



# Awakening to Wonder

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THE PEACERIPPLES INSTITUTE  
Seasonal offerings for a vibrantly flourishing life



## Amplifying Awe Exercise

### *Your First Activity!*

Before we begin the course together, here is your first exercise to get the inspiration flowing! This will help you connect with how wonder, awe, reverence, and magic show up in your life already. Then you will be invited to amplify your felt sense of these states and consider how you can invite more of this into your life!

If you are able, you are invited to do this exercise before the first class when we gather together live. If you don't do it beforehand, no worries! You can still do it after we meet.

If you are having a hard time coming up with events, that is perfectly ok! Maybe you joined this course because you've been feeling an awe deficit. Great! It is the intention of this course to add to this list! So keep this activity with you and feel free to return to it throughout the course.

### Steps of this Exercise

1

Fill out the first section of the following page

2

Listen to the Guided Visualization Recording

3

Fill out the rest of the worksheet



# Amplifying Awe

First I invite you to write down 5-10 moments in your life when you experienced wonder, awe, or reverence, when you felt a sense of being a part of something larger than yourself, or got that warm and fuzzy feeling in your heart, or when you had delighted goosebumps, or felt a sense of sacredness, or maybe you even felt moved to tears.

Experiences of awe, wonder, reverence, and magic:

Circle one that you will focus on.

Now you are invited to listen to the Amplify Awe guided visualization recording and when you are finished you can return here to write about your experience.

Describe this experience in detail:

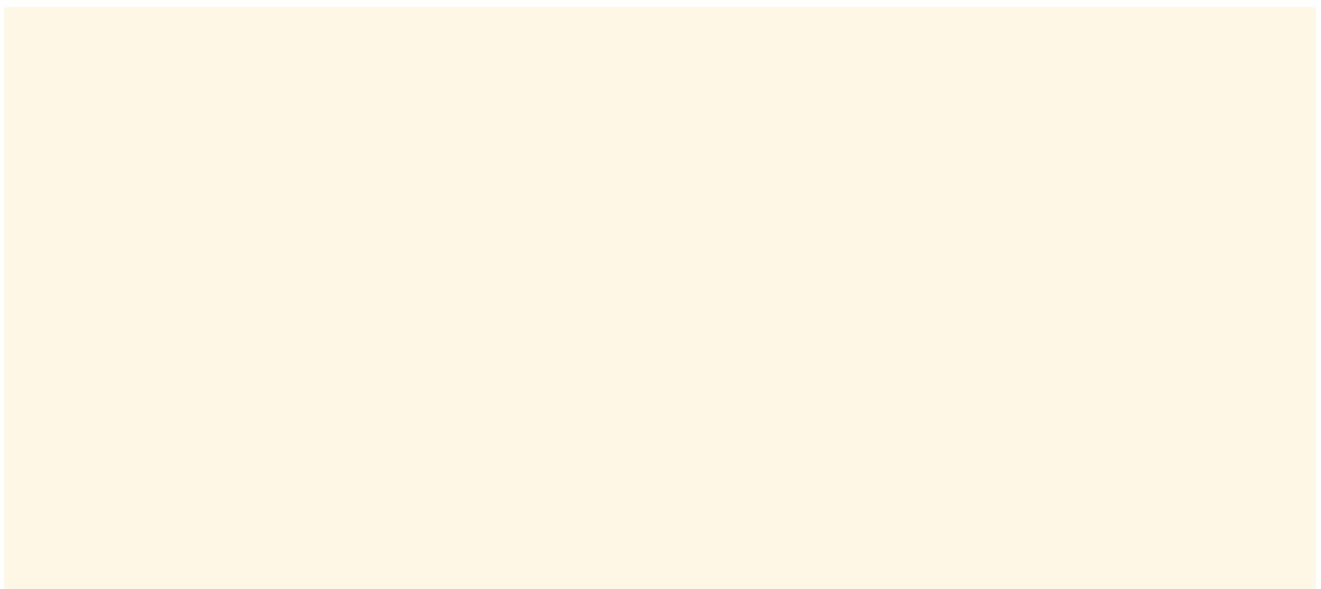




# Amplifying Awe Part 2

## Reverse Engineering Magical Moments

After you've written about your visualization in full detail, contemplate what allowed this experience to be so magical for you. Consider your earlier list of magical awe-filled moments and lets reverse engineer them! Where were you? Who were you with? Where was your focus? What allowed you to experience what you did? What was your mindset? What perspective did you take? List as many of the elements as possible!



## Designing Wonder Experiments

Now brainstorm some ideas for possible ways you could design for wonder next time! What are the conditions you could put yourself in that might support you to invite wonder, awe, and reverence in again?

