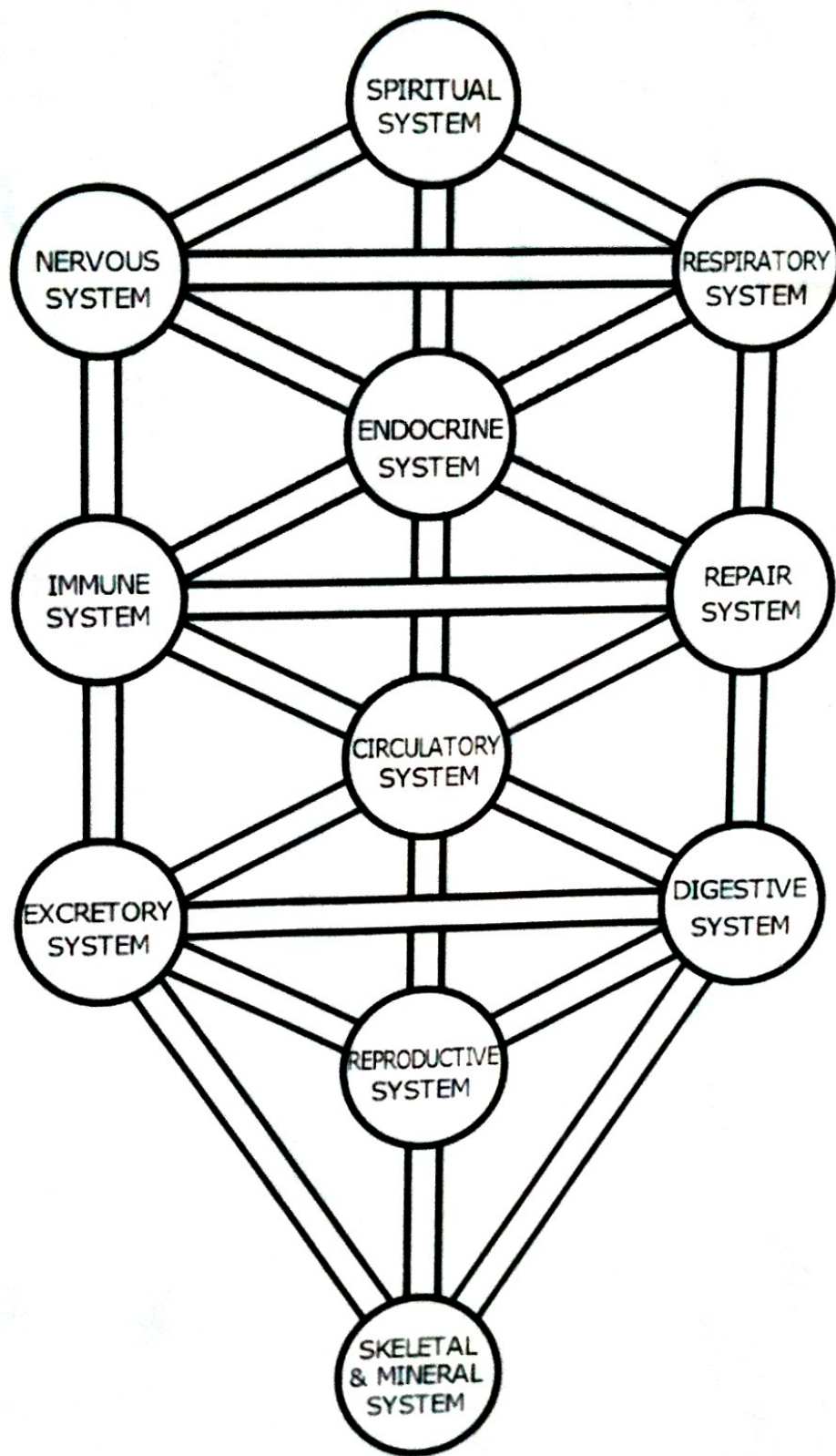
In 1995 **WellSprings** and **SEEDS** (nonprofit 501(c)(3) organizations) jointly began the development of an educational *Hortus Medicus Mandala Garden*. They based their design in part on the ancient "Tree of Life" diagram, a regular geometrical pattern of circular spaces (sefiroth) and interconnecting paths. The Kabbalistic **Sefer Yetzirah**, or **Book of Creation**, written circa 100 - 500 C.E., first presented the specifics of the *Tree of Life* as we know of it today. Although one can find the primordial archetype of the *Tree* in the mythology of almost every culture, in the Hebrew *Tree of Life* it may have undergone its fullest flowering. At the highest level it symbolizes the Universe and the ongoing Process of Creation. Its design delineates both "the anatomy of God", and also that of the "Macrocosmic Man", made in God's image. Each of the sefiroth and paths has an association with a particular function or organ, so that the *Tree of Life* illustrates the interrelatedness and interdependency of all creation. As such, one can appreciate how it seems ideally suited to serve as the template for an educational garden of medicinal plants.

