THE A.W.E. METHOD

GUIDE & JOURNAL

ALOHA!

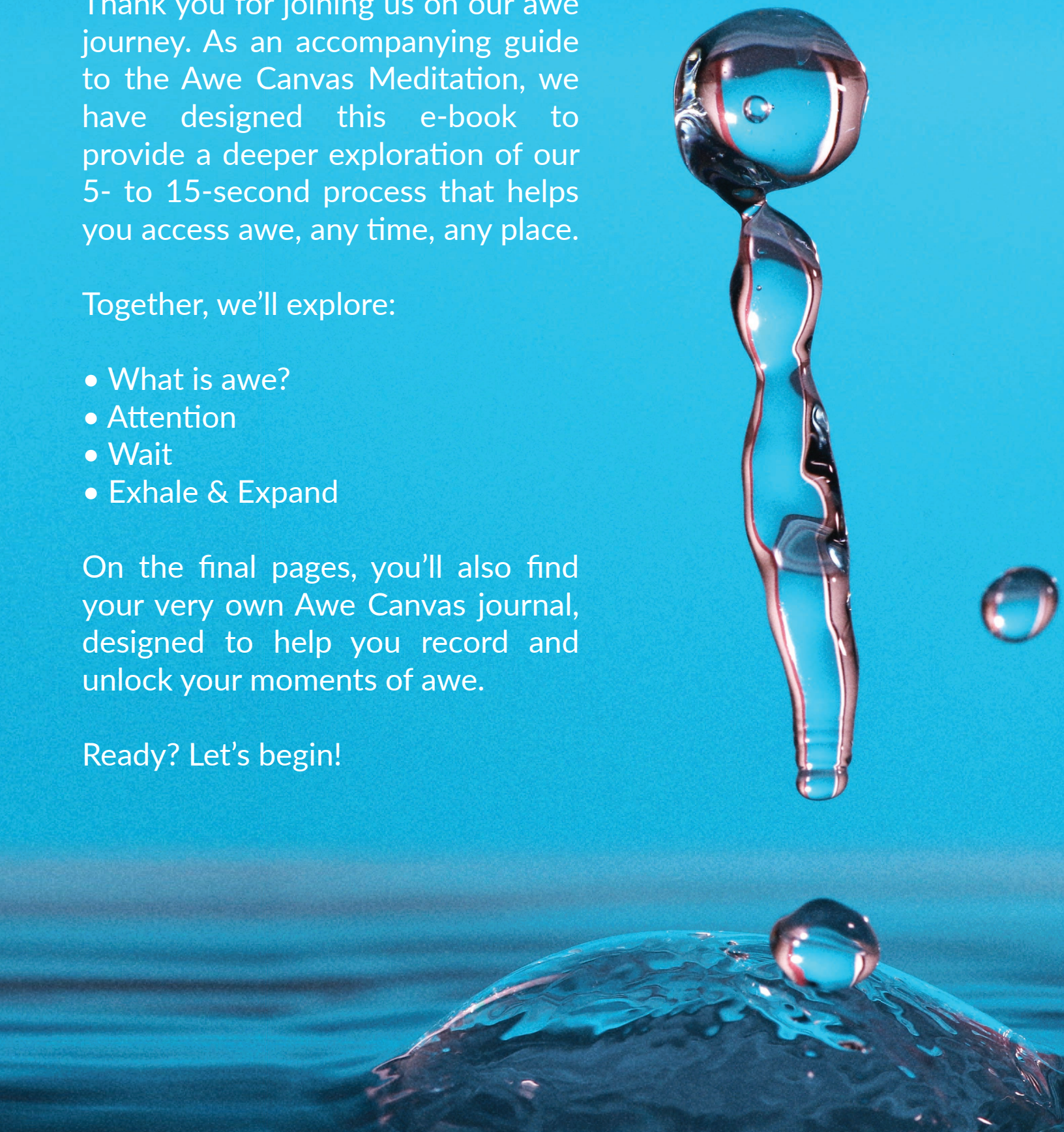
Thank you for joining us on our awe journey. As an accompanying guide to the Awe Canvas Meditation, we have designed this e-book to provide a deeper exploration of our 5- to 15-second process that helps you access awe, any time, any place.

