



Re-Wild(ing)

*“There is a difference... between
the call of the outdoors and the
call of the wild.”*

— Kathleen Dean Moore





What is ReWild(ing)?

Humans are an encultured species. When we have “time over” from pure survival and practical things to do, we rest from it, we enrich ourselves, we challenge ourselves, we share with each other – etc. – by engaging in cultural activities, by innovating together, by progressing, developing, creating, entertaining.... And the more advanced we get, the more we seem to forget the simple pleasures – and our actual need – of being connected to nature, to earth, to a bigger context. In our drive to develop and create, and in disconnection from nature (at large) – we also become destructive on a larger scale, as a species, as well as individuals.

Bio-psycho-social. A psychological term/model – meaning our biology, is as important as our psychology and as our social (in a wider context – relatable) environment.

Re-wilding is a trend, an idea, perhaps a need even, to turn the tides, to re-connect with the less uncultured sides of ourselves as humans. Of becoming wilder. Of nurturing our wilder sides. And of course, of supporting nature and other animals.



The Three Strands of Rewild(ing)

- Rewilding of Nature
- Rewilding of Animals
- Rewilding of Ourselves



“But rewilding, unlike conservation, has no fixed objective: it is driven not by human management but by natural processes. There is no point at which it can be said to have arrived. Rewilding of the kind that interests me does not seek to control the natural world, to re-create a particular ecosystem or landscape, but – having brought back some of the missing species – to allow it to find its own way.”

— George Monbiot, *Feral: Searching for Enchantment on the Frontiers of Rewilding*

MiMer's Role – The Bridge

In MiMer we promote all of them as important and worthy of our attention, interest, energy etc. We keep on being a “bridging” organization. Meaning we often take on the responsibility to bridge between organizations, between disciplines, between ideas and perspectives, between goals, between people and cultures, between species, between science and practice, between nature and culture...



Rewild Your Heart

“We do not need more science. We need a new mind-set and social movement that is transformational and centers on empathy, compassion, and being proactive. By rewilding our hearts, we focus on building strong and intimate connections with nature, and these experiences are essential for effective social change. This is deep work.”

— Mark Bekoff, *Rewilding Our Hearts: Building Pathways of Compassion and Coexistence*





MiMer's Focus

We focus mainly on rewilding horses and their environment. And people. Following this – we offer our course called “Rewild Your Heart” – often in combination with Nature or Equine Assisted Mindfulness, sometimes also in combination with “Rewild Your Horse” and/or its environment.

It isn't easy to make clear cuts here for us – as these topics belong together and affect each other. But our courses often have a specific angle, coming at this topic of rewilding from one or two perspectives we put in the center for that course or workshop.



"When at long last, we gaze into our depths, we see the same kind of enchantment and resilience we see in undisturbed nature."

"Nature, too, supports our personal blossoming (if we have any quiet exposure to her) through her spontaneities, through her beauty, power, and mirroring, through her dazzling variety of species and habitats, and by way of the wind, Moon, Sun, stars, and galaxies."

— Bill Plotkin, *Soulcraft: Crossing into the Mysteries of Nature and Psyche*

Learning Wild? Rewild Your Heart - Tools

It is introducing tools – as Nature Assisted Mindfulness, Equine Assisted Interventions, Experiential Learning, Expressive Arts – to help with awareness, self-awareness, grounding, being present for “what is” as well as “being here” – and reflecting on it all and processing it.




Learning Wild -
Moving away from a
human centered way
of seeing.

It is looking at what we can do –
for ourselves as well as for others.
And seeing that more of ourselves
– is not always the solution.



Rewilding
Your Heart –

Helps you see
better...



HERE IS MY SECRET,
A VERY SIMPLE SECRET.
IT IS ONLY WITH THE HEART THAT ONE CAN SEE RIGHTLY.
WHAT IS ESSENTIAL IS INVISIBLE TO THE EYE.

-LE PETIT PRINCE

MiMer ReWild(ing)

- April 13-16 – Italy – NAM + RYH
- April 28-20 – UK, Devon, Ash+ Dartmoor – ReWild-ReLearn-ReHorse
- May 12-14 – Latvia – ReWild Your Land, Your Horse & Yourself
- June 23-25 – UK, New Forest – ReWild-ReLearn-ReHorse
- July 12-16 (prel dates) – France – NAM + TS-EAM+ RYH
- Aug 30-Sept 3 – Italy – ReWild Your Horse & Yourself
- Sept 20-24 – UK, Dartmoor – ReWild Your Horse & Yourself
- Sept 27-Oct 1 – Poland – ReWild Your Horse & Yourself
- October 8-12 (prel dates) – France – ReWild Your Horse & Yourself
- October 19-22 – Italy – NAM + RYH





Questions or Reflections?

