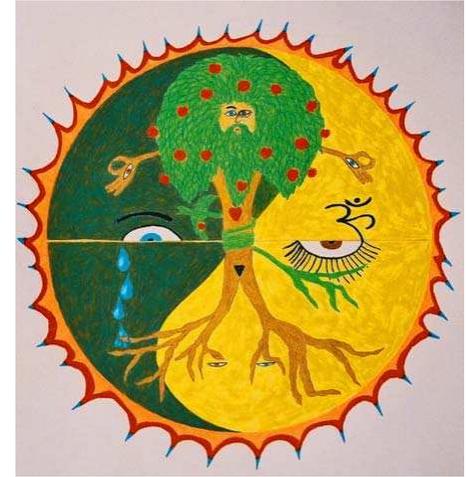


Park Quest 2019 - Herrington Manor State Park



Blending in With Nature.

How many of us move so fast through our daily lives that we forget to “stop and smell the roses?” In today’s society, we are more “connected” and “on call” than ever before. Even our connections with nature tend to be *active* rather than *passive*.

Active: (of a person) engaging or ready to engage in physically energetic pursuits. Think hiking, biking, swimming, fishing etc.

Passive: accepting or allowing what happens or what others do, without active response or resistance. Think Blending in.

The Quest:

With this “quest” we urge you to take time to visit a place in nature to truly disconnect. You will be *active* in your pursuit for a “blending place” but *passive* once the ideal location is found. Once in your blending place consider it in a sense; a meditation, or a time of reflection. Simply put; be still, quiet, and put the technology down. Instead listen, look, and feel your surroundings. Try to blend for at least 15 minutes; we recommend longer.

Reflection: Do you hear or notice things you may not normally recognize? Any hunter can tell you when you sit quietly and still in nature it seems the forest quickly forgets you are even there. It is as if the forest begins to accept you as a true part of it and not only a temporary visitor. You may notice the animals begin to go about their normal behaviors. You may notice sounds normally displaced by the sound of our own movements or voices begin to be heard more clearly and without distraction. You may notice the smells of the earth.

Activity: Give it a try, allow yourself to “blend.” After your time to “blend” please take the time to reflect on your experience with some art therapy, by drawing your own mandala with the paper and colored pencils provided. Everyone should do their own.

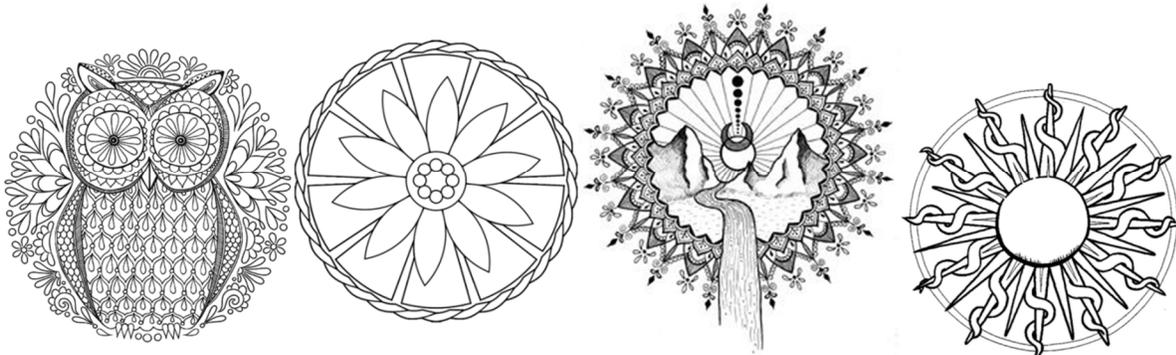
If you would like your art work displayed on the bulletin board near the overlook please bring it to the park office so we can make a copy of it.

The Mandala (Sanskrit for “circle” or “completion”) has a long history and is recognized for its deep spiritual meaning and representation of wholeness. **Many people and cultures have vouched for the mandala’s intrinsic meaning.** Buddhists, Tibetans, and Hindus have all derived meaning from the mandala and its captivating beauty. Psychoanalyst Carl Jung has called it “a representation of the unconscious self.” The mandala is widely recognized as a meaningful reflection of its creator. Mandala art therapy & healing can be a great source of reflection on one’s soul.

Mandalas can be seen all around us. They are larger than life. They represent life as we know it, but they also represent a larger ecosystem and universe that exceeds our consciousness.