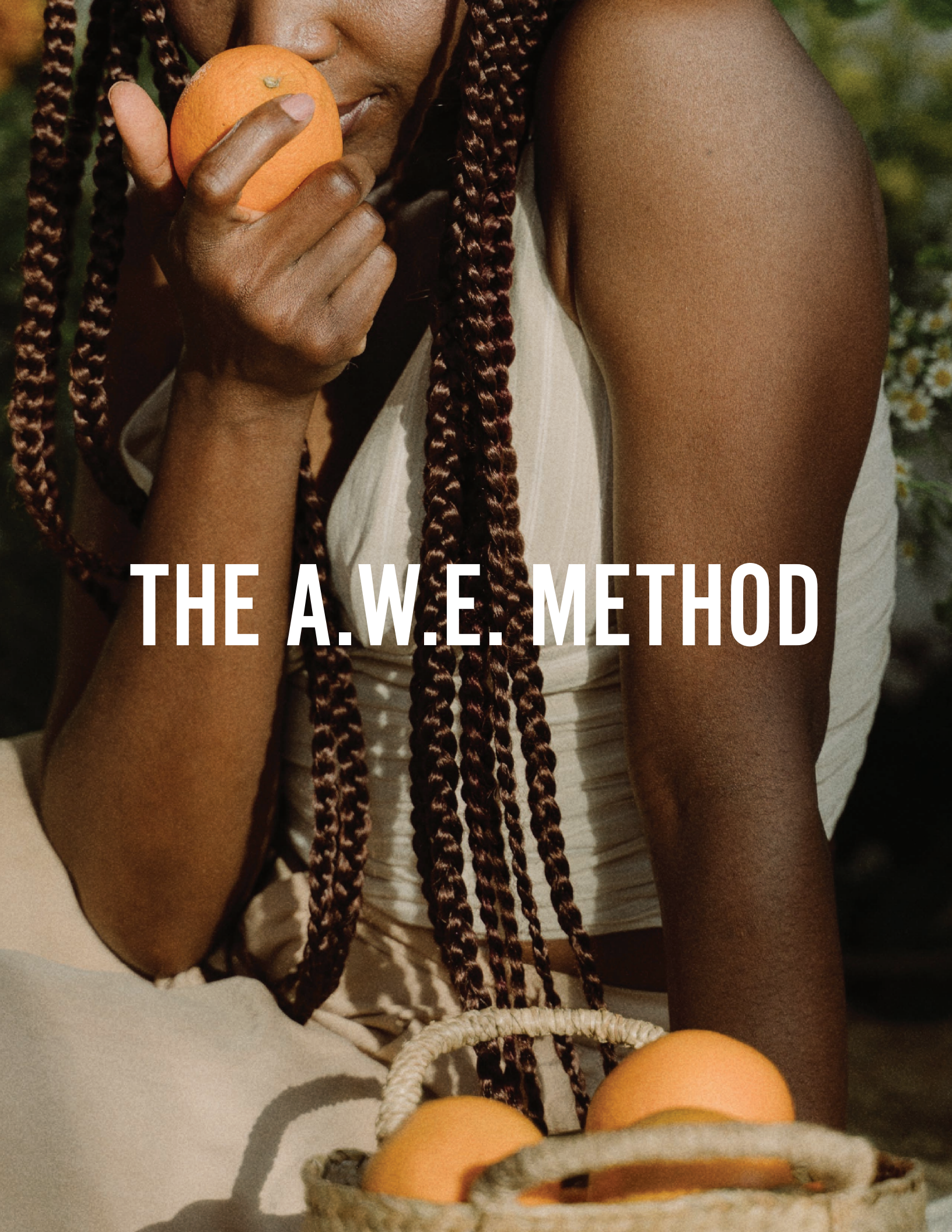
Together, we'll explore:

- What is awe?
- Attention
- Wait
- Exhale & Expand

On the final pages, you'll also find your very own Awe Canvas journal, designed to help you record and unlock your moments of awe.