A first version *Hortus Medicus Mandala Garden* came into existence on the sandy banks of an artesian spring on the **WellSprings** property (historically known as **Jackson Hot Springs**) in Ashland, Oregon. Those fortunate enough to have promenaded down the granite walkways often developed a personal relationship with the plants that surrounded them. This beautiful demonstration garden gave visitors a first hand experience of the role that Nature plays in sustaining health, while also demonstrating a way of preserving botanical resources.

In 2001 **WellSprings** appointed a committee devoted to the purpose of resurrecting and recreating the garden, so that it could again serve its original educational purpose. The *Tree of Life Garden Committee* approved modifications to the original design, in order to bring to life an "evolved" version of the traditional "Tree of Life". The ancient **Sefer Yetzirah** designated 10 sefiroth (circular spaces / energy centers) and 22 interconnecting paths, which different Kabbalistic schools arranged in different patterns, and of which the most commonly accepted form includes an "abyss" or gap. The "evolved Tree" garden design fills this gap and anticipates the next step, the perfected form of the Tree after the completion of **Tikkun** (the restoration process - see attached figure). In its new form, **WellSprings Tree of Life Garden** now covers an area of over 70 by 200 feet, and includes 11 circular areas (sefiroth), 25 paths, and over 50 individual garden beds. Aside from some of those who had a hand in creating the original mandala garden, such as Gerry Lehrburger, MD., and Seamana Lanz, the original Tree of Life Garden Committee also included noted herbalists and authors such as Richo Cech, and Donnie Yance.

Different areas of the garden display plants that have known effects on different physiological systems or organs. In this fashion the garden will present a kind of road map to the potential healing properties of medicinal herbs within the human body. Many proposed plants for the garden have served as medicines throughout history. The compendium of plants displayed in the garden will serve, in a small way, as a testament to the bounties of nature that have enabled humans to thrive on planet Earth. A garden tour booklet for visitors will provide information on all of the herbs growing in the garden, ranging from their historical uses in different traditions and cultures, to the biochemical and pharmacological properties of their constituents.

Equally important, the physical *Tree of Life Hortus Medicus* bioregional garden will help to preserve the gene pool of the medicinal plants native to our area. As our area responds to the pressures towards overpopulation and development, maintaining rare and endangered plants in bioregional gardens becomes more and more a priority. Botanical gardens and protected lands may soon become the only places in which to preserve the treasures of genetic material found in the wide variety of mostly unstudied medicinal plants. In time, **WellSprings** plans to use the *Tree of Life Garden* as a source of material for the entire **WellSprings** property so that, in effect, all of the property will become a 30 acre botanical garden housing medicinal plants from the Siskiyou bioregion and from around the world.



