



MENTAL MAPPING SEMINAR

Wie geht
mental mapping?

wandern, atmen, fühlen,
dokumentieren, Geschichten
erzählen, Episoden zeichnen,
zusammenführen

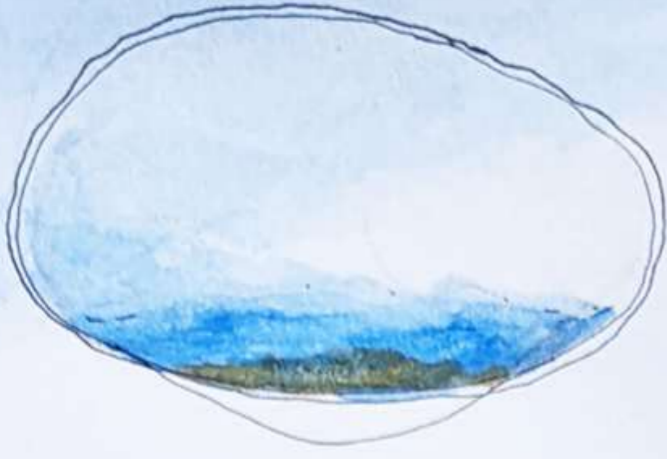
Architekten finden Inspiration in der Lieberoser Heide

in einem Seminar zum Thema mental
mapping wandern Studierende der
Hochschule Anhalt den Naturlehrpfad
Ludwig-Leichert



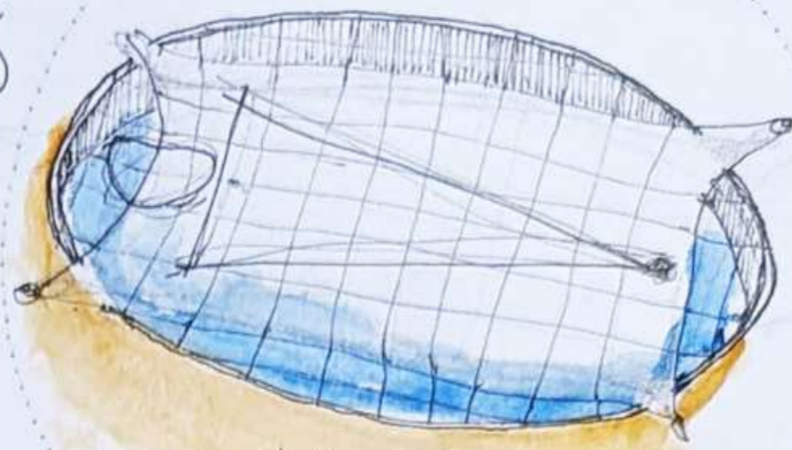
lausch@wertewandel-verein.de

Design projections from the Mental map

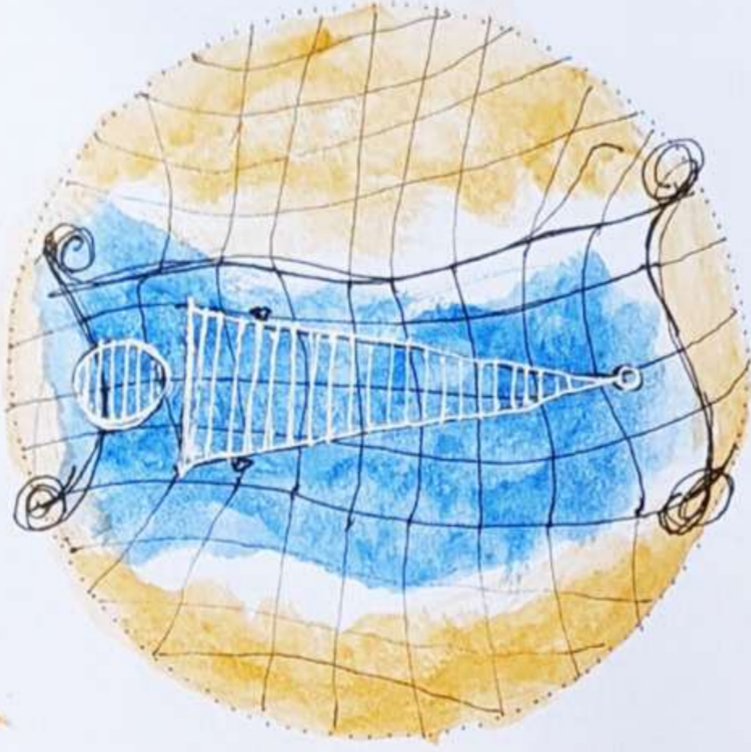


to build naturally -
 - dig a hole/puddle +
 - place the sunbunt-mud pot into the hole (180cm-210cm dia)
 - water proof material paint
 - tie the net/hammock till around the circumference

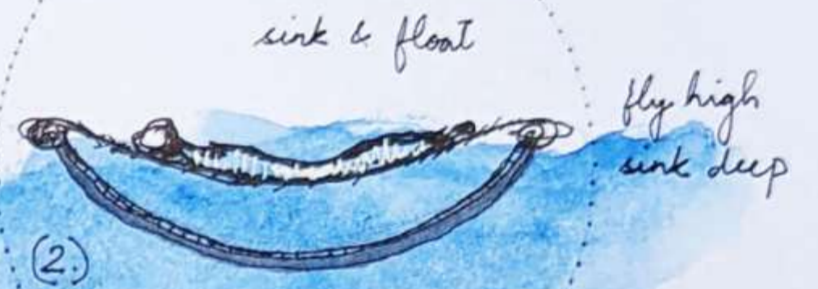
intervention -
 ↳ a net/hammock embracing a puddle.



