

# What is mindful awe?

Mindful awe involves being mindful during the experience of seeing—by paying attention to the shapes, colors, and details of what we see. To create moments of mindful awe, focus on imagining being present in the moment, seeing it all, and appreciating the details of what you see.

On these following pages of this book, you'll find 36 landscapes to practice mindful awe.

Enjoy!

# Take a mindful minute!

Use this guide as you observe each of the landscapes on the following pages:

Observe the landscape.

What colors do you see?

What shapes emerge?

When you look a little longer, what else do you see?

Now imagine how it would feel to be in this place.

What would it smell like?

What would the temperature be?

How big is what you see?

How far away is it?

Take one last deep breath and finish your mindful minute having been fully present in observing this landscape.















































































































































