

the peace of wild things

the peace of wild things is a phrase that evokes a sense of serenity, connection, and refuge found in nature's untamed landscapes. This article explores the deeper meaning behind the concept, inspired by literature and poetry, while examining its psychological, environmental, and cultural significance. Readers will discover how the peace of wild things influences mental well-being, why wild places are crucial for ecological balance, and how society can embrace the tranquility offered by the natural world. The article also provides practical ways to access the peace of wild things in everyday life. Journey through a comprehensive analysis of this powerful notion and learn how wild places contribute to healing, inspiration, and sustainable living. Let's explore the enduring relevance of wildness in modern times and understand why protecting it matters for both people and the planet.

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Understanding the Peace of Wild Things

The peace of wild things refers to the unique calm and solace found in undisturbed nature. This concept captures the freedom and simplicity that characterizes wild landscapes, unburdened by human worries or societal pressures. People often seek out natural environments for relief from stress, hoping to reconnect with something primal and enduring. The peace of wild things isn't simply about quiet; it's about the deep, restorative sense of belonging and perspective offered by unspoiled places. As urbanization increases and lives become busier, the longing for wildness and its tranquility is more relevant than ever. Exploring this topic reveals the intricate relationship between humans and nature, highlighting how wild places are essential for both personal well-being and global health.

Origin and Literary Significance

Poetic Roots of the Peace of Wild Things

The phrase “the peace of wild things” originates from Wendell Berry’s acclaimed poem, which has touched generations of readers. Berry’s poem paints a vivid picture of escaping despair by immersing oneself in the calm presence of wild animals and the natural world. The poem’s message resonates with those seeking relief from modern anxieties, emphasizing the wisdom and serenity that wild places can provide. Literary works often use the motif of wildness as a symbol of freedom, healing, and renewal, making “the peace of wild things” a universally appealing concept.

Influence on Literature and Philosophy

Many writers and philosophers have explored the idea of wildness as a source of peace. Henry David Thoreau, John Muir, and Mary Oliver have all written about the transformative power of nature. These works suggest that wild places offer a unique refuge, where individuals can find clarity, inspiration, and a sense of purpose. The peace of wild things continues to influence contemporary literature,

environmental writing, and philosophical discussions about humanity's relationship with the natural world.

The Psychological Benefits of Nature

Nature's Impact on Mental Health

Scientific studies increasingly show that spending time in wild places reduces stress, anxiety, and depression. The peace of wild things is more than poetic—it's supported by research indicating that exposure to nature lowers cortisol levels and promotes relaxation. Individuals report feeling more centered, optimistic, and resilient after immersing themselves in natural settings. Wild places offer a sensory richness that calms the mind and restores emotional balance.

Therapeutic Practices in Wild Environments

Ecotherapy and forest bathing are practices that harness the healing power of wild things. Therapists encourage clients to spend time outdoors for improved mental health, using nature as a backdrop for mindfulness and reflection. The peace found in wild things is foundational to these therapeutic approaches, which emphasize simplicity, presence, and connection to the earth.

- Lowered stress hormones
- Improved concentration
- Greater emotional stability
- Enhanced creativity
- Increased sense of well-being

Environmental Importance of Wild Places

Biodiversity and Ecological Balance

Wild places are vital for maintaining biodiversity and ecological stability. The peace of wild things is inseparable from the health of ecosystems, where plants and animals thrive undisturbed. These areas support complex food webs, protect endangered species, and maintain natural cycles of water, air, and soil. The loss of wild habitats disrupts ecological balance and threatens global sustainability.

Role in Climate Regulation

Forests, wetlands, and other wild landscapes act as carbon sinks, filtering pollutants and regulating climate. Preserving the peace of wild things ensures that natural systems continue to provide essential services for humanity, such as clean air, fresh water, and fertile soil. Protecting wild places is not only an environmental imperative but also a practical necessity for human survival.