Ready? Let's begin!





THE A.W.E. METHOD

A.W.E. stands for Attention, Wait, Exhale and Expand, and the method is a five- to fifteen-second, three-step process—a type of "microdosing mindfulness," or a brief, informal mindfulness practice that also happens to be supported by science.

With A.W.E., you can access a culmination of powerful, awe-driven physiological and psychological changes in three simple steps:



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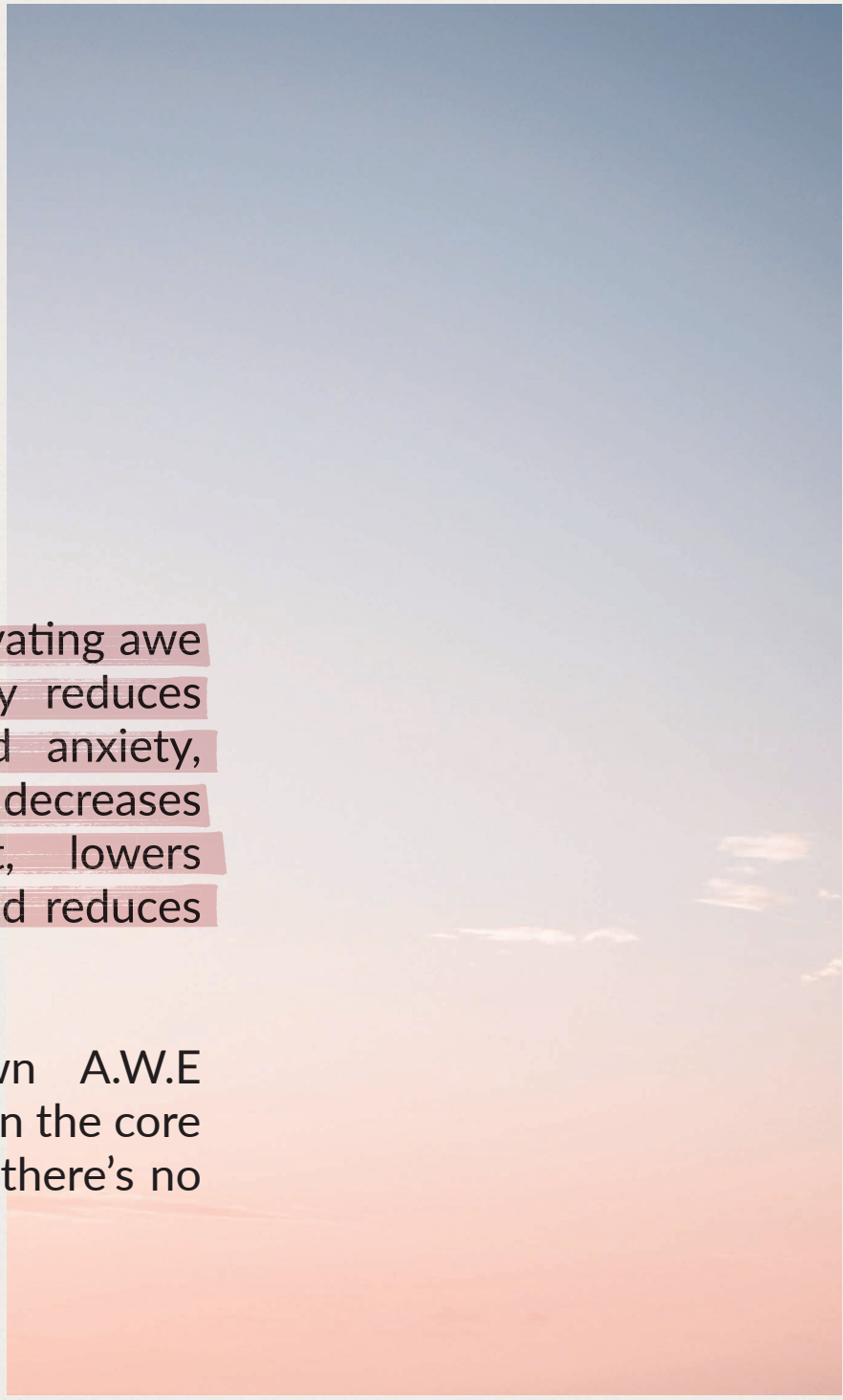


