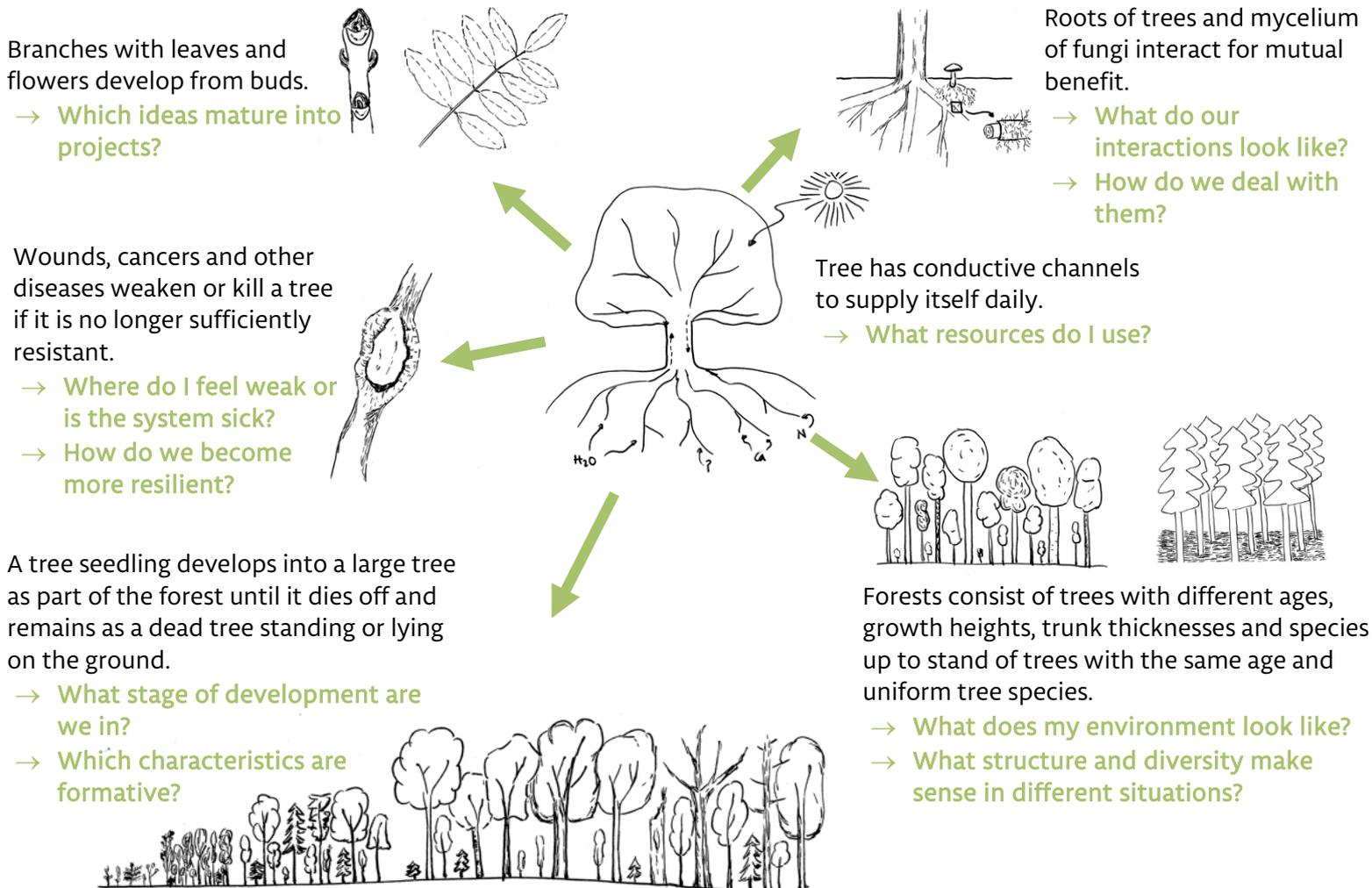


How do we anchor what we have experienced in the forest?

By connecting perceptions and experiences in the forest with oneself and one's environment in everyday life. In similar situations, they come back into **one's own subconscious**.



Mental models and effective handling of the subconscious mind

«One reflects on one's inner images of the world, strives to continuously clarify and improve them, and recognises how they influence one's actions and decisions.» (translated; Senge et al., 2008: 7)

«Metaphors and mental images are a successful method of focusing the subconscious mind on a point. World-class swimmers, for example, have found that they swim faster when they imagine that their hands are twice as big as they really are and that their feet have webbed feet. ... But in the end, the effectiveness of all these methods depends on knowing what is most important to you. ... Finally, the most important thing in developing the subconscious rapport, ..., is the genuine interest in a desired outcome, the deep conviction that one is striving for the "right" goal.» (translated; Senge 2011: 183f)

Senge Peter, Kleiner Art, Smith Bryan, Roberts Charlotte, Ross Richard (2008): Das Fieldbook zur Fünften Disziplin. Schäffer-Poeschel Verlag, Stuttgart. S. 687. (The Fifth Discipline Field Book)

Senge Peter (2011): Die fünfte Disziplin – Kunst und Praxis der lernenden Organisation. 11th edition, Schäffer-Poeschel Verlag, Stuttgart. S. 500. (The Fifth Discipline – art and practice of the learning organisation)