Cultural Interpretations of Wildness

Symbolism in Art and Spirituality

Across cultures, wildness is associated with freedom, mystery, and spiritual renewal. The peace of wild things appears in various art forms, from painting to music to ritual. Indigenous traditions often regard wild places as sacred, believing that they are inhabited by spirits or ancestral forces. This reverence for wildness influences practices and beliefs that prioritize harmony with the environment.

Modern Views on Wilderness

Contemporary society struggles to balance development with conservation. The peace of wild things is increasingly celebrated in urban design, recreation, and wellness movements. People seek out parks, nature reserves, and protected areas to escape the pressures of city life. The growing appreciation for wildness reflects a collective desire for authenticity, adventure, and connection.

How to Experience the Peace of Wild Things

Practical Ways to Connect with Nature

Experiencing the peace of wild things does not require traveling to remote wilderness. Even local parks, gardens, and nearby forests can offer moments of tranquility. Mindful walks, birdwatching, or simply sitting quietly outdoors can foster a sense of peace. The key is intentional presence and openness to the natural world's rhythms.

Building Wildness into Everyday Life

Individuals can cultivate the peace of wild things through daily habits. Growing native plants, reducing screen time, and engaging in outdoor activities are simple ways to reconnect with nature. Community initiatives that restore natural habitats or promote conservation also help people experience wildness collectively. Embracing the peace of wild things means making room for nature in both public and private spaces.

1. Schedule regular outdoor breaks
2. Create wildlife-friendly gardens

3. Participate in local conservation projects
4. Practice mindfulness in natural settings
5. Learn about native flora and fauna

Protecting Wild Places for Future Generations

Conservation Strategies

Safeguarding the peace of wild things demands active stewardship. Conservation organizations, governments, and communities work together to establish protected areas, restore degraded habitats, and promote sustainable land use. Education plays a crucial role in fostering respect for wild places and inspiring future generations to care for nature.

Benefits of Preserving Wildness

Maintaining wild places ensures ongoing access to their peace and resources. Healthy ecosystems support economic activity, cultural heritage, and recreational opportunities. The peace of wild things is a legacy worth protecting, offering hope and resilience in a changing world.

Conclusion

The peace of wild things remains a powerful concept that bridges poetry, psychology, ecology, and culture. Wild places offer sanctuary, inspiration, and balance in an increasingly hectic society. By understanding the value of wildness and integrating it into daily life, individuals and communities can

experience profound peace and contribute to a sustainable future. The enduring relevance of the peace of wild things invites ongoing reflection and action, ensuring that wildness continues to enrich human life and the planet.

Q: What does "the peace of wild things" mean?

A: "The peace of wild things" refers to the feeling of tranquility and refuge found in nature, away from human stress and worries. It symbolizes the restorative calm present in wild landscapes and untamed environments.

Q: Who wrote the poem "The Peace of Wild Things"?

A: Wendell Berry, an influential American poet, wrote "The Peace of Wild Things." His poem emphasizes escaping despair by seeking solace in nature.

Q: How can spending time in wild places benefit mental health?

A: Time in wild places has been shown to reduce stress, lower anxiety, improve mood, and enhance overall well-being. Nature exposure helps regulate emotions and encourages mindfulness.

Q: Why are wild places important for the environment?

A: Wild places maintain biodiversity, support ecological balance, filter pollutants, and regulate climate. They are essential for healthy ecosystems and human survival.

Q: What are some ways to experience the peace of wild things?

A: Individuals can experience the peace of wild things by taking mindful walks, practicing outdoor meditation, gardening with native plants, or participating in conservation projects.

Q: How is wildness interpreted in different cultures?

A: Many cultures view wildness as sacred, associating it with freedom, spiritual renewal, and connection to ancestral traditions. It often features in art, ritual, and storytelling.

Q: What is the impact of urbanization on wild places?

A: Urbanization leads to habitat loss and fragmentation, making wild places scarcer. This heightens the importance of protecting and restoring natural environments for ecological and human health.

Q: How do conservation efforts help protect the peace of wild things?

A: Conservation efforts establish protected areas, restore habitats, and promote sustainable practices, ensuring that wild places and their tranquility are preserved for future generations.

