



**Peter Michael Bauer: Embodied Rewilding**



Peter Michael Bauer is an anthropologist, experimental archaeologist, and historian with a focus on the social and environmental impacts of the neolithic revolution. Discover how we can reclaim our wildness and live in accord with our adapted biology within contemporary society that has been ruled by domestication and agricultural pursuits.

**TOP EMBODIMENT TIP:** Dive deep into the rabbit hole of rewilding!

Rewilding definition: **The process of undoing domestication and relearning what wildness is:**

-The embrace of wildness allows flow systems to operate together to find balance

-**Re:** Recognizes that there has been a separation: Psychological separation that has led to emotional, spiritual, and physical.

-**Wilding:** Comes from “will” (breaking down will for human use-domination and domestication).

Purpose of Rewilding:

-It is a direct response to the fundamental aspects of our society which are inherently destructive and have inflicted damage at the individual and collective level. **Rewilding is an attempt to understand the environment of evolutionary adaptation** with the question: *What are we most adapted to biologically, culturally, spiritually, physically?* Only then can we know the most vital, regenerative, and resilient expression of humanness.

The Costs of Separating from Wildness:

-The process of domestication has caused humans and our ecosystems psychological, physical, and emotional **trauma**. Our environment has changed but we are still under the expectations of millions of years of evolution.

-**Influenced our sleep cycles, diets, movement, and psychology** as byproducts of living in a domesticated society.

-**Alienated** ourselves from the ecosystems that we were once a part of and have become less resilient.

-Using “**life hacks**” as bandaids to a larger problem: Feeling wild rather than BEING wild.

Techniques for Embodied Rewilding:

1. Have the story or **new narrative** to embody before you can embody rewilding.
2. Weaving the cultural basket of rewilding: Rewilding in a way that feels **natural**.
3. Leveraging resources and knowledge for **individual and community health** while recognizing disparities/privilege.
4. When taking from the land, **giving back in return**.
5. Repeating the process.

Resources

- ❖ **Books:** Rewild or Die (under the moniker Urban Scout)
- ❖ **Courses:** [Rewilding 101 Course](#)
- ❖ **Website:** [rewildportland.com](#); [petermichaelbauer.com](#)
- ❖ **References:** Plows, Plagues, and Petroleum: How Humans Took Control of Climate by William F. Ruddiman; The Maya Forest Garden by Anabel Ford and Ronald Nigh; Dirt the Erosion of Civilizations by David R. Montgomery; Against The Grain by James C. Scott; Martin Prechtel’s work



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