

LIVING IN AWWE BLUEPRINT

Rediscover Wonder, Alleviate Stress,
and Find New Meaning in 60 days



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Includes two
Practice
Examples

Introduction

A decorative graphic consisting of three curved lines, one solid and two dashed, arching over the title.

Welcome to *Living in Awe*, a guided journal to help you rediscover magic and wonder in your life and find more meaning in your everyday experiences. Do you frequently find yourself longing for the awe and wonder you experienced when you were younger? Do you often go through your day with a sense of merely functioning on autopilot, devoid of any genuine excitement, and a lurking fear that life might be slowly slipping away from you? Do you feel you are losing your spirit and youthfulness? Or maybe you are dealing with ruminating thoughts and anxiety, finding it challenging to feel truly present and engaged in the world around you. In our fast-paced world, it's easy to lose sight of the beauty and wonder that surrounds us. We often find ourselves trapped in a cycle of stress and overwhelm, or we get stuck in the mundane, unable to access the magic that life inherently possesses.

This book aims to break that cycle, offering seventy short, guided practices that will help you rekindle a sense of wonder, reduce anxiety, and make you happier. The presented methods are not the typical mindfulness practices, such as meditation or self-reflection, that are often difficult to learn and maintain. The techniques in this journal are based on the emerging science of awe as well as the author's experiences as a forest therapy guide. They introduce a fresh dimension by engaging with the wonders of the external world, rather than trying to go inside and quiet the anxious mind. They allow you to transcend your personal boundaries easily and enable you to feel a part of something bigger than yourself. You can easily integrate practicing awe into your daily routine and could eventually complete it in as little as a few seconds, leading to "Awe Glimmers" or "Micro Awe Moments." These simple, yet powerful, tools can transform your perspective and help you see the world with joy, wonder, and a newfound spirit.

Living in Awe will teach you how to master a straightforward, three-step technique designed to cultivate and integrate the feeling of awe into your everyday life within two months. The technique allows you to create awe-inspiring moments at will by slowing down, becoming present, and focusing your attention so you can experience novelty, vastness, and wonder. This process of rediscovering awe unlocks many benefits, including a deeper appreciation of life and a deeper sense of connection to others, resulting in more meaning and purpose. Moreover, experiencing awe on a regular basis has been linked to reduced levels of stress and burnout, offering both immediate and long-term relief.

Through the author's many years of traveling to awe-inspiring locations across the globe, practicing nature meditations and learning

the art of Forest Bathing, he has cultivated a rich connection with the natural world and experienced its profound benefits. Only after recently learning about the new science of awe, did the author realize he had been seeking and practicing awe most of his life. His journey and insights inspired him to write this book, with the goal of offering you, the reader, a simple and accessible pathway to harvest similar benefits at your pace and convenience. The beauty of this practice is its versatility; you can engage in it for just a few moments at a time, whether you're at home, in a park, or even within your relationships. The benefits of practicing awe are profound. They not only promise to multiply over time, but will also deepen and intensify as you practice.

Living in Awe is a captivating series of journal-books that include further editions centered on the experience of awe in nature and in relationships between couples. These upcoming editions will provide more tailored practices for immersing oneself in the wonders of nature and finding awe in engaging with your partner. Accompanying all journals is a dedicated website, www.GlimmersofAwe.com, which serves as a treasure trove of free resources. The website features a collection of awe-inspiring videos that complement the practices outlined in the workbook. These videos ensure you can experience nature-based moments anytime, without waiting for the perfect occasion, such as stumbling upon a rainbow. We warmly invite you to subscribe to our email list. As a subscriber, you will receive periodic updates on new awe practices, the latest research, upcoming book announcements, and a steady stream of support and encouragement to sustain awe in your life. Additionally, we maintain a presence on various social media platforms. Please visit our website for a list of our social media handles and information on how to stay connected with our community.

Living in Awe is more than just a journal; it is a system to help you create feelings of awe and wonder at any time, challenge the mundane and the day-to-day routines, and embrace the awe-inspiring wonder of your existence. Take a deep breath, open your mind, and prepare to embark on this transformative journey. Rediscover the magic and find the meaning that's been waiting for you all along. Let's get started!

Developing your Awe Practice

Awe-inducing events may be one of the fastest and most powerful methods of personal change and growth.