Q: Can the peace of wild things be found in urban areas?

A: Yes, urban parks, gardens, and green corridors provide opportunities to experience nature's peace, even in densely populated cities.

Q: What role does nature play in creative inspiration?

A: Nature and wildness often inspire artistic expression, literature, and innovation, providing a rich source of imagery, ideas, and emotional resonance.

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The Peace of Wild Things: Finding Solace in Nature's Embrace

Finding peace in our increasingly hectic modern world can feel like a Herculean task. Stress, deadlines, and constant connectivity leave many feeling overwhelmed and disconnected. But what if the antidote to this pervasive anxiety lay not in a bustling city, but in the quiet stillness of the natural world? This post delves into the profound meaning behind the phrase "the peace of wild things," exploring its origins, its significance, and how connecting with nature can foster a sense of tranquility and well-being. We'll unpack practical ways to experience this peace for yourself and discover the restorative power of the natural world.

Understanding "The Peace of Wild Things"

The phrase "the peace of wild things" originates from the poem "The Peace of Wild Things" by Wendell Berry, a renowned American writer and environmental activist. Berry's poem is a powerful meditation on the human condition and our relationship with the natural world. It speaks to a deep longing for solace and a recognition that amidst the chaos of human life, the natural world offers a sanctuary of calm and acceptance. It's not just about the absence of human-created noise, but a deeper, more profound peace that stems from witnessing the untamed beauty and resilience of nature.

The Restorative Power of Nature: Scientific Backing

The peace described by Berry isn't just poetic sentiment; it has scientific backing. Numerous studies demonstrate the therapeutic benefits of spending time in nature. Exposure to natural environments reduces cortisol levels (the stress hormone), lowers blood pressure, and improves mood. Simply being surrounded by trees, water, or open spaces can have a profound impact on our mental and physical health.

Shinrin-yoku (Forest Bathing): A Deeper Connection

The Japanese practice of shinrin-yoku, or forest bathing, highlights the therapeutic potential of immersing oneself in nature. This isn't about strenuous hiking; it's about slowing down, engaging your senses, and consciously appreciating the sights, sounds, and smells of the forest. The act of mindful immersion in nature allows for a release of tension and a reconnection with a slower, more natural rhythm.

The Benefits of Wildlife Observation

Observing wildlife, from the smallest insect to the largest mammal, offers a unique form of

mindfulness. Watching animals in their natural habitat encourages a sense of awe and wonder, shifting our focus away from our own anxieties and towards the beauty of the natural world. This quiet observation can be incredibly meditative and promote a sense of calm.

Practical Steps to Find Your Own Peace of Wild Things

Experiencing the peace of wild things isn't about escaping to a remote wilderness (though that certainly helps!). It's about cultivating a conscious connection with nature wherever you are.

Integrating Nature into Your Daily Life:

Daily Walks: Incorporate a daily walk in a park, along a trail, or even in your own backyard. Pay attention to the details – the rustling leaves, the chirping birds, the feel of the sun on your skin.

Mindful Gardening: Gardening offers a direct connection to the natural world. The act of nurturing plants can be incredibly therapeutic and grounding.

Nature Photography: Capturing the beauty of the natural world through photography can be a wonderful way to connect with nature and appreciate its details.

Outdoor Yoga or Meditation: Practice yoga or meditation outdoors to connect with the elements and enhance your practice.

Choosing Your Nature Sanctuary:

Find a place in nature that resonates with you. It could be a local park, a nearby forest, a beach, or even your own garden. Regularly visiting this space will help you establish a sense of connection and peace.

The Long-Term Benefits of Nature Connection

The benefits of connecting with nature extend far beyond a temporary sense of calm. Regular exposure to nature can foster resilience, improve creativity, boost self-esteem, and promote a greater sense of overall well-being. It's an investment in your mental and physical health that yields long-lasting rewards.

