



CONTENTS

INTRODUCTION 06

- What is nature? 10
- Grounding 12
- Rewilding 18
- Old wisdom 22
- How to use this book 28

CONNECTION 30

- Understanding our connection to nature 32
- Nature contact 40
- The mind-body benefits of nature connection 44
- Going beyond contact 46
- Caring for what we value 50

WILD 56

- Rewilding our minds and bodies 60
- Nature as self-willed 64
- Living adventurously 66
- Wildness everywhere 70
- Nature's lessons 74

MYSTERY 78

- Unknowable nature 80
- The impermanence of nature 86
- Honouring the wild card 90
- The possibility of transcendence - epiphanies and peak experiences 94

STILLNESS 98

- A sensory exploration of the world 100
- Nature-based mindfulness 110
- Silence 112
- Inner spaciousness 116
- Peace in the wild 118
- Noticing beauty 122

SOLITUDE 124

- Observing solitude in nature 126
- The nature of being 130
- The paradox of solitude 134
- Time alone helps us come back - to our wild nature and to others 136

MOVEMENT 140

- The lost connection of mind and body 142
- The body of nature 144
- Forever in movement 146
- Reclaiming movement 150

COMPASSION 152

- Rewilding the mind and heart 154
- Developing empathic connection 160
- Understanding relationships 164
- Loving the wild 170
- Index 189