

**WonderLIT Story Share Questions**  
***Rewilding Spirituality,***  
***Collisions of Earth and Sky***  
**By Heidi Barr (2023)**

**Notes About Answering Questions:** *These questions are written to bring you into a curative experience with the passage of literature you just read. Open your imagination and be curious as you answer them. They can remain just for you or be shared when you gather in community. Consider reading the excerpt aloud or a second time taking time to underline and make notes about the things that stand out FOR YOU. These questions are a part of the three-step process which includes slow reading, written reflection, and then gathering in community. Know that as you do these three things you are creating new and better pathways forward for your brain, body, and spirit.*

The title of the chapter you just read from *Collisions of Earth and Sky* is called *Rewilding Spirituality*. Reflect on the following definition of *rewilding*.

Rewilding as Defined by Frans Sierpers of Rewilding Europe: “Rewilding is about reconnecting a modern society—both rural and urban—with wild nature. It is our best hope for a future where people and nature not only co-exist, but flourish. Rewilding breathes life back into our landscapes (and) helps us reconnect with wonders of... wild nature. It is about letting nature take care of itself, enabling natural processes to shape land and sea. There is a growing realization that connecting with wild nature makes us feel good and keeps us mentally and physically well.”

After you have reflected on the definition above, come up with your own definition of *rewilding* that will enable your life to flourish in new and healthy ways.

Pg. 119 *Collisions* - “We are devoted to that which we give our attention.” What do you give your attention to? Is there something you would like to be giving your attention to that you are not? Write a line or two about where your attention is and to what degree it is where you would like it to be?

How often do you go outside? Write a line or two about something you found outside your front door that captured your attention recently.

Emily Dickinson wrote in one of her famous poems that she “(kept) the sabbath staying at home with a bobolink for a chorister and an orchard for a dome.” How do you prefer to keep the sabbath?

The following words come from Thoreau’s Walden. Imagine he is saying these words directly to you in this present day and then answer the question below.

*I would fain say something... about your condition, especially your outward condition or circumstances in this world, in this town, what it is, whether it is necessary that it be as bad as it is, whether it cannot be improved as well as not...*

What is it about your *outward condition or circumstances in (your) world...(or) ...town* that you can improve? How can rewilding help you to do this? What else can support your wellbeing and flourishing?