Conclusion

The peace of wild things is not a fleeting moment but a profound state of being that can be cultivated through conscious connection with the natural world. By integrating nature into our daily lives and embracing practices like mindful observation and forest bathing, we can tap into this powerful source of solace and find a deeper sense of peace and well-being amidst the chaos of

modern life. The journey to finding this peace is a personal one, but the rewards are immeasurable.

FAQs

1. Is it necessary to travel to a remote wilderness to experience the peace of wild things? No, the peace of wild things can be found in even small pockets of nature, such as a local park or your own backyard. The key is to be present and mindful of your surroundings.
2. How often should I spend time in nature to experience its benefits? Even short periods of time spent in nature can be beneficial. Aim for at least 30 minutes a day, but any amount of time spent connecting with nature is helpful.
3. What if I live in a city with limited access to nature? Even urban environments offer opportunities to connect with nature. Visit parks, community gardens, or rooftop gardens. Observe the plants and animals that thrive in your city.
4. Can nature connection help with anxiety and depression? Yes, studies suggest that spending time in nature can significantly reduce symptoms of anxiety and depression. It's important to note that nature connection is not a replacement for professional help, but it can be a valuable complementary therapy.
5. How can I make nature connection a regular part of my routine? Start small by incorporating short walks or mindful moments in nature into your daily schedule. Gradually increase the frequency and duration of your nature time as you feel comfortable.

the peace of wild things: *The Peace of Wild Things* Wendell Berry, 2018-02-22 If you stop and look around you, you'll start to see. Tall marigolds darkening. A spring wind blowing. The woods awake with sound. On the wooden porch, your love smiling. Dew-wet red berries in a cup. On the hills, the beginnings of green, clover and grass to be pasture. The fowls singing and then settling for the night. Bright, silent, thousands of stars. You come into the peace of simple things. From the author of the 'compelling' and 'luminous' essays of *The World-Ending Fire* comes a slim volume of poems. Tender and intimate, these are consoling songs of hope and of healing; short, simple meditations on love, death, friendship, memory and belonging. They celebrate and elevate what is sensuous about life, and invite us to pause and appreciate what is good in life, to stop and savour our fleeting moments of earthly enjoyment. And, when fear for the future keeps us awake at night, to come into the peace of wild things.

the peace of wild things: The Selected Poems of Wendell Berry Wendell Berry, 2009-03-01 This poetry collection about nature, community, and tradition is a stunning primer on the poetic works of the award-winning Kentucky writer, environmentalist, and cultural critic. *The Selected Poems of Wendell Berry* gathers one hundred poems written between 1957 and 1996. Chosen by the author, these pieces have been selected from each of nine previously published collections. The rich work in this volume reflects the development of Berry's poetic sensibility over four decades. Focusing on themes that have occupied his work for years—land and nature, family and community, tradition as the groundwork for life and culture—*The Selected Poems of Wendell Berry* celebrates the broad range of this vital and transforming poet.

the peace of wild things: *The Poetry Pharmacy* William Sieghart, 2017-09-28 'Truly a

marvellous collection ... There is balm for the soul, fire for the belly, a cooling compress for the fevered brow, solace for the wounded, an arm around the lonely shoulder - the whole collection is a matchless compound of hug, tonic and kiss' Stephen Fry As heard on BBC Radio 4, the essential prescriptions from William Sieghart's poetic dispensary Sometimes only a poem will do. These poetic prescriptions and wise words of advice offer comfort, delight and inspiration for all; a space for reflection, and a chance to realize - I'm not the only one who feels like this. In the years since he first had the idea of prescribing short, powerful poems for all manner of spiritual ailments, William Sieghart has taken his Poetry Pharmacy around the length and breadth of Britain, into the pages of the Guardian, onto BBC Radio 4 and onto the television, honing his prescriptions all the time. This pocket-sized book presents the most essential poems in his dispensary: those which, again and again, have really shown themselves to work. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even from an excess of ego, there is something here to ease your pain. 'The book is delightful; it rightly resituates poetry in relation to its biggest and most serious task: helping us to live and die well' Alain de Botton

