

MICRODOSING
MINDFULNESS

NorthBay/UC Berkeley Awe Study
Session 3



Consciousness

Stimulus

"You're wrong"

Flirting

Car cuts you off

Interrupts you

Response

Defensive

Jealous

Road rage

Snap back

Traditional Therapies

Explore your childhood

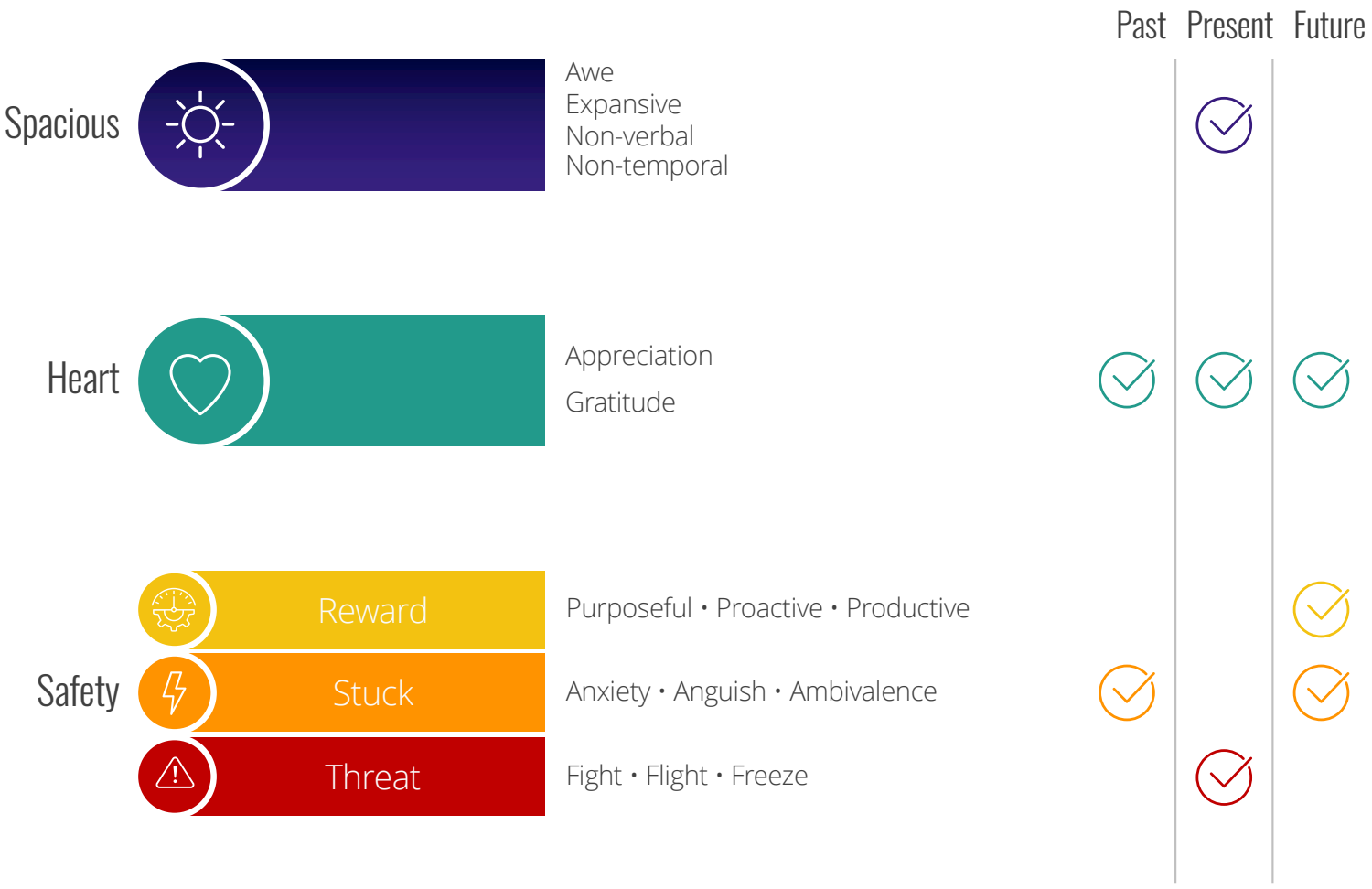
Process your feelings

Re-examine your beliefs

Learn to self-soothe

Personal empowerment

Attachment patterns



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How to Access Moments of A.W.E.

Attention: full and undivided attention on things you appreciate, value, or find amazing.

Wait: slow down, pause.

Exhale +
Expand: amplify whatever sensations you are experiencing.

The AWE Spectrum:

*Pleasant * Connected * Sweet * Moved * Captivated * Awegasmic*

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Awe is Easy

Force *vs.* Presence

Stress

(Pressure, Tension, Insistence)

- Striving toward a destination
- Wanting things to be different
- Judging and evaluating

Ease

(Mastery, Simplicity, Soothe)

- Experiencing the journey
- Being with things as they are
- Witnessing

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