

"Wild Comfort is a richly poetic book, ripe with life, and Moore is a wonderful guide to the wilderness and our own wilderness. It's a book brimming with wonder, awe, happiness, and the intricate designs of nature that can inspire and sustain us all." —Oliver Sacks

Wild Comfort

The Solace of Nature

Kathleen Dean Moore

Wild Comfort The Solace Of Nature Kathleen Dean Moore

Linda Lawrence Hunt



Wild Comfort The Solace Of Nature Kathleen Dean Moore:

Wild Comfort Kathleen Dean Moore, 2010-03-09 In an effort to make sense of the deaths in quick succession of several loved ones Kathleen Dean Moore turned to the comfort of the wild making a series of solitary excursions into ancient forests wild rivers remote deserts and windswept islands to learn what the environment could teach her in her time of pain This book is the record of her experiences It s a stunning collection of carefully observed accounts of her life tracking otters on the beach cooking breakfast in the desert canoeing in a snow squall wading among migrating salmon in the dark but it is also a profound meditation on the healing power of nature

The Wild Edge of Sorrow Francis Weller, 2025-08-19 Hope and healing for a profoundly fractured world a pathway home to the brightness pains and gifts of being alive The bestselling book on grief and loss from psychotherapist Francis Weller One of the best books on grief I have ever read It helped me turn to and understand my grief in ways I never had before It has helped me feel alive again Anderson Cooper Profoundly moving beautifully written *The Wild Edge of Sorrow* is a balm for the soul and a necessary salve for moving together through difficult times Grounded in ritual and connection this book welcomes each grief with care and attention opening us to the feelings experiences and sacred knowledge that connect us to each other and ultimately make us whole Psychotherapist Francis Weller introduces the 5 gates of grief helping us come to terms with grief and loss within a culture so fundamentally detached from the needs of the soul The first gate recognizes that everything we love we will lose Here we meet the pain of losing a loved one the grief of illness and the tender invitation to touch the depths of our losses and loves The second gate helps us uncover the places that have not yet known love our secret shames our shadow sides and the neglected pieces of our soul that need restoration and care The third gate meets us at the immense sorrows of the world The fourth gate what we expected but did not receive offers wisdom for tending our wholeness after the love care and validation we need are withheld The fifth gate opens to our ancestral grief the traumas pains losses and unrealized dreams of those who came before us With grief rituals reflection prompts and deep ageless wisdom *The Wild Edge of Sorrow* is a genre defining invitation to healing and renewal Weller helps us rediscover what modernity has made us forget and reconnects us to our most profound and human yearnings Less a self help volume than a blessing this book is a homecoming for the soul

Hope, Make, Heal Maya Pagan Donenfeld, 2015-12-29 A welcome companion to anyone suffering a great loss 20 inspiring craft projects to help work through grief from the author of *Reinvention* For anyone seeking renewal and restoration during life s transitions and after deep loss *Hope Make Heal* offers a unique approach to healing using one s hands to mend the heart The twenty craft projects provide ways to make tangible objects that signify the qualities one seeks on a healing path strength calm release and hope Full of gentle encouragement each project is easy to make and suitable for those times when our minds are preoccupied and our spirits are low Grief and pain are universal experiences that touch everyone at one time or another When we grieve most of us reach for the steady hand of loved ones But even if we re blessed with an understanding community a deep sense of

isolation comes with tragedy No one else stands in our shoes Rarely is there another person who can understand just what it means to be you For maker and artist Maya Donenfeld when faced with the trauma of a sudden and unexpected ending to her marriage of sixteen years she yearned to find something that would allow her to focus and channel her powerful flood of emotions into something she could see and touch Knowing that busy hands can profoundly nurture the heart and quiet the mind she began making things to wear carry touch and gaze upon beautiful and expressive objects that were simple intentional and most of all meaningful The result is the collection of projects here This book offers a unique approach to mending wounds with inspiring projects that integrate hand heart and mind with thread ink and more The projects encourage renewal and restoration during life s transitions and after deep loss Each one offers comfort and support and is designed to have a personal impact on the maker and those around them It s a resource for personal healing and a gift for your friend in need

Earth's Wild Music Kathleen Dean Moore,2022-02-22 At once joyous and somber this thoughtful gathering of new and selected essays spans Kathleen Dean Moore s distinguished career as a tireless advocate for environmental activism in the face of climate change In this meditation on the music of the natural world Moore celebrates the call of loons howl of wolves bellow of whales laughter of children and shriek of frogs even as she warns of the threats against them Each group of essays moves as Moore herself has been moved from celebration to lamentation to bewilderment and finally to the determination to act in defense of wild songs and the creatures who sing them Music is the shivering urgency and exuberance of life ongoing In a time of terrible silencing Moore asks who will forgive us if we do not save nature s songs