the peace of wild things: *New Collected Poems* Wendell Berry, 2013-04-09 A stunning poetry collection from the revered Kentucky poet—featuring nearly 200 poems from his immensely popular collection, plus selections from the critically lauded *Entries*, *Given*, and *Leavings* “A straightforward search for a life connected to the soil, for marriage as a sacrament, and family life.” —New York Times Book Review In *New Collected Poems*, Berry reprints the nearly 200 hundred pieces in *Collected Poems*, along with the poems from his most recent collections—*Entries*, *Given*, and *Leavings*—to create an expanded collection, showcasing the work of a man heralded by The Baltimore Sun as “a sophisticated, philosophical poet in the line descending from Emerson and Thoreau . . . a major poet of our time.” Wendell Berry is the author of over 40 works of poetry, fiction, and non-fiction, and has been awarded numerous literary prizes, including the T.S. Eliot Prize, a National Institute of Arts and Letters award for writing, the American Academy of Arts and Letters Jean Stein Award, and a Guggenheim Foundation Fellowship. While he began publishing work in the 1960s, Booklist has written that, “Berry has become ever more prophetic,” clearly standing up to the test of time.

the peace of wild things: The World-Ending Fire Wendell Berry, 2018-05-01 The most comprehensive—and only author-authorized—Wendell Berry reader, America's greatest philosopher on sustainable life and living (Chicago Tribune). In a time when our relationship to the natural world is ruled by the violence and greed of unbridled consumerism, Wendell Berry speaks out in these prescient essays, drawn from his fifty-year campaign on behalf of American lands and communities. The writings gathered in *The World-Ending Fire* are the unique product of a life spent farming the fields of rural Kentucky with mules and horses, and of the rich, intimate knowledge of the land cultivated by this work. These are essays written in defiance of the false call to progress and in defense of local landscapes, essays that celebrate our cultural heritage, our history, and our home. With grace and conviction, Wendell Berry shows that we simply cannot afford to succumb to the mass-produced madness that drives our global economy—the natural world will not allow it. Yet he also shares with us a vision of consolation and of hope. We may be locked in an uneven struggle, but we can and must begin to treat our land, our neighbors, and ourselves with respect and care. As Berry urges, we must abandon arrogance and stand in awe.

the peace of wild things: Whitefoot Wendell Berry, 2010-10 Whitefoot is a mouse who lives at the edge of the woods, where she knows, without a doubt, that she exists at the center of the world. What she doesn't know is that not far from her safe haven there is a world of such magnitude that she cannot even imagine it. Full color.

the peace of wild things: Coming Home to Story Geoff Mead, 2016-11-21 Stories take us into other worlds so that we may experience our own more deeply. Master storyteller Geoff Mead brings the reader inside the experience of telling and listening to a story. He shows how stories and storytelling engage our imaginations, strengthen communities and bring adventure and joy into our lives. The narrative is interspersed with consummate retellings of traditional tales from all over the

world.

the peace of wild things: *Cold Mountain Poems* Gary Snyder, 2013-06-11 In 1953, Gary Snyder returned to the Bay Area and, at age 23, enrolled in graduate school at the University of California, Berkeley, to study Asian languages and culture. He intensified his study of Chinese and Japanese, and taking up the challenge of one of his professors, Chen Shih-hsiang, he began to work on translating a largely unknown poet by the name of Han Shan, a writer with whom the professor thought Snyder might feel a special affinity. The results were magical. As Patrick Murphy noted, These poems are something more than translations precisely because Snyder renders them as a melding of Han Shan's Chinese Ch'an Buddhist mountain spirit trickster mentality and Snyder's own mountain wilderness meditation and labor activities. The suite of 24 poems was published in the 1958 issue of *The Evergreen Review*, and the career of one of America's greatest poets was launched. In 1972, Press-22 issued a beautiful edition of these poems written out by hand in italic by Michael McPherson. We are doing a new augmented edition based on the old, with a new design, a preface by Lu Ch'iu-yin, and an afterword by Mr. Snyder where he discusses how he came to this work and what it meant to his development as a writer and Buddhist. On May 11, 2012, for the Stronach Memorial Lecture at The University of California, more than fifty years after his days there as a student, Snyder offered a public lecture reflecting on Chinese poetry, Han Shan, and his continuing work as a poet and Translated by. This remarkable occasion was recorded and we are including a CD of it in our edition, making this the most definitive edition of *Cold Mountain Poems* ever published.

