Welcome! . . . This session will start soon.

MICRODOSING
MINDFULNESS

NorthBay/UC Berkeley Awe Study: Session 4



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Harriet

Rippling water in a pond with flitting dragonflies.
Water in sprinklers; through it kids ride.
Water in my hose, bringing life to what grows
Refreshing cold water in my cup-drink it all up!



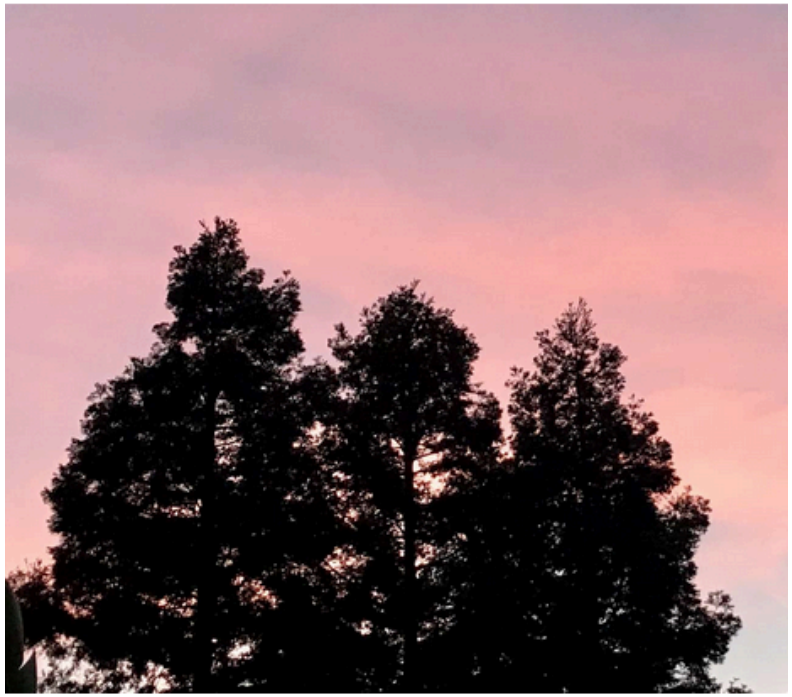
Beverly

The beauty and the stillness of the music of the night.



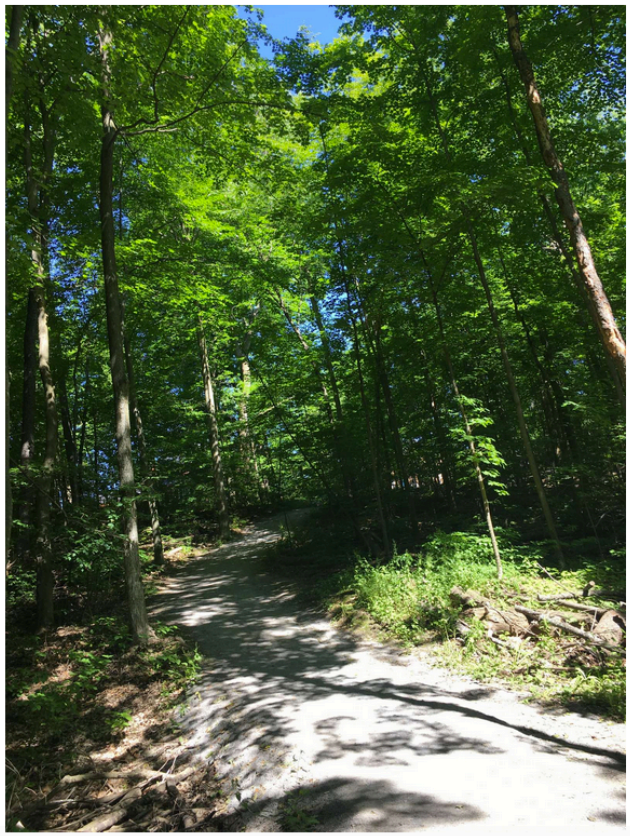
Magdalena

The other day I was taking photos, for the study, but felt quite tense and had little anxiety. Then a person watching me taking the photos, shared her own AWE with the same scenery I was photographing, and then I laugh and that was AWE. And this was our inspiration...so many birds feeding on the grass. She said that never seen so many of them...



Susan

Catching the last light from a pink cloudy sunset. Deep sigh of thankfulness for the gift of the sunset and this day while swinging my legs back and forth allowing the velvety sensation of the cool pool water to refresh and energize me.