Guerrilla Ecologies John Maerhofer,2024-03-25 This book intervenes in contemporary debates about climate activism militancy and strategy that have been gathering force in radical ecological circles It responds to some of the urgent questions about utilizing militancy as part of the overall effort to foster an ecosocialist society Building upon the crucial work of scholars and activists from the 1970s to the present such as Carolyn Merchant Ursula Heise Raj Patel Joan Martinez Alier Neil Smith and Mark Dowie this book discusses and regenerates key principles of guerrilla ecology It presents a significant critique of green capital and its impact on the shape of environmental and climate justice movements From car manufacturers dedicating profits to reforestation to big oil conglomerates funneling money into universities that are developing techno fixes which may stave off ecological disaster green capital has become the mainstay of contemporary cultural political and economic reproduction aiming to fuse profitability and sustainability The book brings together discussion on key topics in a range of contexts including biopiracy and biocolonialism indigenous resistance extractivism anti imperialism ecotage and eco militancy It will attract scholarly readers from diverse spaces in the environmental humanities environmental and climate justice radical ecology and philosophy

Breathing Life into the Emerald Seas: A Tapestry of the Pacific Coast Pasquale De Marco,2025-05-10 Breathing Life into the Emerald Seas A Tapestry of the Pacific Coast takes you on an unforgettable journey along the breathtaking Pacific Coast where emerald shores meet hidden coves and the

symphony of the sea fills the air Immerse yourself in the vibrant tapestry of life beneath the waves where coral gardens burst with color kelp forests sway gracefully and rocky reefs teem with biodiversity Encounter the captivating creatures that call this coast home from the elusive octopuses and sharks to the playful sea otters and majestic whales Explore the rich cultural heritage of the Pacific Coast from the indigenous tribes who have lived in harmony with the land for centuries to the fishing villages that have sustained generations of families Discover the maritime history of the coast from the daring voyages of early explorers to the bustling trade routes that connected the region to the world Uncover the challenges facing this fragile ecosystem including climate change coastal development and pollution Learn about the efforts underway to protect and preserve the Pacific Coast's natural beauty and ecological diversity Through stunning photography engaging storytelling and in depth research *Breathing Life into the Emerald Seas A Tapestry of the Pacific Coast* invites you to experience the wonders of this coastal paradise Whether you're a lifelong resident a curious visitor or simply an armchair adventurer this book will captivate you with its beauty diversity and resilience If you like this book write a review on google books

Pilgrimage through Loss Linda Lawrence Hunt, 2014-02-24 *Pilgrimage Through Loss* tells the story of one family's journey after the loss of a child and how they hope their journey can provide lessons for other parents dealing with that most heartbreaking of losses Using her own story and the stories of other parents who have lost children Hunt discusses several steps that grieving parents take along the pilgrimage Rather than prescribing a path that will lead to recovery Hunt shows us the many paths that parents will take after the death of a child and encourages them to find the path that works for them Questions for discussion and reflection are included for each chapter This book helps grieving parents and other survivors such as siblings and friends along their way toward survival and recovery

The Parents' Guide to Climate Revolution Mary DeMocker, 2018-03-05 Relax writes author Mary DeMocker this isn't another light bulb list It's not another overwhelming pile of parental to-dos designed to shrink your family's carbon footprint through eco superheroism Instead DeMocker lays out a lively empowering and doable blueprint for engaging families in the urgent endeavor of climate revolution In this book's brief action packed chapters you'll learn hundreds of wide ranging ideas for being part of the revolution from embracing simplicity parenting to freeing yourself from dead end science debates to teaching kids about the power of creative protest to changing your lifestyle in ways that deepen family bonds improve moods and reduce your impact on the Earth Engaging and creative this vital resource is for everyone who wants to act effectively and empower children to do the same

Abbey in America John A. Murray, 2015-05-15 More than twenty five years after his death iconic writer and nature activist Edward Abbey 1929-1989 remains an influential presence in the American environmental movement Abbey's best known works continue to be widely read and inspire discourse on the key issues facing contemporary American society particularly with respect to urbanization and technology *Abbey in America* published forty years after Abbey's popular novel *The Monkey Wrench Gang* features an all star list of contributors including journalists authors scholars and two of Abbey's best friends as they explore