- 3 types
 ↳ fill water completely
 ↳ quarter pot of water
 ↳ fill wet mud.



float & fly
 Breathe more deeply

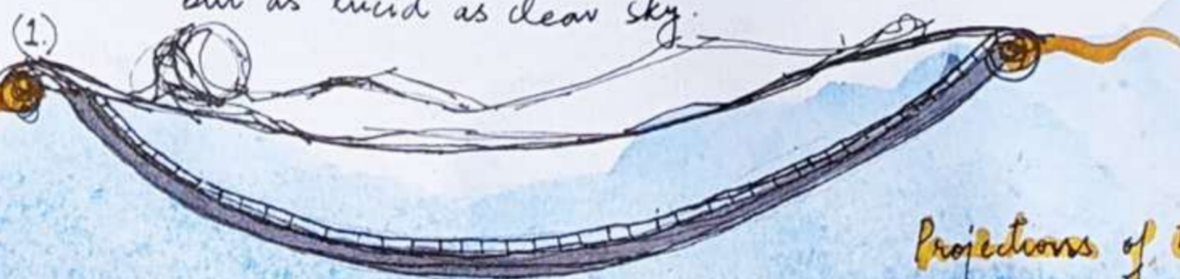


sink & float

fly high
 sink deep



soak in mud
 "get dirty"



draws in thoughts,
 but as lucid as clear sky.

Projections of the mental map

Design intervention

Mental mapping

mud + air + water therapy

monotonous mind
 is in path takes the most,
 Go! seek adventure!

unconventional
 is appreciated most
 when takes the risk.

seeking adventure!



Blending in be contented

seeking more & more,
 constantly keeps us running
 will there be an end?

instead, look around.
 look inward, feel the space, and
 stay there! and blend in!

It is nature's rule
 to attach and then move on,
 to ultimately detach.

following the gut,
 disappointing all, is
 inevitable.

Budding & detaching

Swarmed & flee
 Overcrowd, surround
 It's time to run & flee
 and find the open.

standing ground

actions influence
 sometimes, a mere presence does,
 standing ground, is key.

Soaked & absorbed.
 Osmosis is key
 high to low, optimizes
 balancing the ground.

soaked in grass, was I,
 gazing at the cloudy sky,
 absorbed into the earth.

It's more exciting
 the fantasy of having
 than actually owning

Curiosity & void

What is there beyond?
 I climb, I break, curious
 nothing's there beyond!

Wayfinding & losing

Often we think we're lost
 but the truth is that, we
 always find our own way
 back!

Kick-off

A wandering mind
 until the silver bell rang
 with all worries lost!

