



# Under the Wild Ginger: A Simple Guide to the Wisdom of Wonder

*Jeffrey Willius*

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Do you remember how it felt when, as a child, you first discovered some little creature or flower you'd never seen before and when, moved beyond speech, all you could manage was a breathless wow? That little whisper, that crystalline moment of pure wonder, is what Under the Wild Ginger is about.

You can reclaim the magical in your hectic life. You'll learn how to open both your senses and your spirit to your surroundings, how to notice and celebrate the countless small miracles that await, often right under your nose.

The book introduces the concept of seeing generously. It suggests that, while sensing may seem a kind of acquisition, it's really as much about giving as taking--letting go agendas and schedules; surrendering cell phones and computers; committing your time; applying your imagination; and, above all, simply paying attention. Giving something of yourself to the process of perception restores the curiosity and *joie de vivre* each of us possessed naturally as a child but which got buried in layer upon layer of adult structure, stress, and cynicism.

Under the Wild Ginger is a book to enjoy in quiet moments by yourself, to give to kindred spirits, and, perhaps most importantly, to share with your children and grandchildren as a guidebook to journeys of wonder you'll undertake together.

Under the Wild Ginger is a collection of evocative reflections which gently, compellingly urge the reader to reclaim the wonder and wisdom of childhood. Part nature walk, part self-reflection, part spirit quest, it inspires uninhibited curiosity and enthusiasm for small things, those small, wonderful things so often hidden to first glances like the exquisite flower beneath the leaves of the wild ginger. Through his patient probing Jeffrey Willius shows us how, for each layer of our perceptual, emotional and spiritual inattentiveness we're willing to shed. Nature, in return, sheds one layer of her mystery.

## ENDORSEMENTS

A lovely meditation on what makes life worth living. --Richard Louv, author of *Last Child in the Woods* and *The Nature Principle*

This is one of those rare books that can make you rethink how you see the world. --Richard Leider, author of *The Power of Purpose*; Senior Fellow, University of Minnesota's Center for Spirituality and Healing

A welcome invitation to see the world through new eyes. --Marti Erickson, cofounder, Children & Nature Network

A book I want to sit with in the woods or in my garden and savor; warmhearted, wise, uplifting, healing--simply enchanting! --Robin Easton, author of *Naked in Eden: My Adventures and Awakening in the Australian Rainforest*

These reflections inspire us to keep our childlike wonder alive in all we do--to pause, listen and look deeply, to never stop asking questions. --Ann Bancroft, polar explorer, teacher and author

A delightful, thoughtful read that will have you earmarking page after page for future reference. --Greg Lais, Executive Director, Wilderness Inquiry

This book nourishes the soul. --Meg Pier, travel writer and photographer



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#### **Zoe Harris:**

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