Abbey's ideas and legacy through their unique literary personal and scholarly perspectives **Opening to Grief** Claire B. Willis, Marnie Crawford Samuelson, 2020-10-12 The book helps you meet loss on its own terms not as a problem to be solved but as a sign of deep love Megan Devine author of *It's OK That You're Not OK* All of us experience loss Some of us have lost a spouse or a child our parents a beloved pet a dear friend or neighbor In the pandemic we have lost hundreds of thousands of lives in the United States and around the world Many of us have lost our livelihoods All of us have lost our familiar daily routines and textures of work family and community And the losses are not over *Opening to Grief* is a companion to this tender time With the demeanor and tone of a loving friend the authors offer an invitation to grieve fully to turn toward your emotions and experiences however they arise and to follow your own path toward healing The book explores the deep truth that grief and love are richly intertwined Because we love we grieve And when we fully feel our sorrow we open to loving ourselves and other beings more deeply *The Face of the Earth* SueEllen Campbell, 2011-08-22 This lively book sweeps across dramatic and varied terrains volcanoes and glaciers billabongs and canyons prairies and rain forests to explore how humans have made sense of our planet's marvelous landscapes In a rich weave of scientific cultural and personal stories *The Face of the Earth* examines mirages and satellite images swamp dwelling heroes and Tibetan nomads cave paintings and popular movies investigating how we live with the great shaping forces of nature from fire to changing climates and the intricacies of adaptation The book illuminates subjects as diverse as the literary life of hollow Earth theories the links between the Little Ice Age and Frankenstein's monster and the spiritual allure of deserts and their scarce waters Including vivid on the spot accounts by scientists and writers in Saudi Arabia Australia Alaska England the Rocky Mountains Antarctica and elsewhere *The Face of the Earth* charts the depth and complexity of our interdependence with the natural world

American Literature in Transition, 2000-2010 Rachel Greenwald Smith, 2017-12-28 *American Literature in Transition 2000-2010* illuminates the dynamic transformations that occurred in American literary culture during the first decade of the twenty first century The volume is the first major critical collection to address the literature of the 2000s a decade that saw dramatic changes in digital technology economics world affairs and environmental awareness Beginning with an introduction that takes stock of the period's major historical cultural and literary movements the volume features accessible essays on a wide range of topics including genre fiction the treatment of social networking in literature climate change fiction the ascendancy of Amazon and online booksellers 9/11 literature finance and literature and the rise of prestige television Mapping the literary culture of a decade of promise and threat *American Literature in Transition 2000-2010* provides an invaluable resource on twenty first century American literature for general readers students and scholars alike Seven Sacraments for Everyone Dale F. Coye, 2014-03 Millions of Christians are abandoning their churches to become spiritual seekers but now find themselves adrift Without the church what do we believe in Where do we look for the Sacred in our lives The seed of an answer can be found in the Roman Catholic sacraments but with a shift in focus from rites and rituals to

human experience It's not baptism it's the birth of a child that is holy It's not the wedding ceremony it's the sublime oneness we feel in the arms of our best beloved that lifts us into the realm of the Divine Seven Sacraments for Everyone maps the roads that lead to these out of this world experiences and into the heartland of the Sacred By acknowledging these moments of Mystery and teaching our children to respect them we will find the clues to a universal moral code on which to build a healthier more meaningful world

A Midwinter God Christine Valters Paintner, 2024-09-13 I believe we all carry grief that has gone unnamed and unmourned writes best selling author Christine Valters Paintner Nothing in our culture prepares us to deal with darkness and grief We are told to cheer up and move on to shop or drink our way to forgetting the pain we carry Yet I believe that being faithful to our own dark moments is the path of true prayer In her book A Midwinter God Encountering the Divine in Seasons of Darkness Paintner offers an invitation to enter the wisdom of holy darkness and to find there a path toward hope and spiritual maturity Paintner has experienced multiple journeys through grief that have brought her face to face with what she calls the midwinter God the seeming absence of the God of life in dark and fallow seasons of loss She has learned to confront her own terror in that darkness and to approach it with curiosity to see what it has to teach her This endeavor has illuminated a path for her to embrace a life of profound depth one that honors both the trials of suffering and the richness of joy With her characteristic integrative and creative practices Paintner abbess of the online Abbey of the Arts guides her readers to view darkness as a place where seeds of holiness begin to germinate Each chapter of this book unfolds as an invitation to grow in understanding of holy darkness and also meditate reflect and create with these elements Paintner's reflections on various themes of loss and acceptance Insights on a scripture passage written by Paintner's husband John A guided meditation to bring the teachings into your heart Prompts for an expressive arts practice to process these insights through creativity Reflection questions to integrate what you have experienced Writing samples from people who have worked through this material in an online retreat Autumn and winter are vital to the health of nature and to our own bodies It is a time of releasing and letting go a season that invites us to slow down to welcome the growing darkness and to grow stiller and quieter Darkness can be an uncomfortable and uneasy place but it is also a place of profound incubation and gestation a source of tremendous and hard wrought wisdom With Paintner as our guide we can encounter this midwinter God with vulnerable courage that leads us to hope filled wholeness