Donna

Trail walking along side my daughter... noticed the rhythmic sounds of our strides as we moved through the forest in contented silence...

Will they like me?

Prove what I already know

Telling

Defensive

Preoccupied &
Multi-tasking

How can I help?

Learn something new

Listening

Curious

Open to AWE

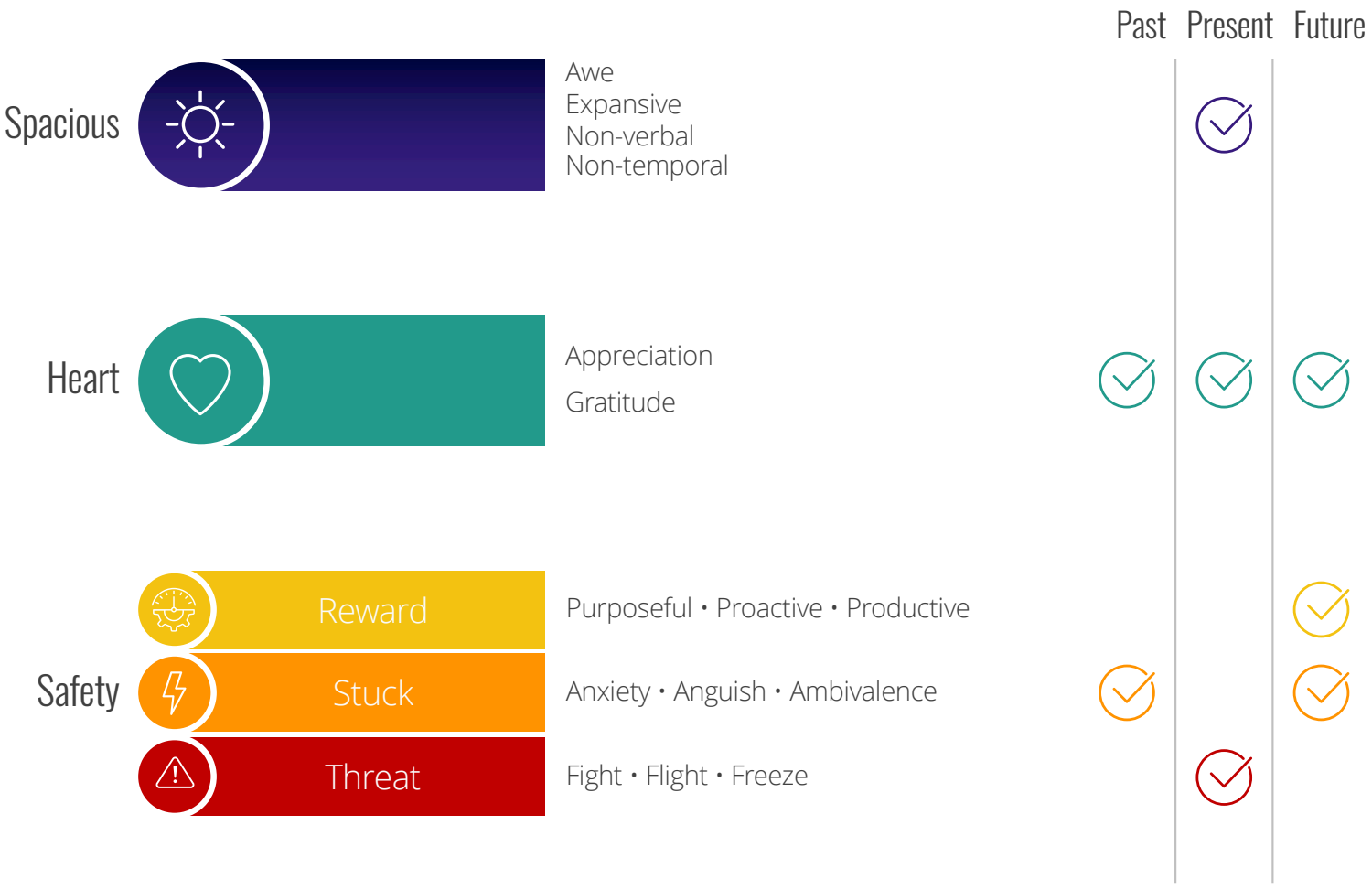


Consciousness

A state of mind, or quality of being—

— that varies depending on the questions we ask, our intentions, behaviors, and the tone of our conversations.

— coloring the way we perceive everything.



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How to Access Moments of A.W.E. *in the Ordinary*

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

Wait: slow down, pause.

