

BOB MANN & JUDITH CHRISTY



Judith and Bob first came to Shadowcliff on their honeymoon in 1977 with 35 of their closest friends and their 4 children. They have returned ever since as family, group leaders, cabin guests, retreat leaders and as Shadowcliff's Co-directors from 2001 - 2011.



Shadowcliff is an eco-friendly mountain sanctuary where together we are creating a climate for a restorative world.

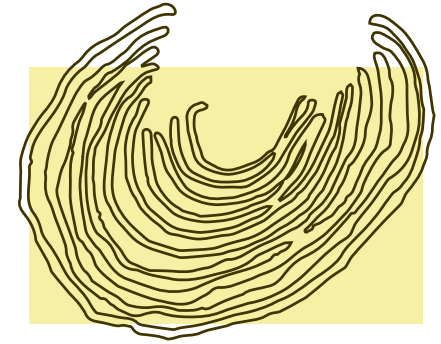
P: 970-627-9220
E: info@shadowcliff.org
w: shadowcliff.org

Shadowcliff
inspiring the journey

THE LAWS OF NATURE

The Laws of Nature are not just good ideas, they are nature's operating principles. In our human cultures, the breaking of laws has certain consequences. The same is true in nature. Our goal is to better understand the interconnectedness of all Earth's eco-systems and inhabitants — and to recognize that we humans are also subject to these same laws of nature. Thoreau, Emerson, Wilson, Benyus and many others contributed to our understanding and application of Nature's Laws. The "Ten Laws of Nature" you see demonstrated on the trail are crafted by Bob Mann and Judith Christy into their teachings and the ongoing development and operation of Shadowcliff.

We invite you to walk this trail and to reflect on these Laws of Nature as seen in what you experience. More importantly we encourage you to consider how your own life's journey could be inspired, made richer and more balanced through the application of these principles in your home, workplace and in your community.



LAWS OF NATURE INTERPRETIVE TRAIL

*IN HONOR OF
BOB MANN & JUDITH CHRISTY*

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THE LAWS OF NATURE INTERPRETIVE TRAIL

In honor of former Shadowcliff directors Bob Mann and Judith Christy, the Laws of Nature Interpretive Trail is designed as an experience for Shadowcliff guests to reflect on and interact with the Rocky Mountain surroundings from Shadowcliff's own backyard.

As you make your way along the trail, take a moment to pause at each station and consider the meaning of each "law" and how it affects your own surroundings

Station #1 Aspen Grove

- Nature rewards adaptation
- Nature runs on current sunlight

Station #2 Mountain View

- Everything in nature is connected
- Nature curbs excess from within

Station #5 Judith's Garden

- Nature acts without judgment
- Nature rewards cooperation

Station #4 The Bridge

- Nature favors diversity
- There is no waste in nature

Station #3 River Meadow

- Nature uses only the energy it needs
- Nature acts locally with rippling effects