Writing Wild Kathryn Aalto, 2020-06-23 Re centers and gives voice to a diversity of women naturalists and writers across time Cultivating Place In Writing Wild Kathryn Aalto celebrates 25 women whose influential writing helps deepen our connection to and understanding of the natural world These inspiring wordsmiths are scholars spiritual seekers conservationists scientists novelists and explorers They defy easy categorization yet they all share a bold authenticity that makes their work both distinct and universal Part travel essay literary biography and cultural history Writing Wild ventures into the landscapes and lives of extraordinary writers and encourages a new generation of women to pick up their pens head outdoors and start writing wild

In the Absence of

the Ordinary Francis Weller, 2025-08-19 We are at a threshold As we face uncertain futures the familiar is falling away This book invites us to embody new ways of being and connecting so we can navigate troubled times together From the bestselling author of *The Wild Edge of Sorrow* a beautifully packaged collection of 17 essays on meeting this moment with clarity care and skill Praise for *The Wild Edge of Sorrow* It blew me away I underlined things on nearly every page Anderson Cooper In his singular and inimitable voice psychotherapist and author of *The Wild Edge of Sorrow* Francis Weller offers 17 soulful essays to help us move together through the anxieties difficulties and sacred transitions of 21st century life In the *Absence of the Ordinary* frames our current era as a rough initiation an upending experience of profound trauma and transformation that demands we reorient our ways of thinking being and relating Through essays like *Some People Wake Up The Gift of Restraint and Gratitude for All That Is* Weller offers clarity and wisdom on how to face the sobering stakes of our time while offering the nourishment and support we need to embody the new roles this initiation requires Section 1 *When the Bough Breaks* names our collective traumas and peels back the false armor of modernity We're called to the depths to understand the power of descent and to cultivate the necessary skills of initiation Section 2 *Care of the Soul* differentiates between the connected soul and the individualistic self inviting us back into alignment with the wider world of belonging We learn to approach our experiences with reverence work with our grief and develop restraint repetition and self compassion Section 3 *Meanwhile the World Goes On* gives shape to the emptiness we carry and the ways modernity has severed us from our birthright of interconnectedness with the natural world It offers rituals of gratitude and practices of kinship to restore our bond with the living Earth In each essay Weller fortifies us to become immense to meet these unpredictable times with presence and faith to restore our souls place in the soul of the world and to hold steady amid and for it all **Making**

Magic Briana Saussy, 2019-06-04 Re-enchanted your life with this book of rituals ceremonies and practices for personal growth anchored in the hidden power of everyday things We all have a deep capacity to make magic and to do it as easily as we breathe or open our eyes This is not a matter of belief You can discover your own capacity for magic in your own direct experience Briana Saussy When you think of magic do you imagine something supernatural extraordinary or beyond your everyday reality Many of us are drawn to magic because we think there's something out there that can bring enchantment and wonder back into our lives Yet there's a secret to real magic the extraordinary is much closer than you may think With *Making Magic* expert teacher Briana Saussy invites you to discover a practice of magic that will bring a new depth and power to each moment act and choice of your life Through teaching stories wisdom from a wide variety of world traditions and no nonsense practices you can easily weave into your daily routine Briana will help you reconnect with the wild and creative force of magic that is always around and within you waiting for you to remember As you explore this path of transformation you'll discover resources of magic that permeate your life including Doors and thresholds ways we cross between worlds Communication creating magic with your voice body intentions and relationships Holy helpers ancestors angels saints and