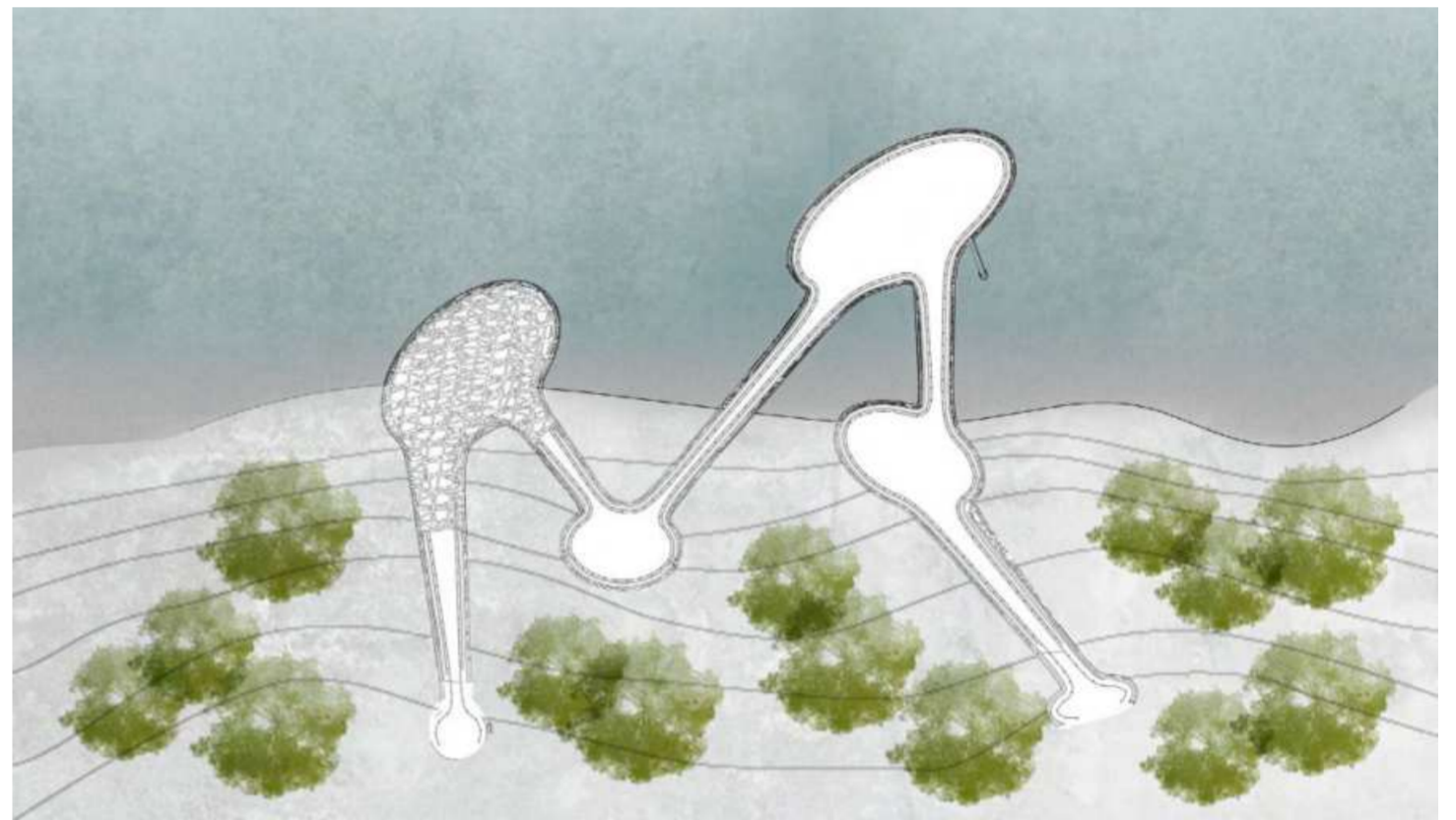
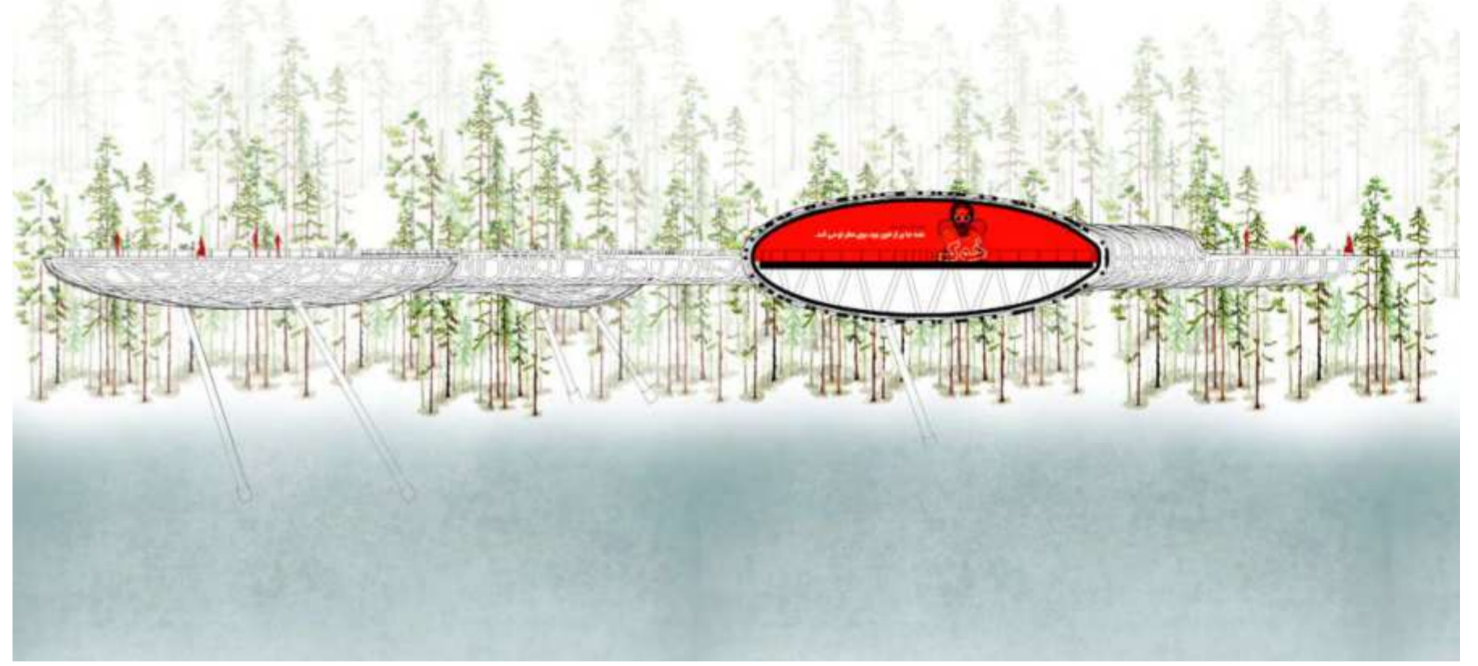
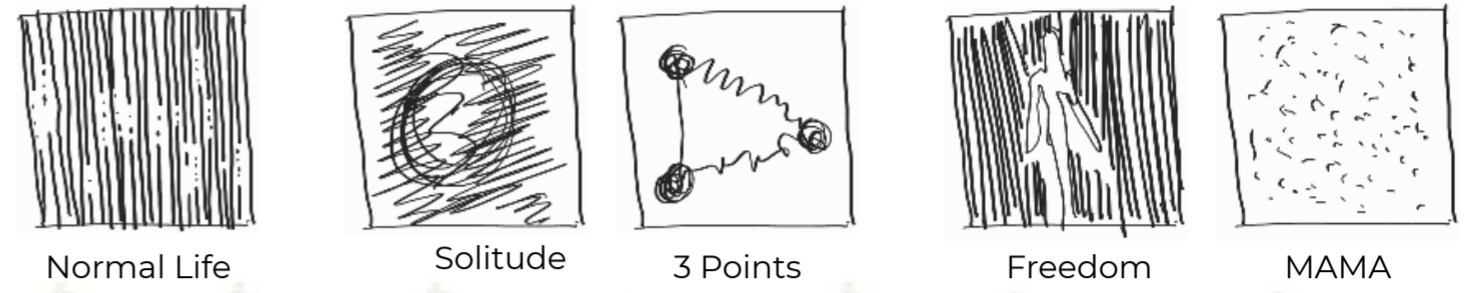