Our findings suggest that cultivating awe for less than a minute a day reduces symptoms of depression and anxiety, improves social connection, decreases loneliness, reduces burnout, lowers stress, increases well-being, and reduces chronic pain.

Before cultivating your own A.W.E practice, it can be useful to learn the core foundations of each step. And there's no time like the present!


ATTENTION



ATTENTION IS MORE POWERFUL THAN MOST OF US REALIZE.

Choosing to pay attention to things we value, appreciate, or find amazing focuses our mind and heart on what is likely to foster awe in the best sense of the definition.

More often than we might realize, we can choose to inspire ourselves by escaping autopilot and re-rendering our reality, moving from the mundane to the awe-gasmic.

With A.W.E., we can decide to do that at any time and in only a few seconds. It starts by consciously giving our undivided attention to just a small piece of the beauty and wonder that surrounds us in the ordinary.


WAIT

INHALE - WAIT - EXHALE

In the Wait phase of A.W.E., all we know is we're focused on something amazing. It's all we're aware of. We have no thoughts, just this awareness.

While our awareness is full of what we are appreciating, we're inhaling naturally. We're taking in the beauty, and as we're taking it in, energy is building physiologically. Our heart rate is going up ever so slightly.

And then we wait—just a slight pause—before exhaling.

This waiting, when done with intention, is one way to be fully present.

Presence creates the space for the emotion of awe—and the emotion of awe creates presence. When we're present, awe arises naturally. In that moment, we can flood the space with the novel, the unexpected—a bounty of possibilities we've never imagined.


EXHALE...

For some people, the most potent part of A.W.E. is the exhale. There's good reason for this. Deep breathing can move our nervous system from the fight-flight state to the rest and repair state. Meditators who focus on taking deep breaths know this very well.

When we reach the E phase of A.W.E., we are already fully present— feeling utterly safe and unstressed. A deep exhale stimulates the ventral vagus nerve, enhancing vagal tone and fully activating the body's social engagement system. Not only are we feeling safe and relaxed, but we also feel more inclined to connect with others.

The fastest way to feel safe when there is no imminent threat is to enter the present moment—and awe is one way of doing so.

When we exhale, we release energy, stimulate the ventral vagus, and feel a sense of calm and safety. As we relax, the sensations embodied during the inhale do something significant—they expand.


... AND EXPAND

We think of awe as a neuronal lubricant that facilitates the rewiring of the brain's neural pathways, making it easier for us to glide into different states of consciousness. And we believe that the primary task of the modern brain is to elevate our consciousness and expand identity.

Expansion is the trajectory of our evolutionary timeline.

Our expansion happens as we go beyond the familiar and open to new perspectives and experiences. The decentering of the self that comes as we wonder in awe and open to new perspectives leads to ego dissolution, or the small self. Paradoxically, as our ego gets smaller, our identity has room to expand.

Although it sounds counterintuitive, expanding your identity is essentially the same as dissolving your ego. We prefer to describe it as a process of expansion versus dissolution because expansion supports the idea of integration.

We are not getting rid of some parts of ourselves—ego—we are growing and expanding beyond our previous sense of self. Expanding our identity is valuable and necessary for a full life: the more it expands, the more we can identify with other people, and the more capacity we have to connect with them.

