



## **AWE/WONDER**

**Take your time, go slowly, and be patient with yourself.**

1. Feel your body, take a few moments to settle in. Your body holds deep wisdom. Trust in it. Learn from it. Connect with it.
2. Bring your awareness to Awe/Wonder, as you slow down, and take a few deep breaths.
3. Allow the word Awe/Wonder, to just drop into your field of being and notice what you experience, with curiosity and kindness to yourself.

**Can I bring a sense of awe and wonder to all the vast unknowable aspects of life and this world?**

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Take a few moments to feel all that arises as you bring your sense of awe to the mysteries, the miraculous, and the many wonders of this world.

**How do I feel when I bring awe to something as simple as a seed sprouting into a plant? To a tree blooming with flowers that then turn into fruit? To my skin healing itself? To the beautiful colors of a sunset? To the birth of life in all its forms?**

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**Can you feel this awe and wonder within your body?**

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We are so familiar with miracles that we take most of the marvels of this world for granted. When we look deeper, we see there are so many inexplicable wonders!

**What is revealed to you as you bring awe to any little thing?**

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We can analyze what happens as a seed germinates, grows into a tree, and then bears thousands of fruits, but what has happened is truly miraculous!

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What about the beauty and colors of a vibrant sunset? Sunlight sparkling on a lake, a river flowing, or water turning into ice, steam, snowflakes, vapor?

Water is awe-some!



**What do you experience that inspires your sense of wonder?**

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As you explore what it feels like to bring more awe into your daily life, notice how it can miraculously enhance and transform ordinary moments into deeply joyful ones.

**What does feeling and accessing awe and wonder bring into your awareness?**

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Find out for yourself what happens as you access and activate the wonders of awe.

Remember that writing down your insights can be very helpful.

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