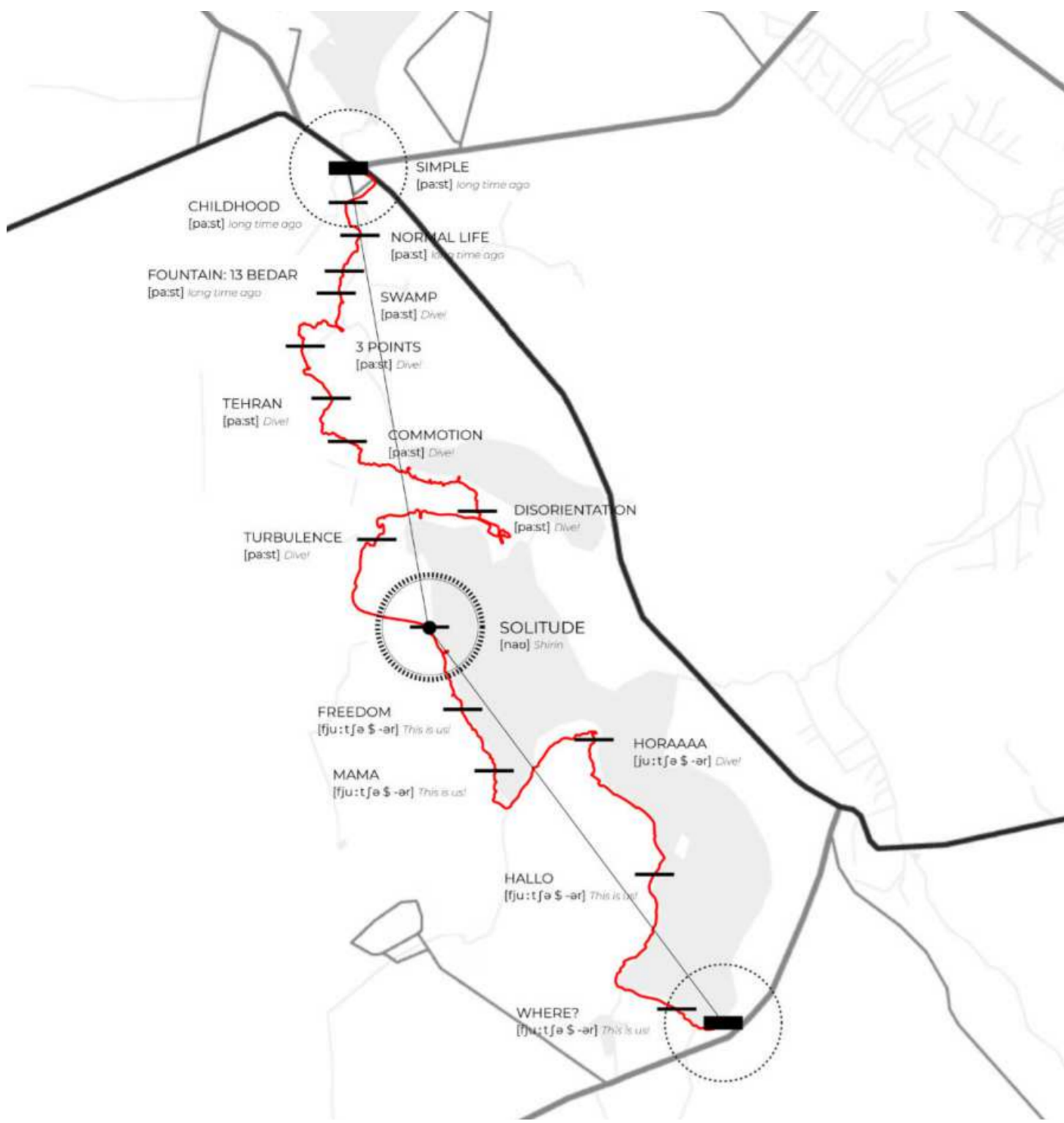
From here it begins
 a land of another world
 absorbing me into it.

