

Top 5 wilderness exchanges:

Sometimes we view the wilderness and wild places as “what we drive through to get to the mall.” But wild places offer both concrete and intangible value to our lives. Take a different view of wilderness by realizing these wilderness exchanges.



5 gifts from the wilderness:

5. Wilderness is often associated with trees, which supply the oxygen you breathe. Trees also remove airborne toxins, reduce noise levels, cool the air, improve water quality and prevent soil erosion in fields, gardens and in watersheds.
4. It provides recreation and a perspective enhancing contrast to workaday life.
3. Experiences within it afford a wide range of feelings: joy, connection, freedom, cleansing, blessedness, confidence, humility, uncertainty, adventure, aliveness.
2. Natural settings lower stress levels, foster creativity, calm children with ADHD, stimulate the imagination, improve concentration, lower aggression and accelerate healing. Wilderness restores dignity.
1. It's a place to walk in Jesus' footsteps. Jesus recognized the gifts of wilderness: solitude, transforming ability, enhancement of the spiritual journey.

5 ways to give back to the wilderness:

5. Plant 10 trees – the number of trees needed to absorb the carbon dioxide that you will exhale in your lifetime.
4. Take steps to decrease your electricity use. Electricity is generated from dams, coal, oil, gas, wood and nuclear reactors. Wilderness areas are often destroyed in the creation, excavation and extraction required for these processes.
3. Reduce, reuse, recycle and recruit others to do the same. Leave wilderness areas intact and raise the United States' rate of waste recycling from 31.5%.
2. Buy 100% post-consumer paper products for home and workplace. Fifty-five% of the global paper supply is from newly cut trees. The United States is the world's largest paper consumer and recycles 50% of its paper waste. If the United States rose to South Korea's paper recycling rate (77%), 308 million trees would remain standing each year.
1. Visit a wilderness area. By participating in a firsthand experience, the gifts of the wilderness and God's movement throughout it will come alive within you.

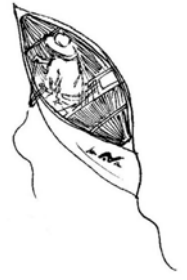
Let the wilderness teach you,
let the wind shape you,
let the water carry you.



Wilderness Wind is located in Ely, Minnesota. For information about **canoe trips, cabin and yurt retreats** and traveling within the Boundary Waters Canoe Area Wilderness, visit our web site at www.wildernesswind.org or call 316-217-1129.

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