the peace of wild things: *Tools of the Trade* Samuel Tongue, John Gillies, Lesley Morrison, 2022-07-05 Being a doctor is a privilege; it is also very demanding and can be stressful, and to be able to look after others, we need to look after ourselves. We offer you this little book of poetry, *Tools of the Trade*, as a friend to provide inspiration, comfort and support as you begin work. *Tools of the Trade* includes poems by poet-doctors Iain Bamforth, Rafael Campo, Glenn Colquhoun, Martin MacIntyre and Gael Turnbull.

the peace of wild things: *Zonal* Don Paterson, 2020-03-03 Don Paterson's new collection of poetry starts from the premise that the crisis of mid-life may be a permanent state of mind. *Zonal* is an experiment in science-fictional and fantastic autobiography, with all of its poems taking their imaginative cue from the first season of *The Twilight Zone* (1959-1960), playing fast and loose with both their source material and their author's own life. Narrative and dramatic in approach, genre-hopping from horror to Black Mirror-style sci-fi, 'weird tale' to metaphysical fantasy, these poems change voices constantly in an attempt to get at the truth by alternate means. Occupying the shadowlands between confession and invention, *Zonal* takes us to places and spaces that feel endlessly surprising, uncanny and limitless.

the peace of wild things: *Window Poems* Wendell Berry, 2018-08-17 Composed while Wendell Berry looked out the multipaned window of his writing studio, this early sequence of poems contemplates Berry's personal life as much as it ponders the seasons he witnessed through the window. First designed and printed on a Washington hand press by Bob Barris at the Press on Scroll Road, *Window Poems* includes elegant wood engravings by Wesley Bates that complement the reflective and meditative beauty of Berry's poems.

the peace of wild things: *Amazing Peace* Maya Angelou, 2010-11-03 This dazzling Christmas poem by Maya Angelou is powerful and inspiring for people of all faiths. In this beautiful, deeply moving poem, Maya Angelou inspires us to embrace the peace and promise of Christmas, so that hope and love can once again light up our holidays and the world. "Angels and Mortals, Believers and Nonbelievers, look heavenward," she writes, "and speak the word aloud. Peace." Read by the poet at the lighting of the National Christmas Tree at the White House on December 1, 2005, Maya Angelou's celebration of the "Glad Season" is a radiant affirmation of the goodness of life.

the peace of wild things: *The Mad Farmer Poems* Wendell Berry, 2009-03-01 During the otherwise quiet course of his life as a poet, Wendell Berry has become "mad" at what contemporary society has made of its land, its communities, and its past. This anger reaches its peak in the poems

of the Mad Farmer, an open-ended sequence he's found himself impelled to continue against his better instincts. These poems can take the shape of manifestos, meditations, insults, Whitmanic fits and ravings—these are often funny in spite of themselves. The Mad Farmer is a character as necessary, perhaps, as he is regrettable. Here are gathered the individual poems from Berry's various collections to offer the teachings of this amazing American voice. After the great success of the lovely Window Poems, Bob Baris of the Press on Scroll Road returns to design and produce an edition illustrated with etchings by Abigail Rover. James Baker Hall and William Kloefer offer poems here that also show how the Mad Farmer has escaped into the work of others. The whole is a wonderful testimony to the power of anger and humor to bring even the most terrible consequences into a focus otherwise impossible to obtain.