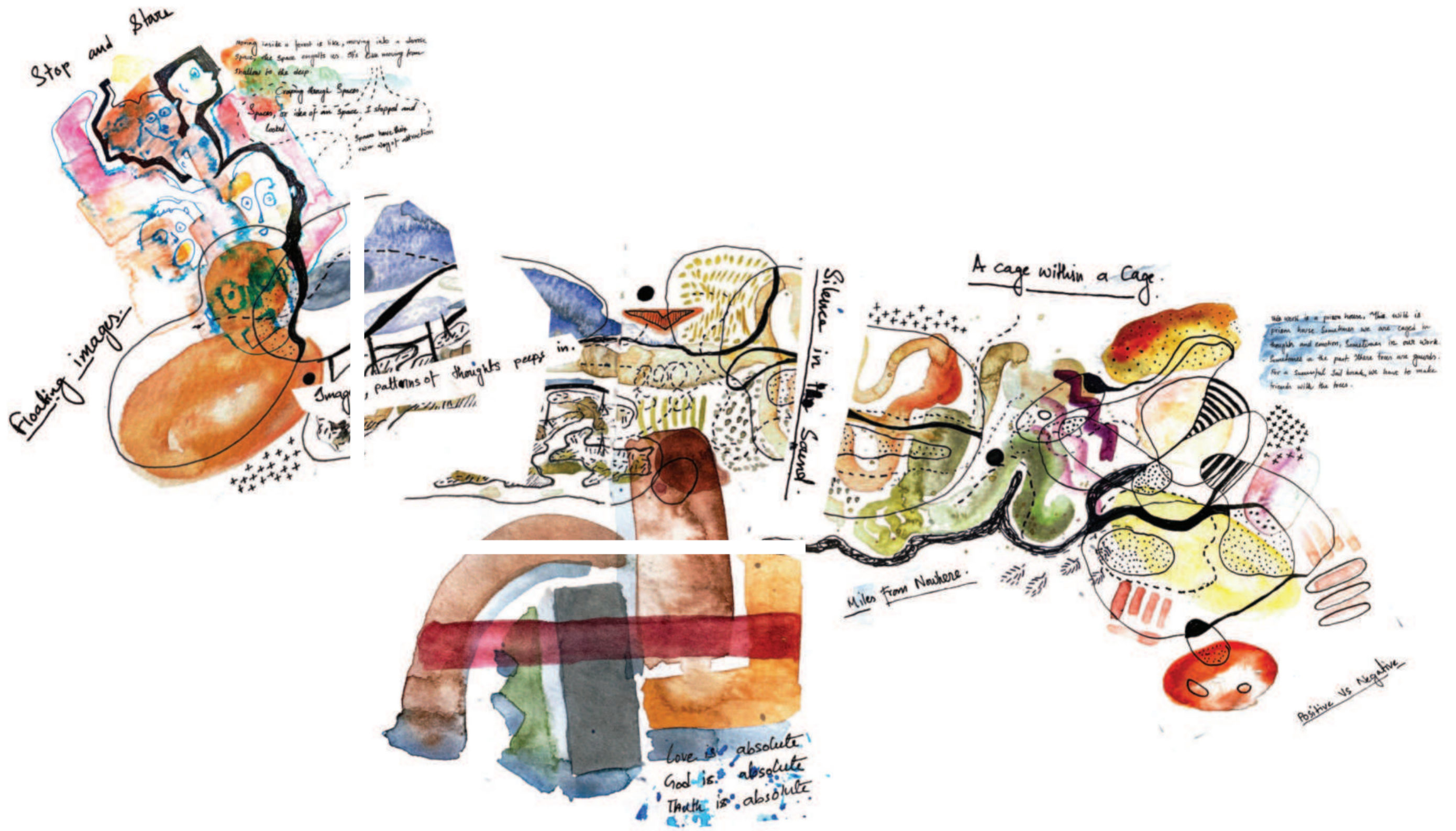
Kaamy & silent
 Koo-koo, koo-koo calls
 while drawing my attention
 brings back my senses

Jump Cut, a platform for Iranian Cinema

Aida Fazli
Mind Mapping

The story of this project started like this: After my trip to the forest, I encountered a lot of emotions. The story of this forest is divided into three parts for me: long time ago, Dive, and This is Us. This project was like a movie for me and I lived its sequence. That's why I wanted to create a space for visitors to enjoy waiting and watching Iranian movies indoors. The idea of this design is taken from the roots of trees that have extended and turned into a platform for visiting.