*—Dacher Keltner, Haidt, Jonathan, *Approaching Awe, a moral, spiritual, and aesthetic emotion**

In their book *The Power of Awe: Overcome Burnout & Anxiety, Ease Chronic Pain, Find Clarity & Purpose—In Less Than 1 Minute Per Day*, Jake Eagle and Michael Amster, MD cite a study they conducted with the University of California during the early stages of the COVID pandemic. During the early COVID lockdown period, people felt more depressed and anxious, and mental health issues were up considerably compared to pre-pandemic levels. Study participants received a specific awe exercise for three weeks and the study compared results pre- and post-practice. Participants demonstrated that regular awe practice not only reduced their symptoms of depression, anxiety, loneliness, and stress, but also those who practiced more frequently experienced more benefits. In addition, they experienced awe more easily and frequently, sometimes even spontaneously.

You, too, can experience the transformative power of awe and cultivate a daily practice in just a couple of minutes a day. However, you need a framework to help you navigate. A structured practice format and a collection of effective ideas or “exercises” to focus your attention will help you build your “awe habit” much faster. And that is precisely why we designed this journal. Once you have established a habit through practice, it will become more a part of your life and you will be able to experience “Awe Glimmers” pretty much any time you like, within seconds.

The good news is that practicing awe is a lot easier than meditating. Rather than sitting still and trying to quiet your thoughts, it is about training your mind to see the extraordinary around you, finding magic in the mundane, and appreciating the beauty in the every day.

Three Step Practice

The foundation of this practice is rooted in the author’s experience with Forest Bathing, and meditation, as well as the study of the literature on awe, and the routines have been crafted to fit seamlessly into an easy journaling approach. The practice format below provides a three-step approach to kick start your journey and you can apply it to all the

exercises listed in the journal. We suggest you engage in the exercises at least three times per week. However, to achieve optimal results, consider incorporating them into your daily routine. Feel free to repeat any exercises you find enjoyable as many times as you wish.

1. Get Ready

To begin, find a place to sit or stand. Close your eyes and take several deep, slow breaths, allowing yourself to enter the present moment. Ideally, your exhale should be longer than your inhale. Next, put your focus on your body and start by feeling your feet and the ground beneath you. Gradually move your awareness upward to feel your legs, pelvis, torso, neck, and head. Finally, feel your arms and hands. You can also raise your arms sideways and envision your physical self-expanding in space. If you are really pressed for time, skip the body scan and take a minimum of three long breaths for this first step to get you centered.

There are many ways to center yourself before getting started. If you already have a breathwork routine, consider incorporating it into this preparation step as a technique for becoming present. The purpose of this sequence is to get you into your body, open your senses, and put you in the present moment.

Pro tip: Right after finishing the body scan, with your eyes still closed, gradually guide your arms and open palms toward each other in front of your body, ensuring they do not touch. Keep your eyes closed and attempt to perceive your hands' proximity to each other, as well as any sensations they might experience. You should be capable of detecting the temperature variation between your hands without them touching. Engaging in this exercise might heighten your sensitivity to subtle sensations or emotions.

Now that you feel more present, open your eyes and get ready for the actual awe moment.

2. Focus Your Attention

Turn your attention to creating a moment of awe and follow the suggestions in the forthcoming chapters for each exercise. Immerse yourself in the moment, maintain singular focus, and stay present. Keep your attention on the situation, visualization, or the object mentioned in the exercise and stay with the experience. Observe any insights or feelings, be it wonder, joy, awe, or any other sensations that may come up during this 1–2 minute immersion. If your time is limited, strive for at least for fifteen seconds of complete presence. Note that focusing your attention on the present moment may feel like time passes more slowly.

In cases where nature- or travel-based moments of awe are not possible, check out the awe-inspiring videos listed on our website at www.GlimmersofAwe.com. On the site, you will find a list of links to videos

for many of the seventy Awe Moments in the following chapters. A 2012 study by Rudd and Aaker has shown that watching awe inspiring videos will lead to similar benefits as the direct experience.

Every exercise in the journal lists a few prompts to follow. Some prompts relate directly to the experience, while others are more conceptual (as indicated). Everybody is different, so experience focused prompts may resonate with you, whereas conceptual prompts may diminish the value of your experience. Pick the prompts that work best for you. Sometimes exercises will ask you to visualize or meditate briefly. If you find that some of these exercises don't work for you, just skip them. There are plenty of practices in the journal to cover sixty days. Some of the practices listed in the chapter "Conceptual Awe" consist only of visualizations.

