

Galiano Island Trust Committee

Feb 1, 2016



Support for CRYSTAL MOUNTAIN RETREAT

I want to lend my enthusiastic support to the Crystal Mountain Project. I feel that Crystal Mountain Meditation Centre is of great benefit to Galiano Island and our community.

1. It attracts the best kind of visitors to Galiano.

People come here to spend time in silent meditation, in the beauty of our forests, surrounded by nature. These people are quiet, peaceful, respectful, and have a very minimal impact on our environment.

2. Crystal Mountain offers educational opportunities to the community.

I have taken meditation classes there and am very grateful that these excellent classes are available to residents as well as visitors. To have access on the island to classes means that I don't have to depend on the ferries to go off-island to learn. High quality education is right here in my own backyard.

3. Crystal Mountain benefits our local businesses and economy.

The people who come here to meditate are provided with fresh local food and products from our local stores, which directly benefits our island businesses.

4. Crystal Mountain teaches people the practice of meditation and mindfulness, which is highly beneficial on so many levels.

It is well-known and well-documented that practicing meditation has many great benefits: improving our health and well-being, promoting peaceful contemplation and stress-reduction, calming inner conflict and agitation, sharpening the mind and contributing to brain health, to name a few.

5. Crystal Mountain is an oasis of peace.

Having a refuge of serenity in the forest, away from the hectic pace of urban life, creates a place of peace and quiet here, the calming effect of which ripples out to the rest of the island. What better plan for our common island future than to have a centre of peace and silence here--in nature, that respects and loves the beauty of our forests and island life.

Please support Crystal Mountain! Thank you.

Annette Shaw

