

SHOULD I DO THINGS THAT SCARE ME?

AWE-SOME SCAVENGER HUNT



1. **MORAL BEAUTY:** How the kindness, courage, and resilience of others inspires awe
 - Interview someone about a time they were the recipient of kindness, a time they had to act with courage, and/or a time they had to overcome something really difficult.
 - As you listen, consider what stands out to you and what inspires you?
2. **COLLECTIVE EFFERVESCENCE:** How moving in Unison Stirs the Awe of Ritual, Sport, Dance, Religion, and Public Life
 - Organize a group of at least 3 people to do something together in unison (e.g. dancing, singing, reciting a poem, skipping or something else.) Try to find people for whom this is outside of their comfort zone. Assign someone to take a video of this happening.
 - Afterwards, interview everyone involved about what it felt to do that? What was fun or inspiring about it? What was scary about it?
3. **WILD AWE:** How nature becomes spiritual and heals body and mind
 - Take a picture of your group in the most natural awe inspiring place you see. Try and venture a little further than your comfort zone while staying safe (e.g. find a very high vista, stand at the edge of a waterfall, go slightly off the beaten path). Stand utterly still there for 1 minute and take in the scenery.
4. **MUSICAL AWE:** How musical awe embraces us in community
Either
 - Record yourselves collectively singing a song that inspires awe for your group.
 - Record a person in your group playing an instrument.
 - Find a video of music that inspires awe for your group and listen to it together.

5. **SACRED GEOMETRIES:** How our awe for visual design helps us understand the wonders and horrors of life
 - Take a picture of art or geometric patterns that wow you.
 - Share a piece of art that inspires you.
 - Find something in the natural world that has a repeating pattern - like a plant, an insect, a seashell. How does it make you feel to closely observe that pattern?
6. **THE FUNDAMENTAL "IT":** How spiritual life grows out of awe
 - Find a person who will share a story of how their spirituality grew after they had an experience of awe.
7. **LIFE AND DEATH:** How connecting to our mortality makes us feel alive
 - Find a person to share a story of a life or death moment in which they felt awe.
 - As you listen, consider how it feels to hear this story.
8. **EPIPHANY:** We are part of systems larger than ourselves
 - Find a person to share how they believe they are part of a larger than self system and what awe moment helped them come to that belief.