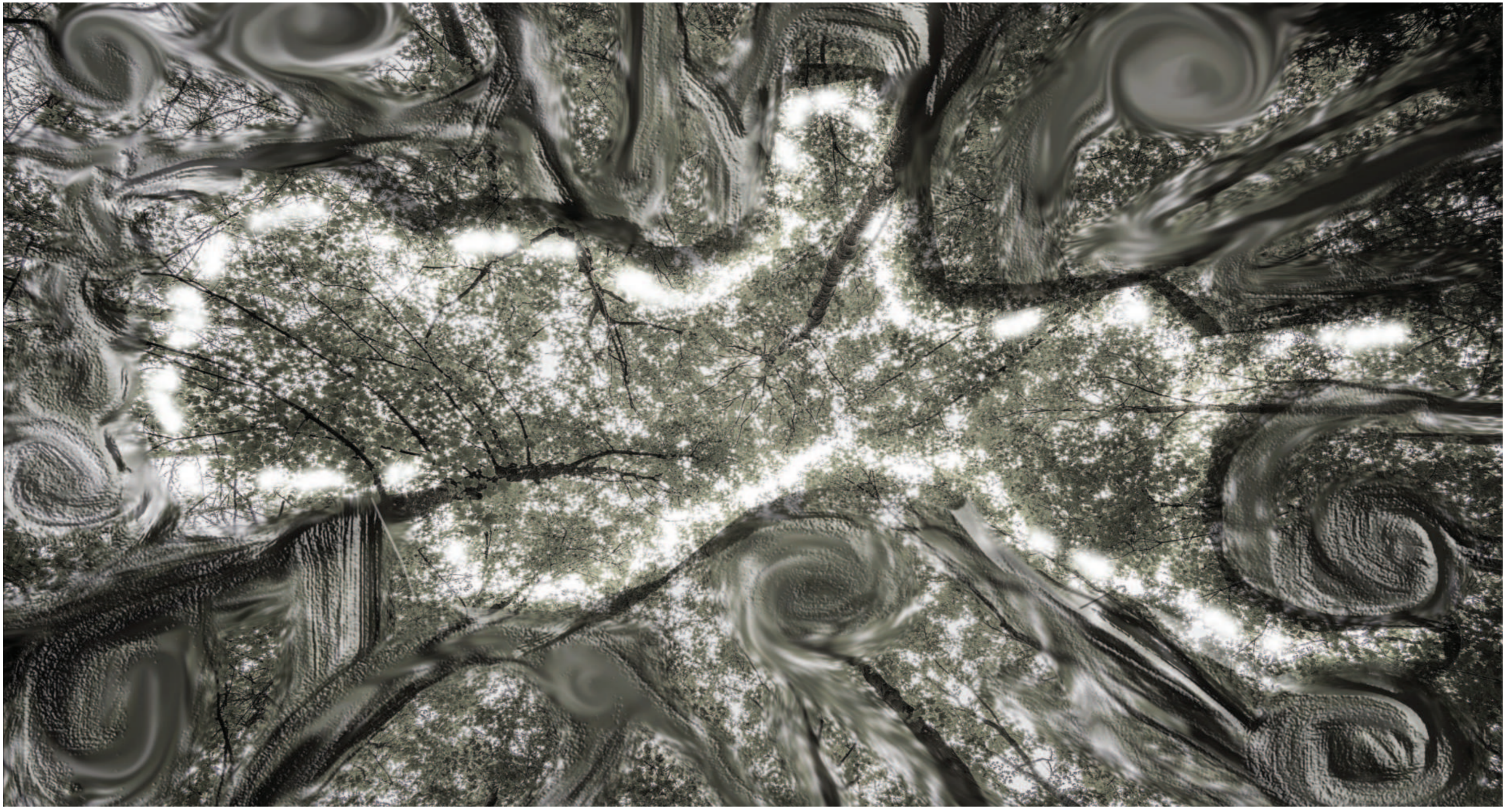




Tongue-tied and twisted, just an earth-bound misfit

FLOATING DONUT

Amr Aboeleinein | 5051627



DANDELIONS IN THE AIR



CANARIES



GREEN PATTERN



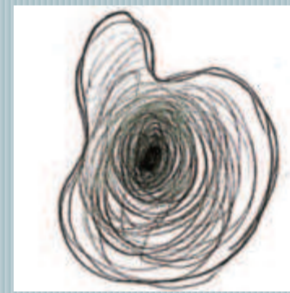
INTO DARKNESS



SUMMERTIME



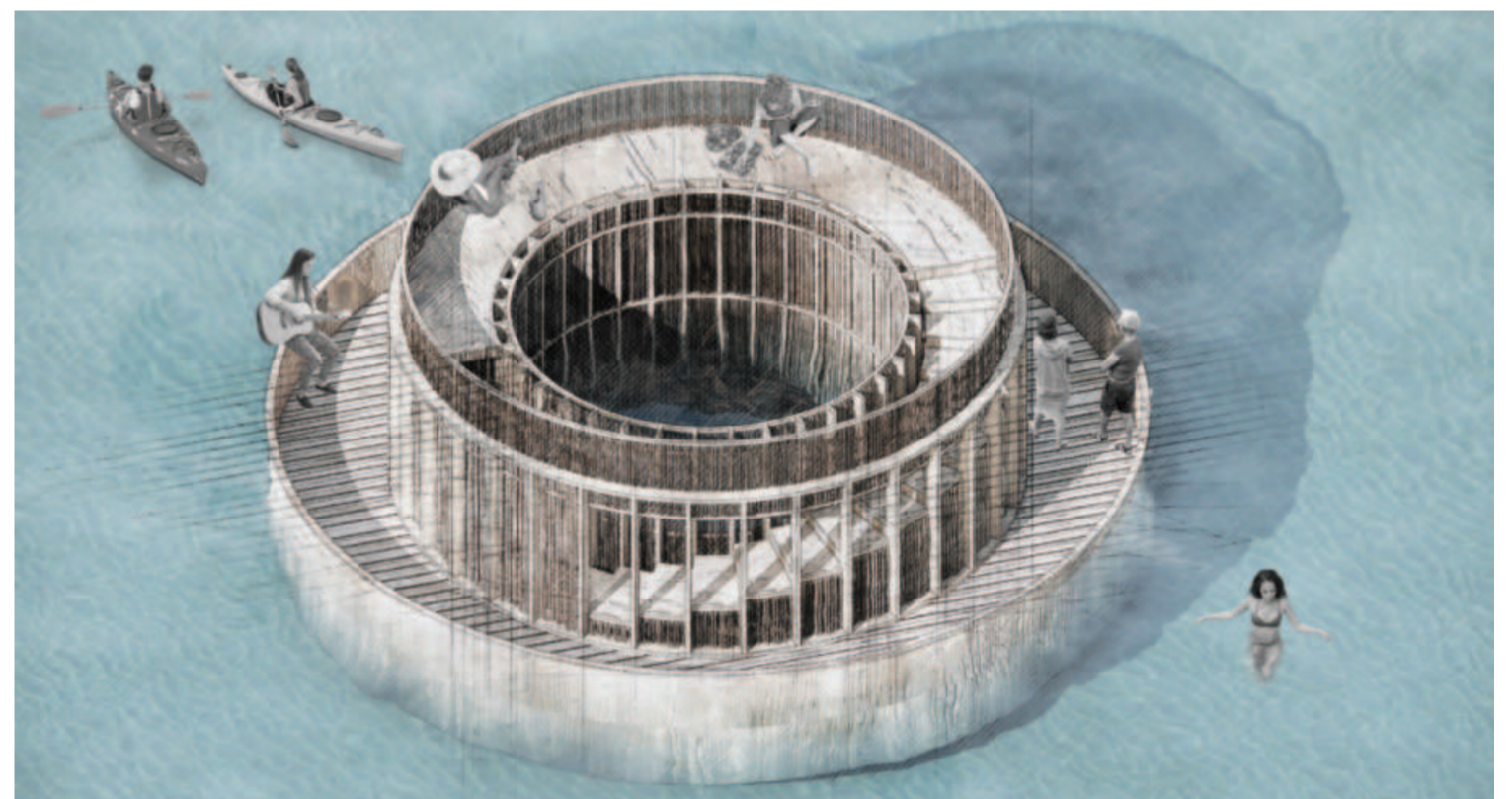
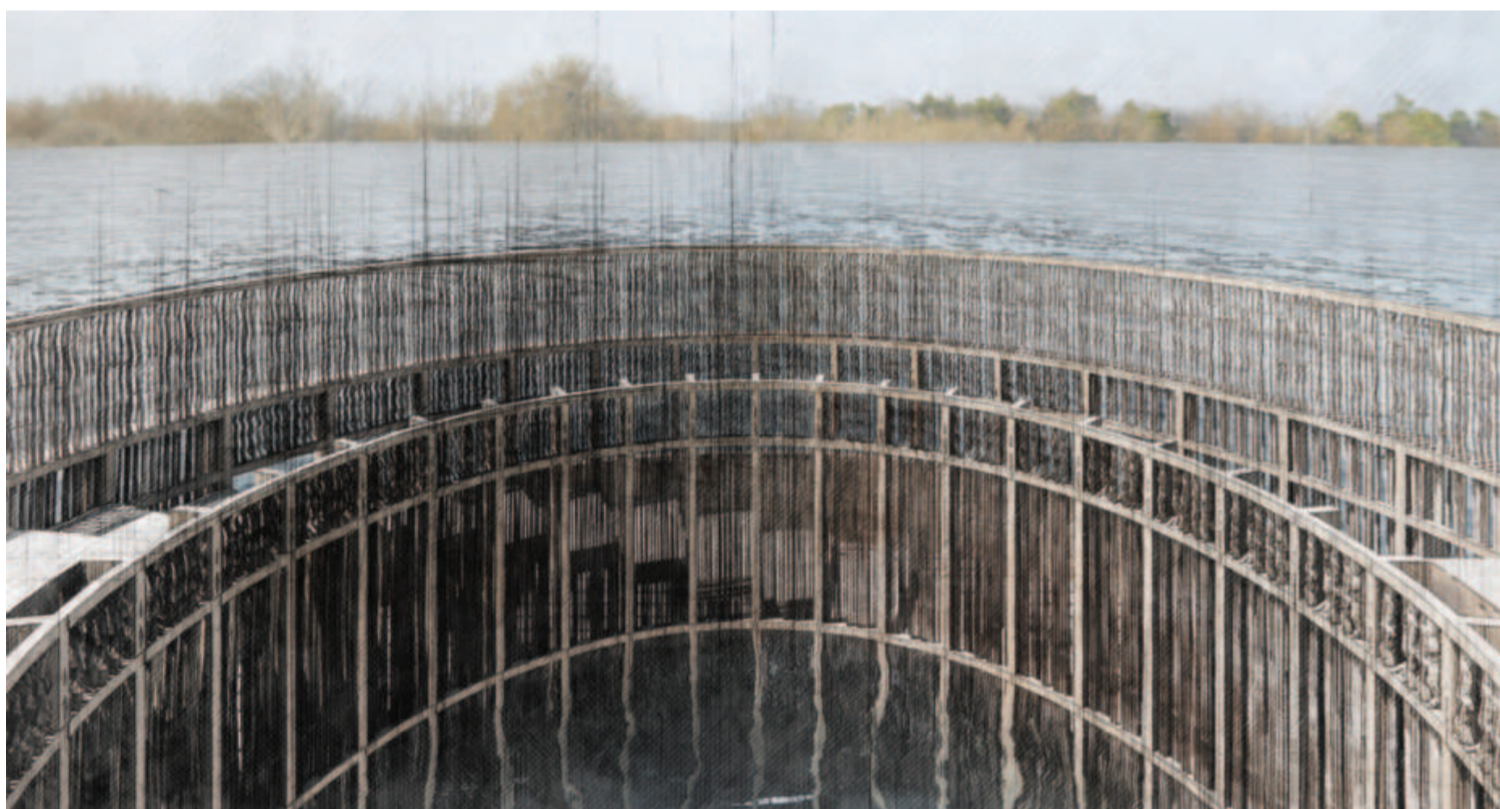
THE BLUE HOLE