spirit beings who guide and support you Water and washing access the revitalizing energy of water when you drink or bathe Textiles and threads how to loosen mend or bind up supportive energies Candles and fire elemental power to bring light to darkness and burn away what no longer serves you Kitchen magic using food to nourish your whole self and reconnect you with nature Talismans infuse your beloved objects with sacred purpose and supportive power Magic is the most real part of any real life the spark illuminating the authentic core of every experience writes Briana Saussy If you are ready to enter a world that is ripe with possibility and rediscover the electric wildness of your life here is an essential resource for Making Magic as only you can The Swing of the Pendulum Diane Caracciolo, Courtney Lee Weida, 2017-11-13 Current educational policies particularly in the United States have swung so far in the direction of overtly politicized and decontextualized testing that we are losing opportunities to support the imaginative and expressive capacities of a generation of children and adolescents with implications for our individual and collective health Enter arts education and the healing arts as urgently needed remedies for this imbalance to swing the pendulum of educational practices back to a place of balance and wholeness Informed by an arts based sensibility this book explores how imaginative creative and artistic experiences can heal and why we urgently need them at the heart of our educational discourses and practices These chapters invite teachers teacher educators and therapeutic professionals to reclaim imaginative arts based experiences as central to the human conditions that they serve The narratives and case studies included here are of interest for any arts based qualitative research course as an example of narrative inquiry and in arts and general education programs for their pedagogical implications As Blake invited us to find the world in a grain of sand and showed us how poetry could materialize this so too these storytellers discover and shape their personal meanings in ceramic pots paintings poems drama and poetry While the stories told here are deeply ingrained interior journeys all reflect ways of observing and embracing the world of others of becoming wise becoming self and becoming skilled practitioners of meaning making By naming and framing they suggest that clarity becomes possible and personal freedom achieved Judith M Burton Teachers College Columbia from the Foreword This anthology offers a substantial number of narratives that represent seeking wholeness sustenance and renewal In many cases the authors provide a tribute to those who have impacted their lives in profound ways This is an important contribution to both art education and literary education in the world of scholarly research Laurel H Campbell Purdue University

Shamanic Dimensions of Psychotherapy Robin van Löben Sels, 2019-11-13 In *Shamanic Dimensions of Psychotherapy* Healing through the Symbolic Process Robin van L ben Sels uniquely and honestly recounts her personal journey toward a shamanic understanding of psychotherapy Exploring the disruptive breakthrough of visions and dreams that occurred during her analysis personal life and psychoanalytic training van L ben Sels illustrates how the phenomenology of ancient shamanism is still alive and how it is a paradigm for the emergence and maturation of the psyche in people today This original book delves into van L ben Sels s personal experience of the shaman identifying such eruptions as a contemporary

version of the archaic shaman's initiatory call to vocation. The book is split into two parts. It begins by outlining the shamanic personality in history, recognizing this as an individual that has been called out of a collectively sanctioned identity into a creative life, and the unconscious shaman complex they consequently face, especially in psychotherapeutic relationships. Practical as well as theoretical, the second part outlines the shamanic attributes that underline psychotherapeutic relationships: silence, sound, mask, rhythm, gesture, movement, and respiration, and usefully describes how to use them as asanas for consciousness or vehicles toward psychological awareness. With clinical examples and personal stories throughout, this book's unique Jungian perspective addresses contemporary expressions of the shaman complex in our current world. *Shamanic Dimensions of Psychotherapy: Healing through the Symbolic Process* will be essential reading for Jungian analysts and psychotherapists in practice and in training, as well as for academics and students of Jungian and post-Jungian studies. It will be especially helpful and illuminating to those who have experienced an involuntary plunge into the depths and who seek ways to articulate their experience.

Handling the Truth Beth Kephart, 2013-08-06 In the tradition of Anne Lamott's *Bird by Bird*, a critically acclaimed National Book Award finalist shares inspiration and practical advice for writing a memoir. Writing a memoir is a deeply personal and consequential undertaking. As the acclaimed author of five memoirs spanning significant turning points in her life, Beth Kephart has been both blessed and bruised by the genre. In *Handling the Truth*, she thinks out loud about the form, on how it gets made, on what it means to make it, on the searing language of truth, on the thin line between remembering and imagining, and finally on the rights of memoirists. Drawing on proven writing lessons and classic examples, on the work of her students, and on her own memories of weather, landscape, color, and love, Kephart probes the wrenching and essential questions that lie at the heart of memoir. A beautifully written work in its own right, *Handling the Truth* is Kephart's memoir-writing guide for those who read or seek to write the truth.

The Enigmatic Realm of **Wild Comfort The Solace Of Nature Kathleen Dean Moore**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Wild Comfort The Solace Of Nature Kathleen Dean Moore** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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Wild Comfort The Solace Of Nature Kathleen Dean Moore Introduction

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