the peace of wild things: The Right Way to Flourish John Ehrenfeld, 2019-10-08 In this ground-breaking book, pre-eminent thought leader in the fields of sustainability and flourishing, John R. Ehrenfeld, critiques the concept of sustainability as it is understood today and which is coming more and more under attack as unclear and ineffective as a call for action. Building upon the recent work of cognitive scientist, Iain McGilchrist, who argues that the human brain's two hemispheres present distinct different worlds, this book articulates how society must replace the current foundational left-brain-based beliefs – a mechanistic world and a human driven by self interest – with new ones based on complexity and care. Flourishing should replace the lifeless metrics now being used to guide business and government, as well as individuals. Until we accept that our modern belief structure is, itself, the barrier, we will continue to be mired in an endless succession of unsolved problems.

the peace of wild things: Blue Horses Mary Oliver, 2018-04-05 Maybe our world will grow kinder eventually. Maybe the desire to make something beautiful is the piece of God that is inside each of us. In this stunning collection, Mary Oliver returns to the imagery that has defined her life's work. Herons, sparrows, owls and kingfishers flit across the page in meditations on love, artistry and impermanence. Whether considering a bird's nest, the seeming patience of oak trees or the paintings of Franz Marc, Mary Oliver reminds us of the transformative power of attention and how much can be contained within the smallest moments. Blue Horses asks what it truly means to belong to this world and to live in it attuned to all its changes. 'To be human,' she shows us, 'is to sing your own song'.

the peace of wild things: The Radio Leontia Flynn, 2017-11-09 Shortlisted for the 2017 T. S. Eliot Prize In her fourth collection, Leontia Flynn rehearses and resolves the concerns and forms of previous books, beginning with a sequence written in the aftermath of her father's death from Alzheimer's disease and during the care of her daughter in infancy. Moving on to explore the constructed nature of childhood, via a long poem imagining her mother's experiences in Northern Ireland during the Troubles, and in an elegy for Seamus Heaney, the poems also seek to contrast the isolation and privacy of an experience of family life with increasingly pervasive and relentless digital technologies. Drawing on a range of other voices and literary exemplars, including a tradition of verse drama and dialogues, and particularly Plath's 'Three Women', The Radio sees writing poems as a communication that begins with an act of interior listening, for sounds and forms, and to personal sources of meaning. The Radio explores the pressure the interior life faces from both the usual quotidian struggles and the new stridency and quick-fire certainties of virtual communication. Showing her superb mastery of form, Leontia Flynn's poems are fragile, funny, observant and engaging – reminding us, once again, of her originality and importance.

the peace of wild things: The Remedies Katharine Towers, 2016 Katharine Towers' second collection is a book of small wonders. From a house drowning in roses to crickets on an August day, from Nerval's lobster to the surrealism of flower remedies, these poems explore the fragility of our relationship with the natural world. Towers also shows us what that relationship can aspire to be: each poem attunes us to another aspect of that world, and shows what strange connections might be revealed when we properly attend to it. The Remedies is a lyric, unforgettable collection which offers just the spiritual assuagement its title promises, and shows Towers emerging as a major

poetic talent.

the peace of wild things: *Awake in the Wild* Mark Coleman, 2010-10-18 “Nature deficit disorder” has become an increasingly challenging problem in our hypermodern world. In *Awake in the Wild*, Mark Coleman shows seekers how to remedy this widespread malady by reconnecting with nature through Buddhism. Each short (two to three pages) chapter includes a concrete nature meditation relating to such topics as Attuning to the Natural World, Reflecting the Rhythms of Nature, Walking with Compassion, Releasing the Inner Noise, Freeing the Animal Within, Coming into the Peace of Wild Things, Weathering the Storms of Life, and more. Incorporating anecdotes from the author’s many nature retreats, Buddhist wisdom and teachings, important nature writings by others, and nature itself, the book invites readers to participate in, not just observe, nature; develop a loving connection with the earth as a form of environmental activism; decrease urban alienation through experiencing nature; embody nature’s peaceful presence; and connect with ancient spiritual wisdom through nature meditations.

