



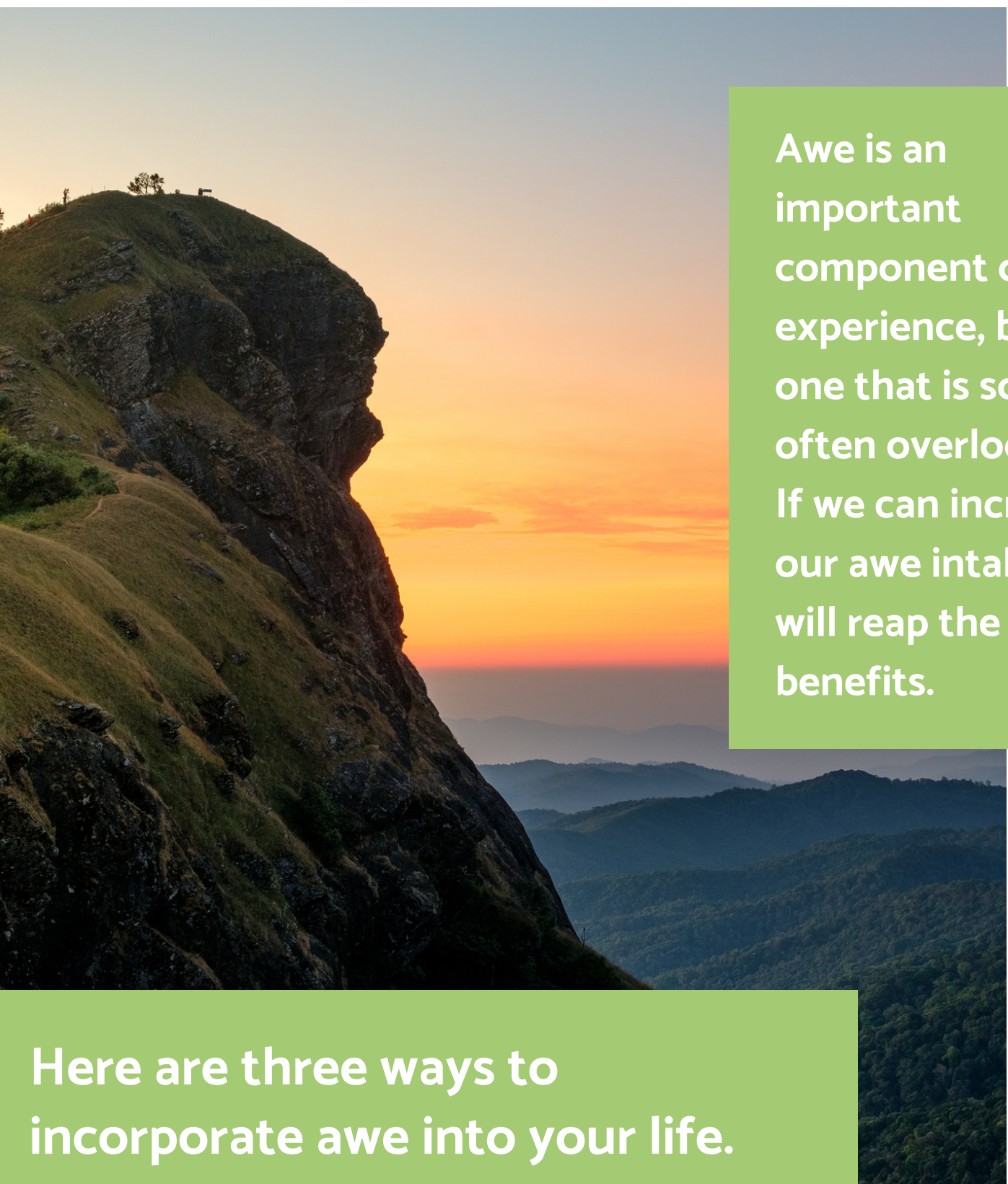
Module Six

Lesson 2

Awe awareness

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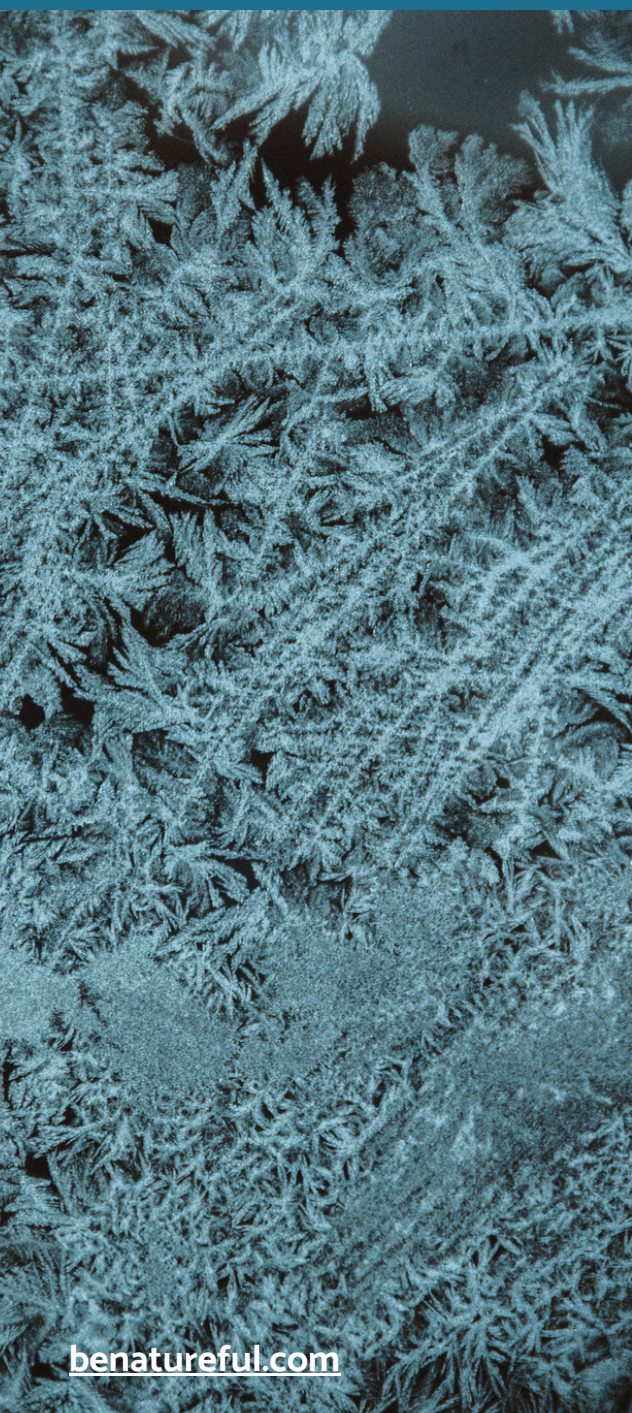


Awe is an important component of our experience, but is one that is so often overlooked. If we can increase our awe intake, we will reap the benefits.

Here are three ways to incorporate awe into your life.

Take an awe walk

Awe can be found all around us, especially in nature. Go to places you have never been before. Seek out new experiences in nature. Even if you are in a familiar place, see everything with fresh eyes. Look closely at things you have not examined before. Take in everything you can see, from the wide, sweeping vistas in the distance to the small, intricate details of what is close in front of you.



Go into nature with purpose, to look out for the beautiful and the inspirational, and to find awe everywhere. You could take a macro lens with you, to see the amazing details and patterns of nature that are hidden from the naked eye. You can take photographs of the most inspiring sights, the ones that move you the most and create the most awe for you personally. By displaying them in your home, you can be transported there and recreate those feelings every day.

Watch awe-inducing videos

If you cannot get out in nature, there are lots of awe-inducing videos online. These are also a great way to experience nature in other countries and to see nature that may be impossible to see otherwise. They can open up the whole world to you without having to leave your living room! Look out for nature documentaries on tv, and YouTube has thousands of nature videos. When you turn on your television, instead of choosing to watch the endless news cycle or a mindless programme, choose to increase your awe by seeking out nature content.

Write about personal experience of awe

These can be experiences that you have had either recently or in the past. Writing about it can conjure the memories when you get back home and help to solidify them in your mind, allowing you to draw on them whenever you need them. Think about experiences that have caused you to feel a strong sense of awe. Write as much detail as you can about what you saw and heard, as well as the feelings and emotions that you experienced. When you re-read your memories in such vivid detail, even this brief reminder can lift your mood. It reminds you that the beauty and magic of nature is still there, with its power to inspire you and fill you with wonder.

And... never forget about people!

They can inspire us with their passion, their purpose, and their positive qualities just as much as nature does. There are many, many people in the world working tirelessly to make it a better place for us and for our fellow species. Find them, follow them, read about them, listen to them, talk to them.

You will see that you are not alone in your concern, that positive action is being taken and that you too can be like them and make a difference. So whenever you seek out an experience of awe, or write about it later, never forget to include the people you encounter as well as the nature!