If you recall from the previous chapter, awe is an emotional experience in which you are fully present, your senses heighten, and your awareness expands. Being fully present in the moment without distractions is critical for Step 2, so you are able to get a sense of connection to something greater than yourself.

3. Reflect and Bring the Experience Back into Your Life

Conclude your practice with a deep breath, focusing on the exhale to transition back into your daily life. If you like, allow yourself to feel appreciation for what you just experienced. Another good way of coming back is to perform a stretch, signaling the return to your day-to-day world. If you practice with a friend or partner, consider connecting with them after coming back and expressing your gratitude for sharing the experience with you.

Now, focus on documenting your experience in your journal to help you solidify and remember it, adding your notes and a rating of the experience to the prompt sections:

- » What have you noticed?
- » What are you feeling?
- » What would you like to remember and bring back into your life?
- » Experience rating of 1 to 5 "Awes" ✨ ✨ ✨ ✨ ✨

The experience rating scale goes from 1 to 5 using: "Nothing," "Subtle," "Pleasant," "Wonderful," "Awe-struck." See the next section for more help on how to rate.

This three-step process represents a condensed version of the practice sequence used in Forest Bathing. It includes becoming present in the moment and the place you are in (Step 1), invitations to focus your attention on the natural world around you (Step 2), and the sharing of your experience (comparable to Step 3, writing in your journal).

Awe Experience Quality Rating	Descriptive Terms
Nothing ★	Not really experiencing anything different
Subtle ★ ★	Calm, tranquil, interesting, relaxed, soothing, peaceful, gentle, subtle, easygoing, laid-back, comfortable, quiet, serene, mellow, content, curious, indifferent
Pleasant ★ ★ ★	Comfortable, connected, joyful, lighthearted, delighted, cheerful, uplifted, grateful, wonderful, lively, playful, heartfelt, loving, compassionate, adoring, pleasant
Wonderful ★ ★ ★ ★	Blissful, moved, energized, inspired, thrilled, captivated, jubilant, radiant, overjoyed, stunned, astounded, enchanted, elated, feeling alive, magical, absorbed
Awe-struck ★ ★ ★ ★ ★	Amazed, ecstatic, mystified, astonished, feeling part of something bigger than the self, intense, exhilarated, overwhelmed, transcendent, goosebumps, feeling small, euphoric, awe-struck, in tears, speechless

The 60-Day Plan

It may take a few rounds of exercises to reach a deeper experience. Some people really must experience awe in nature; others find it in art, music, or paintings; and others in abstract concepts. For some, connecting with other people (interpersonal awe) may be the best way to experience awe. To accommodate for these preferences, we cover six different awe categories in the journal and included multiple prompts for each practice. Choose the prompts that help you see awe and wonder.

As you journal about your experiences, delve deeper into your emotions and perceptions. Perhaps, instead of awe, you experienced a sense of wonder, a feeling often stemming from curiosity. Wonder flourishes in the realm of the unknown, so embrace this mystery and let it inspire you. Frequently, you may conclude this exercise with a surge of joy, which is also a wonderful outcome as it aids in calming your busy mind and paves the way for a fresh perspective. Sometimes you may just experience a sense of peace and calm, which is already a great first step. After completing each moment, cultivate a practice of gratitude for your experience. Gratitude is also a powerful tool; it shifts your focus from the negatives to the positives, from what's wrong to what's right. Remember, cultivating awe is a journey, not a destination. It's about the process of forming new habits that will support you.

As you continue to practice, your experience will deepen. Over time, it will become increasingly effortless, spontaneous, and a natural part of your daily routine. You will develop the ability to create awe within seconds, without a journal or writing out your thoughts.

1.

Practice Example

Appreciating a Tree Canopy

This exercise offers an opportunity to find wonder by observing the beauty of a tree's canopy. It creates a sense of connection with the natural world and encourages appreciation for the dance of light and shadows within the leaves.

1. Get Ready

Seek a quiet, shady spot under a tree, preferably with a lush crown of leaves, it could be in a park, a garden, or any other natural setting. Lie down under the tree on a blanket or just stand and look up at the canopy.

Take a few long breaths to slow your mind, become present, and open your senses.

2. Focus Your Attention

Direct your attention to the tree's crown and observe the interplay of light and shadows coming through the leaves. Notice any patterns, shifting colors and shadows, and the gentle movements of the leaves in the wind.

Fully immerse yourself in the experience. Listen to the leaves or branches moving in the wind. Whenever your mind drifts or wanders, bring your focus back to the moment.