Tree of Life Garden Map

©2001 Health Research Institute

The WellSprings Tree of Life Garden

Plant List

Catabolic Left Pillar: Elimination/Separation

2. Nervous System

Lemon Balm (*Melissa off.*)
Catnip (*Nepeta cataria*)
Feverfew (*Tanacetum par.*)
Valerian (*Valeriana off.*)
Skullcap
Hops (*Humulus lupulus*)
Tea (*Camellia sinensis*)
Poppy sp. (*Papaver somnif.*)
Wood Betony (*Stachys offic.*)
Morning Glory (*Ipomoea*)

5. Immune System

Cayenne (*Capsicum frut.*)
Echinacea (*Echinacea spp.*)
Sage (*Salvia spp.*)
Echinacea
Red root (*Ceanothus amer.*)
Oregon Grape (*Berberis aquil.*)
Thyme (*Thymus sp.*)
Red Root (*Ceanothus amer.*)
Blood Root (*Sanguinaria can.*)
Chapparral (*Larrea tridentata*)
Garlic (*Allium sat*)

8. Excretory System (Elimination)

Chickweed (*Stellaria media*)
Plantain (*Plantago spp.*)
Rhubarb (*R. spp.*)
Lobelia
Juniper
Fringe tree
Castor Bean
Cascara Sagrada (*Rham. pur.*)
Poke (*Phytolacca americana*)
Red Clover (*Trifolium prat.*)
Senna (*Cassia spp.*)

Homeostatic Middle Pillar Equilibrium/Balance

0. Spiritual System

Lavender (*Lavandula spp.*)
Tobacco (*Nicotiana spp.*)
Catnip (*Nepeta cataria*)
Lavender
Pulsatilla
Rosemary (*Rosmarinus off.*)
Hyssop (*Hyssopus offic.*)
White Sage / Desert Sage

3. Endocrine System

Astragalus (*Astragalus spp.*)
Bugleweed (*Lycopus spp.*)
Licorice (*Glycyrrhiza glabra, G. uralensis, G. spp.*)
Poke (*Phytolacca americana*)
Yellow Dock (*Rumex crispus*)
Siberian Ginseng (*Eleutherococcus s.*)
Ashwagandha (*Withania somnifera*)
Dong Quai (*Angelica sinensis*)
Ho Shou Wu (*Polygonum multiflorum*)

6. Circulatory System

Foxglove (*Digitalis spp.*)
Hawthorne (*Crataegus oxyacantha*)
Motherwort (*Leonurus cardiaca*)
Rosemary (*Rosmarinus off.*)
Lily of the valley
Ginkgo - Tree
Periwinkle (*Vinca major*)
Garlic (*Allium sat*)

9. Reproductive System

Ashwagandha (*Withania somnifera*)
Cayenne (*Capsicum frutescens*)
Cramp Bark (*Viburnum opulus*)
Dong Quai (*Angelica sinensis*)
Garlic (*Allium sativum*)
Marshmallow (*Althaea off.*)
Red Raspberry (*Rubus idaeus*)

10. Skeletal/Mineral System

Alfalfa (*Medicago sativa*)
Comfrey (*Symphytum offic.*)
Horsetail (*Equisetum arvense*)
Nettle (*Urtica dioica*)
Celery
Yarrow (*Achillea millefolium*)

Anabolic (Right) Pillar: Assimilation/Incorporation

1. Respiratory System

Aconite
Coltsfoot (*Tussilago farfara*)
Lobelia
Elecampane (*Inula helenium*)
Hyssop (*Hyssopus off.*)
Marshmallow (*Althaea off.*)
Mormon Tea (*Ephedra nevadensis*)
Mullein (*Verbascum spp.*)
Thyme (*Thymus vulgaris*)
Yerba Santa

4. Repair System

Arnica (*Arnica spp.*)
Calendula (*Calendula off., C. arvensis*)
Comfrey (*Symphytum off.*)
Saint John's Wort (*Hypericum perf.m*)
Milk Thistle (*Silbum marianum*)
Anchusa Azure (*anchusa azurea*)
Oat Straw (*Avena sativa*)
Plantain (*Plantago maj.*)
Aloe sp.

7. Digestive System (Assimilation)

Centaury (*Centaureum spp.*)
Chamomile, German (*Matricaria rec.*)
Fennel (*Foeniculum vulgare*)
Lemon Balm (*Melissa off.*)
Artichoke
Bergamot sp
Wild Ginger (*Asarum cand.*)
Peppermint (*Mentha spp.*)
Dandelion (*Taraxacum off.*)
Yellow Dock (*Rumex crispus*)
Licorice (*Glycyrrhiza glabra*)
Lemon Verbena