

Hi everyone! Thank you so much for coming. I'm going to start us off with a 2 minute reading from the Greater Good Science Center and then we'll split up into groups to watch the earth fly around the sun.

"With the right outlook, awe can be found in almost any environment, turning an everyday experience into a flight of inspiration and wonder.

Awe is the feeling of being in the presence of something incredible that challenges our understanding of the world, like a full moon brimming over the horizon, crashing waves in front of an endless sea, or someone's extraordinary creativity, courage, or kindness. When people feel awe, they may use other words to describe the experience, such as wonder, amazement, surprise, or transcendence.

Awe is most likely to occur in places that have two key features: physical vastness and novelty. These could include natural settings, like a hiking trail lined with tall trees, or urban settings, like at the top of a skyscraper. You're more likely to feel awe in a new place, where the sights and sounds are unfamiliar to you. That said, some places never seem to get old.

No matter where you are, the key is to be in the right frame of mind. This practice is designed to help you get there—to turn an ordinary outing into a series of awe-inspiring moments filled with delightful surprises.

To get started, turn off your cell phone. Cell phones (and other devices) can be distracting and draw your attention away from what's happening around you. Even better, don't bring your phone with you at all so that you won't be tempted to check it. Then, set off on your outing to a place of your choosing (see below for ideas).

During your outing, try to approach what you see, hear, smell, or otherwise sense with fresh eyes, imagining that you're experiencing it for the first time. Then, follow these steps:"

[Every gets a 1/2 sheet print out]

 Awe Outing - Print

Grateful Sunrise/Sunset | 1 hour

Find gratitude in every moment.

An hour of noticing just how awe-inspiring the sun is. Conversation optional.

Why? Learn how to create the conditions for awe.

Awe can be found in almost any situation. We can turn any everyday experience into a opportunity for inspiration and wonder. We'll practice together by following a guide created by the researchers at Greater Good In Action (GGIA).

What? Self-guided time in the sun.

https://ggia.berkeley.edu/practice/awe_walk

5min - Introduction & handouts.

5min - Closing (before splitting up).

40min - Split into silent groups and chatty groups. Self-guided time in the sun.

MARKETING NOTES:

Read the important parts together during the intro (since it might be dark) And then let people head off to enjoy the sunrise.

REFERENCE LINKS:

<https://www.moreneighborly.com/>

<https://www.notion.so/memberstack/Gathering-Planning-Guide-2202eb1fde5f80139b80e03cd80c2505>