



CREATIVE MINDFULNESS

Reduce Stress
Improve Performance
Focus on What Matters Most

An Awe Walk is a walk within a place of meaning and beauty, where your sole purpose is to notice what you notice, big and small, what amazes and transforms you.

This is from Mindful Magazine's April, 2017, issue titled,
A Guided Awe Walk Meditation.



We begin an *Awe Walk* as we do all contemplative exercises, with the **breath...**

- 1 *Take a deep breath in. . .*
Count to six as you inhale and six as you exhale. Feel the air move through your nasal passages and hear the sound of your breath. We'll come back to this breath throughout the walk.
- 2 *Feel your feet on the ground and listen to the surrounding sounds . . .*
Return to your breath. Count to six while you inhale and six as you exhale.
- 3 *Shift your awareness now so that you are open to what is around you . . .*
Notice things that are vast, unexpected, things that surprise, and delight. Take a deep breath in. Count to six as you inhale and six as you exhale.
- 4 *Let your attention be open in exploration for what inspires awe. . .*
Your attention might appreciate vast spaces, and the sounds and sights within them. You might shift to small patterns, for example of the sorrel on the ground, or the veins on leaves, or a cluster of tiny mushrooms.
- 5 *Bring your attention back to the breath. . .*
Count to six as you inhale and six as you exhale. Coming out of these experiences of *awe*, we often feel a sense of wonder.



The striking thing, once you really start to think about *awe* and try to practice it in your life, is how omnipresent it is. As you move through your day, take note of the moments that bring you wonder, that give you goosebumps:

These are your opportunities for *awe*.

Go out and find your *awe* moments and listen to them carefully; see where they guide you. What you'll find, in how they stir humility and wonder, is that they will point you towards what you're supposed to do while you're here on Earth.



The Guided Awe Walk Meditation is presented by *Mindful* in collaboration with the
Greater Good Science Center, the *University of San Francisco*, and the *Sierra Club Outdoors*



GO OUTSIDE -

Turn DOWN your thoughts
turn ON your senses,
& be fully engaged!
NOW take a WALK.



LOOK carefully for any animal that crawls, flies or walks.

Be quiet and alert, with all of your hearing, feeling
and seeing super-senses switched ON so you can
discover tiny wild beasts that you may not have seen before.



TOUCH the earth;

the cool grasses, the chunky
rough bark of a tree, or the
textured veins in a leaf of an oak tree.



LISTEN for sounds that you can hear;

birds chirping, the wind rustling through the tress,
or the crunch of leaves as you walk.



SMELL the fragrances of the earth;

the rich soil, wildflowers that are in bloom,
or the freshness of the breeze in the sunshine.

Take a moment and
write about your
adventure in your

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MINDFULNESS
JOURNAL**