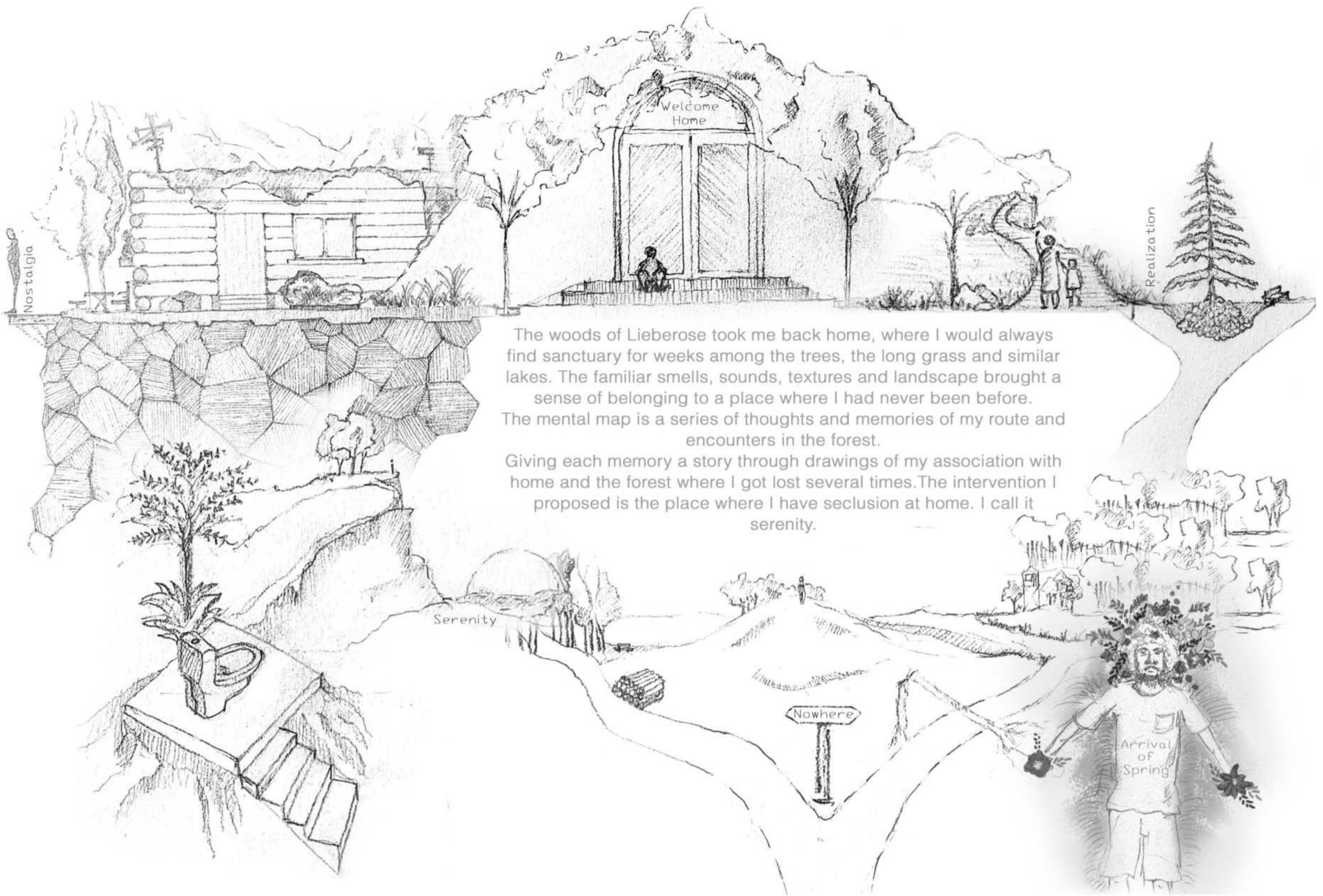


THE BEACH



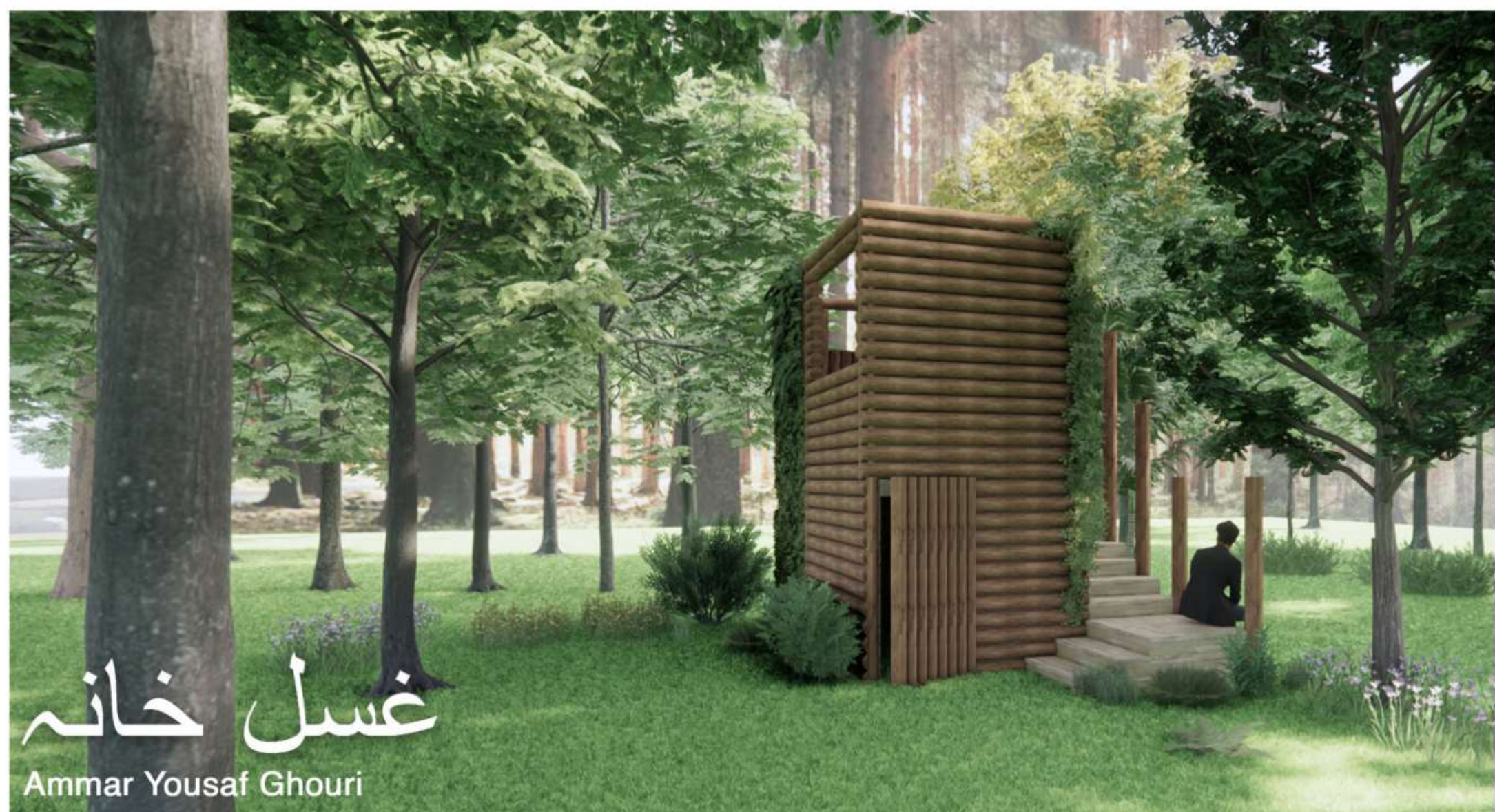
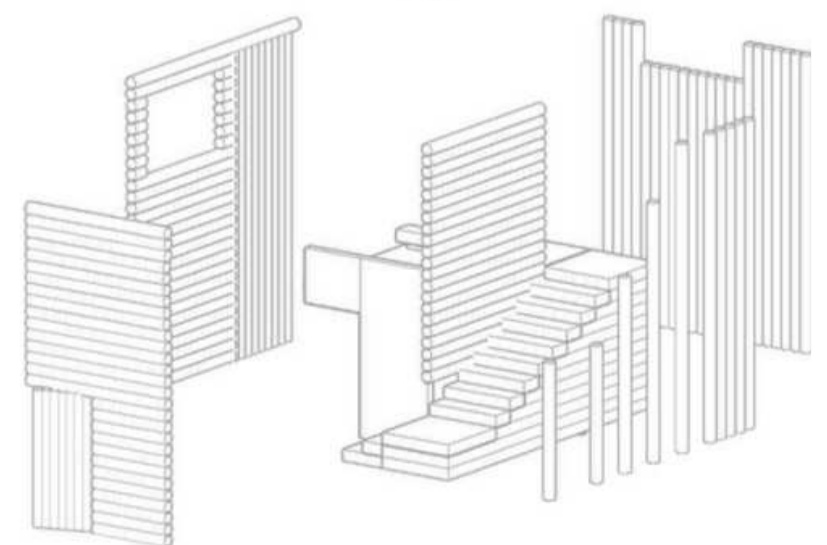
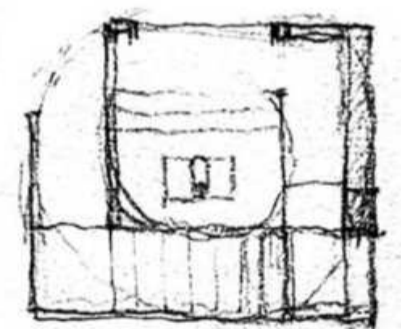
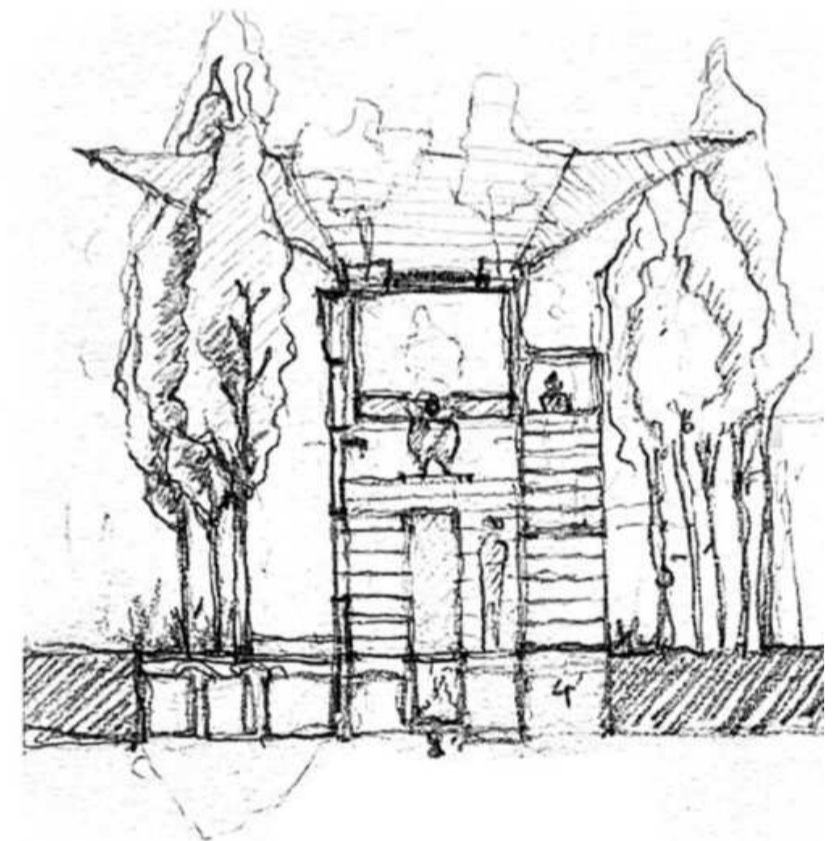
ORIGINS





The woods of Lieberose took me back home, where I would always find sanctuary for weeks among the trees, the long grass and similar lakes. The familiar smells, sounds, textures and landscape brought a sense of belonging to a place where I had never been before. The mental map is a series of thoughts and memories of my route and encounters in the forest.

Giving each memory a story through drawings of my association with home and the forest where I got lost several times. The intervention I proposed is the place where I have seclusion at home. I call it serenity.



غسل خانه

Ammar Yousaf Ghouri

