Wendell Berry, in some lines entitled "The Peace of Wild Things," says it about as well as it can be put into words.

When despair for the world grows in me

And I wake in the night at the least sound

In fear of what my life and my children's lives may become,

I go and lay down where the wood-drake

Rests in his beauty on the water,

And where the great heron feeds.

I come into the peace of wild things

Who do not tax their lives with forethought of grief.

I come into the presence of still water

And I feel above me the day-blind stars

Waiting with their light,

For a time, I rest in the grace of the world and am free.