the peace of wild things: The Dictionary of Obscure Sorrows John Koenig, 2021-11-16 NEW YORK TIMES BESTSELLER “It’s undeniably thrilling to find words for our strangest feelings...Koenig casts light into lonely corners of human experience...An enchanting book. “ —The Washington Post A truly original book in every sense of the word, *The Dictionary of Obscure Sorrows* poetically defines emotions that we all feel but don’t have the words to express—until now. Have you ever wondered about the lives of each person you pass on the street, realizing that everyone is the main character in their own story, each living a life as vivid and complex as your own? That feeling has a name: “sonder.” Or maybe you’ve watched a thunderstorm roll in and felt a primal hunger for disaster, hoping it would shake up your life. That’s called “lachesism.” Or you were looking through old photos and felt a pang of nostalgia for a time you’ve never actually experienced. That’s “anemoia.” If you’ve never heard of these terms before, that’s because they didn’t exist until John Koenig set out to fill the gaps in our language of emotion. *The Dictionary of Obscure Sorrows* “creates beautiful new words that we need but do not yet have,” says John Green, bestselling author of *The Fault in Our Stars*. By turns poignant, relatable, and mind-bending, the definitions include whimsical etymologies drawn from languages around the world, interspersed with otherworldly collages and lyrical essays that explore forgotten corners of the human condition—from “astrophe,” the longing to explore beyond the planet Earth, to “zenosyne,” the sense that time keeps getting faster. *The Dictionary of Obscure Sorrows* is for anyone who enjoys a shift in perspective, pondering the ineffable feelings that make up our lives. With a gorgeous package and beautiful illustrations throughout, this is the perfect gift for creatives, word nerds, and human beings everywhere.

the peace of wild things: The Hidden Wound Wendell Berry, 2010-04-28 An impassioned, thoughtful, and fearless essay on the effects of racism on the American identity by one of our country’s most humane literary voices. Acclaimed as “one of the most humane, honest, liberating works of our time” (*The Village Voice*), *The Hidden Wound* is a book-length essay about racism and the damage it has done to the identity of our country. Through Berry’s personal experience, he explains how remaining passive in the face of the struggle of racism further corrodes America’s great potential. In a quiet and observant manner, Berry opens up about how his attempt to discuss racism is rooted in the hope that someday the historical wound will begin to heal. Pulitzer prize-winning author Larry McMurtry calls this “a profound, passionate, crucial piece of writing . . . Few readers, and I think, no writers will be able to read it without a small pulse of triumph at the temples: the strange, almost communal sense of triumph one feels when someone has written truly well . . . The statement it makes is intricate and beautiful, sad but strong.” “Mr. Berry is a sophisticated, philosophical poet in the line descending from Emerson and Thoreau. —The Baltimore Sun [Berry’s poems] shine with the gentle wisdom of a craftsman who has thought deeply about the paradoxical strangeness and wonder of life. —The Christian Science Monitor Wendell Berry is one of those rare individuals who speaks to us always of responsibility, of the individual cultivation of an active and aware participation in the arts of life. —The Bloomsbury Review “[Berry’s] poems, novels and essays . . . are probably the most sustained contemporary articulation of America’s agrarian,

Jeffersonian ideal." —Publishers Weekly

the peace of wild things: *Pilgrim* David Whyte, 2012 David Whyte's 7th volume of poetry

the peace of wild things: Leavings Wendell Berry, 2010-10-19 Berry's themes are reflections of his life: friends, family, the farm, the nature around us as well as within. He speaks strongly for himself and sometimes for the lost heart of the country. As he has borne witness to the world for eight decades, what he offers us now in this new collection of poems is of incomparable value.

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the peace of wild things: *The Bell and the Blackbird* David Whyte, 2018 Poetry, including a chapter of blessings and prayers, a section of small, haiku-inspired poems, and an homage to Pulitzer Prize-winner poet Mary Oliver. The sound / of a bell / still reverberating. Or a blackbird / calling / from a corner / of a / field. Asking you / to wake / into this life / or inviting you / deeper / to one that waits. Either way / takes courage, / either way wants you / to be nothing / but that self that / is no self at all.

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