- The “circle with a center” pattern is the basic structure of creation that is reflected from the micro to the macro in the world as we know it. It is a pattern found in nature and is seen in biology, geology, chemistry, physics and astronomy.
- On our planet, living things are made of cells and each cell has a nucleus — all display circles with centers. The crystals that form ice, rocks, and mountains are made of atoms. Each atom essentially is a mandala.
- Within the Milky Way galaxy is our solar system and within our solar system, is Earth. Each is a mandala that is part of a larger mandala.
- Flowers, the rings found in tree trunks and the spiraling outward and inward of a snail’s shell all reflect the primal mandala pattern. Wherever a center is found radiating outward and inward, there is wholeness—a mandala.

Mandalas are everywhere. They are the structures of our cells, our world, and our universe. (Examples of mandala art below)



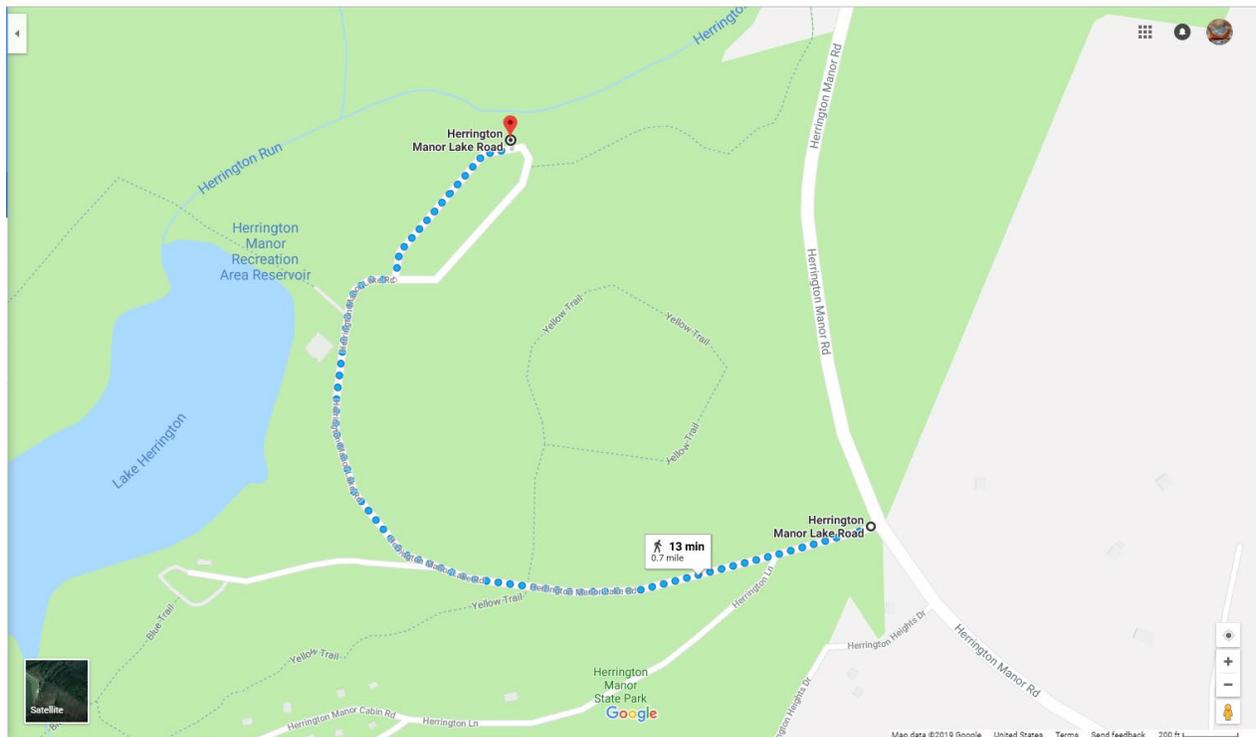
Mandala Art Therapy:

The very nature of creating a mandala is therapeutic and symbolic. The shapes and colors you create in your mandala art therapy may reflect your inner self at the time of creation. Your instinct and feeling should inspire and guide you through the process of creation. The thought is; the mandala is essentially a portrait of yourself, whatever you are feeling at that time, whatever emotions are coming through, will be represented in your mandala art therapy.

As with most art therapy, it’s not about the final product, it is about the journey. When you reach your destination, you will have a representation of something meaningful and personal, a snapshot of you for a brief moment in time expressed through your mandala.

Herrington Manor Park Quest 2019 Supplemental Instructions

Map to the park quest site



1. Turn into Herrington Manor State Park
2. At the entrance booth, continue straight towards the lake
3. Follow Herrington Manor Lake Rd to the back parking area.
4. Look for the bulletin board and overlook platform at the far end of the back parking area.