A.W.E., then, is a doorway to profound presence, spaciousness, ease, and peace—a fast track to transcendence

READY TO DIVE DEEPER INTO AWE?

In our book, *The Power of Awe*, we expand upon our clinically-proven three-step process to help you turn ordinary moments into awe-inducing experiences in seconds.

You'll learn more about the science of healing and how accessing "awe" can help you to unlock your full potential for a fulfilled and meaningful life.

We guide you on a 21 day A.W.E. practice, a powerful prescription for immediate and expansive personal growth and mental and physical healing, allowing you to take the emotion of awe from state to trait. We also offer short experiments of "discovering awe" across three domains: sensorial, interconnected, and conceptual, taking you on short but infinitely sweet awe adventures.

Whatever path you take, we invite you to be curious as you go on your journey. Remember, all along the way, with each step you take, look for the awe.

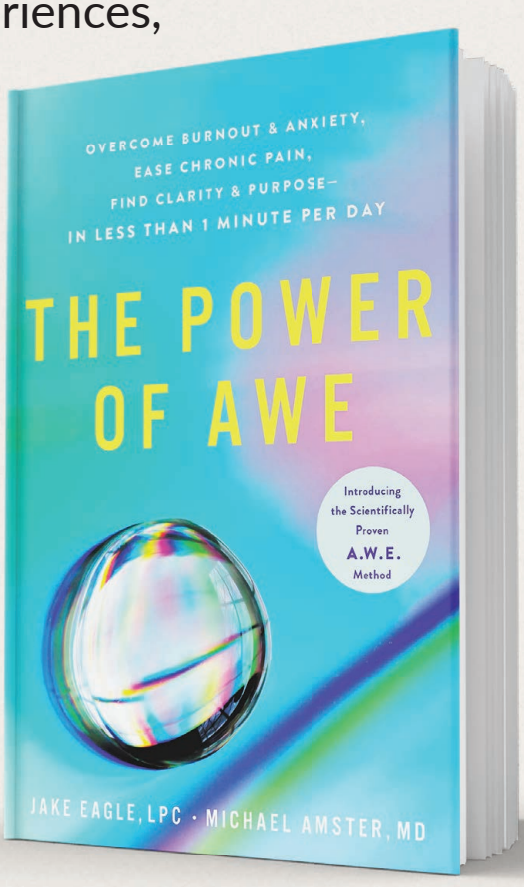
Mahalo,

Jake Eagle and Michael Amster

ABOUT THE BOOK

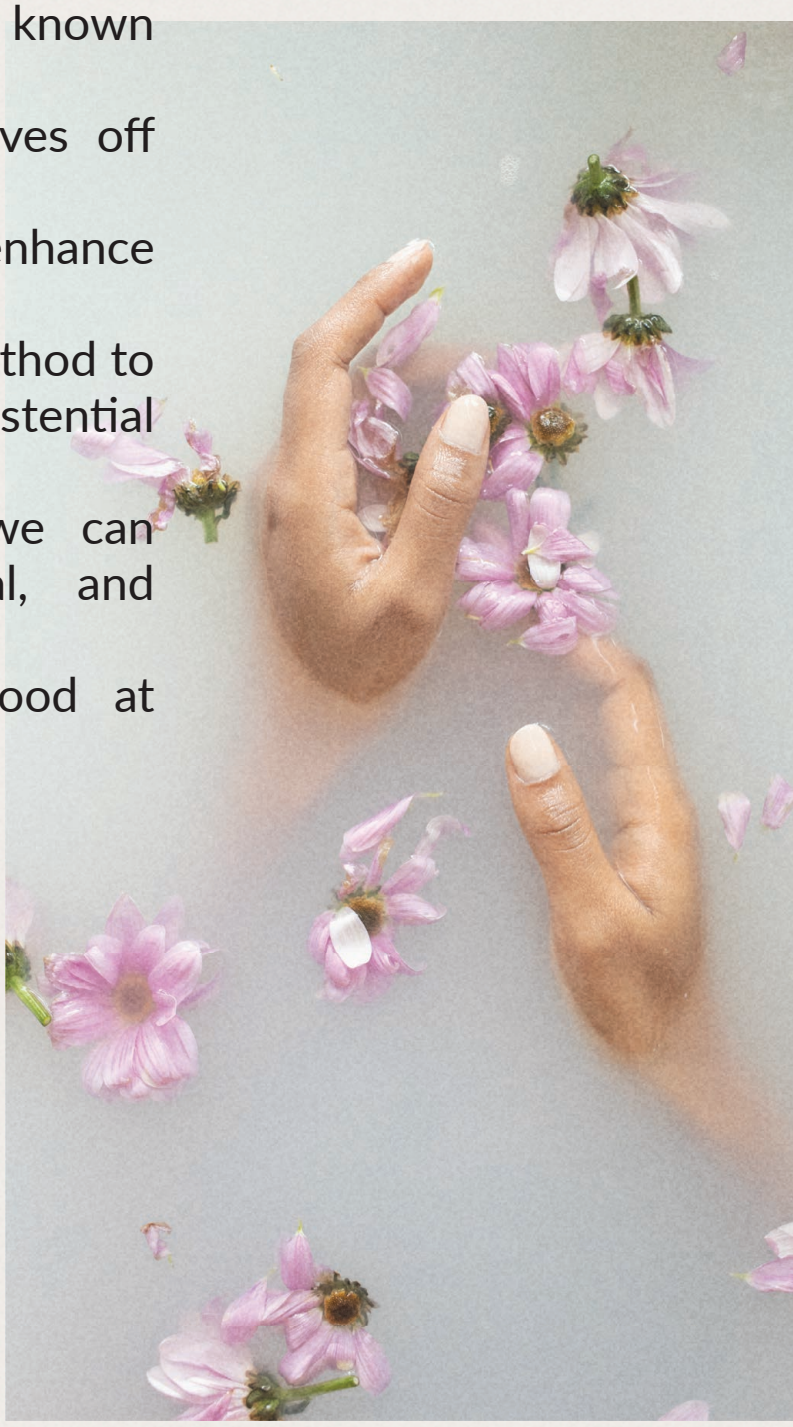
Research has proven that mindfulness improves well-being, reduces stress, anxiety and pain. But for some, the practice itself feels challenging and inaccessible. That's where the A.W.E. Method comes in.