Exhale +
xpand: amplify whatever sensations you are experiencing.

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The AWE Spectrum



The AWE Spectrum:

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

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Summary Thoughts

- AWE is a tool — discover what works for you…
- If you're struggling with this practice consider:
    - Ask yourself “What level of conscious am I in?”
    - And “What level of consciousness would be appropriate?”
    - Stop judging and trying too hard
    - Rely upon Presence not Force
- With continued practice, awe moments become easier to access.

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CONNECTING WITH A STRANGER



WATCHING MOVEMENT



WHERE ARE YOU?



COOK LIKE A ZEN MONK



SPACE



SLIDING INTO SLUMBER

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Post Course Steps



Wear your bracelet as a reminder to practice.



Practice A.W.E. at least three times each day.



Fill out the follow-up surveys; weekly (1st month) then monthly x 5



Post Moments of Awe on the website.



Submit questions and ask for any support you need.

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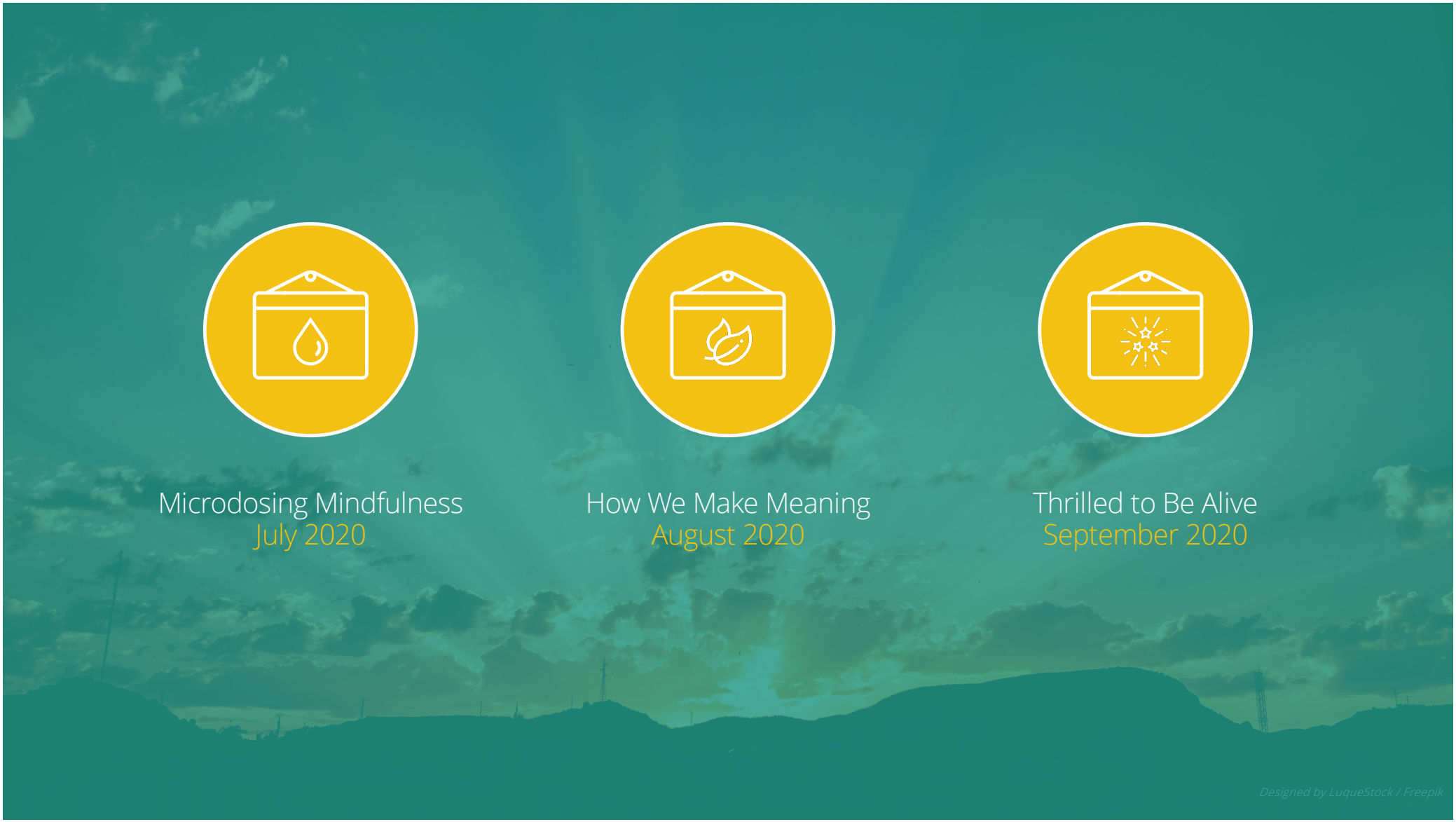
Microdosing Mindfulness
July 2020
How We Make Meaning
August 2020
Thrilled to Be Alive
September 2020
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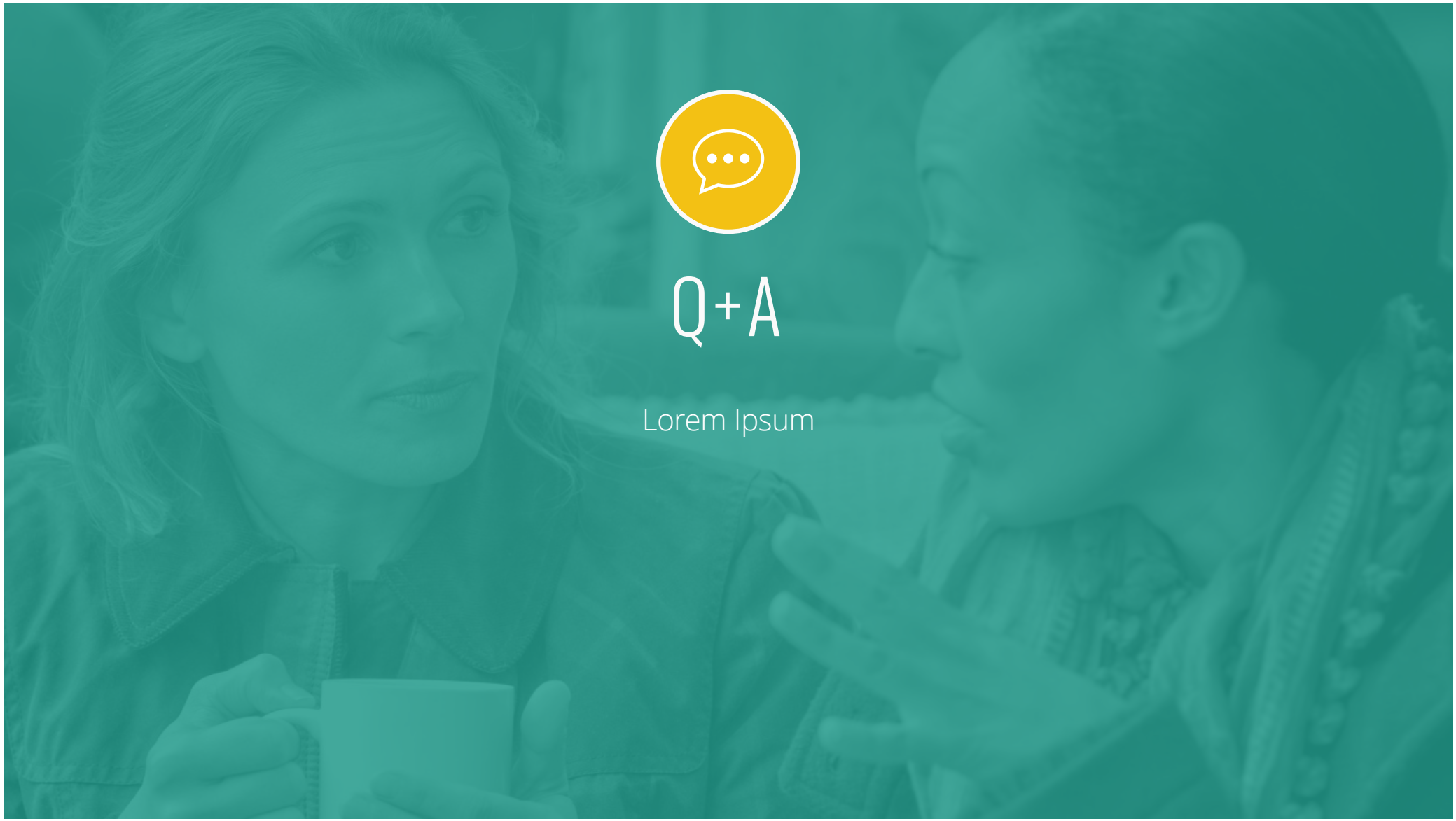
Q+A
Lorem Ipsum