As you continue to observe, see if you can feel a sense of connection with the tree. Reflect on the tree's role in the cycle of life—how it provides oxygen, wood, shelter, and sustains life.

Conclude your exercise by feeling the texture of the tree bark and appreciate the vital role trees play in the web of life.

3. Reflect

Conclude the moment of awe with a deep breath, then exhale slowly. Look around you and return to your present-day reality. Take a moment to reflect, then write down your feelings. What insights did this moment give you? Did it evoke a sense of awe or appreciation for the role of trees in our world?

Journal Entry 1

DATE _____

What did you notice?

What are you feeling?

What would you like to remember and bring back into your life?

Rate your moment of awe: 1 to 5 "Awes"



Practice Example

2

A Mirror Look into Your Eyes

This exercise invites you to explore your eyes and create a moment of awe, appreciating the intricacies of our eyes. It may evoke a sense of wonder and appreciation for your physical existence and uniqueness.

1. Get Ready

Find a quiet space with a mirror so you can see your eyes clearly. You could do this exercise every morning in the bathroom.

Take a few long breaths to slow your mind, become present, and open your senses.

2. Focus Your Attention

Look at your face and eyes in the mirror. Bring your focus back to your eyes whenever your mind drifts or wanders.

Focus all your attention on your right eye. Notice the eye's intricate details—the colors, the lines, the reflections of light—and stay in that moment.

After a minute or two, gently shift your focus to your left eye. Again, observe your eye's beauty and uniqueness.

As you look into your eyes, observe any emotions or thoughts that arise. Take your time; there is no rush.

Conclude the exercise by appreciating the beauty, depth and uniqueness of your eyes.

3. Reflect

Conclude the moment of awe with a deep breath, then exhale slowly. Look around you and return to your present-day reality. Take a moment to reflect, then write down your insights. What did this exercise reveal to you about yourself? Did it elicit a sense of awe or appreciation for your being?

Journal Entry **2**

DATE _____

What did you notice?

What are you feeling?

What would you like to remember and bring back into your life?

Rate your moment of awe: 1 to 5 "Awes"



Next Steps

We hope the Blueprint with its two sample practices has been helpful to you to get an initial understanding of how the awe can be practiced in just a few minutes a day. The Living in Awe Journal contains **seventy practices** across multiple areas such as nature, art, personal awe, conceptual and spiritual awe. It also provides a framework on how to integrate awe seamlessly into your life.

Get the complete Living in Awe Journal at Amazon as an eBook, Paperback or Hardcopy!

Don't forget to download the mobile cheat card to store on your phone from our website GlimmersofAwe.com

Our website also features a collection of awe-inspiring videos that complement the practices outlined in the Journal

Check out our social media for updates and “awesome” ideas:

 [Facebook.com/glimmersofawe](https://www.facebook.com/glimmersofawe)

 [Instagram.com/glimmersofawe](https://www.instagram.com/glimmersofawe)

And lastly don't forget to share with your friends!



Reawaken the Magic in Your Life

Are you tired of life passing you by, stuck in a cycle of overwhelm, anxiety, and separateness? *Living in Awe* offers a fresh, powerful approach to reclaiming wonder, meaning, and purpose in your life.

Learn about the emerging science of awe, which reveals that regular awe experiences deepen self-understanding and foster a sense of purpose and fulfillment. Discover practicing awe as an alternative mindfulness practice for those with overactive minds. Unlike meditation, which requires inward focus, awe involves engaging with the world around you, making it easy to integrate into your daily routine.

Living in Awe provides seventy powerful, accessible awe practices that fit seamlessly into your busy schedule. In just five minutes a day for sixty days, you can significantly transform your life, rediscover magic in the mundane, and find new meaning and fulfillment. Feel more connected to others, reduce stress and anxiety, and deepen your appreciation for life by bringing novelty and wonder into your routine. Join the journey to an awe-inspired life and experience being part of something greater than yourself!

Reinhard Seidel MSc

Reinhard Seidel, after earning his Master's of Science, ventured to Silicon Valley and flourished in the tech industry. Inspired by California's ethos, he explored mindfulness, meditation, and spiritual teachings for over three decades. Deepening his insights through global travels, nature meditations, and Forest Therapy certification, he developed a journaling-based method to cultivate awe and wonder in daily life. Seidel lives in the San Francisco Bay Area with his wife and occasionally leads nature awe walks.



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