In *The Power of Awe*, therapist Jake Eagle and chronic pain specialist Michael Amster, MD, share their extraordinary yet simple mindfulness practice that turns ordinary moments into awe-inducing experiences, helping you effortlessly achieve a heightened state of consciousness usually reserved for seasoned practitioners of mindfulness—all within a matter of seconds.



IN THIS BOOK YOU'LL LEARN:

- About the surprising and little known science of awe
- How we unwittingly cut ourselves off from feeling awe
- How The A.W.E Method can enhance traditional mental health therapies
- Strategies for using The A.W.E Method to improve relationships, alleviate existential anxiety and manage chronic pain
- The different types of awe we can experience (sensorial, conceptual, and interconnected)
- How to recognize and get good at experiencing each type of awe



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Jake was a licensed mental health counselor for the past twenty-seven years, and now practices as a meta-therapist, exploring what comes after therapy.

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DURING THE AWE CANVAS MEDITATION, WHAT MOMENTS FROM YOUR LIFE INSPIRED OR TOUCHED YOU THE MOST?

WHAT PEOPLE, PLACES, OR EVENTS APPEARED AS PART OF THIS MEMORY?

WHAT DO YOU NOTICE AND FEEL AS YOU REMEMBER THESE MOMENTS? WHAT SENSATIONS DID YOU EXPERIENCE IN YOUR BODY?

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