

# ALIGN: Spiritual Well-Being

## HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



### **WATCH THIS:** ["The Thrilling New Science of Awe"](#) (2023)

Dacher Keltner is a professor of psychology at the University of California, Berkeley, and founding director of the Greater Good Science Center. In this podcast, he talks with Krista Tippett about research on primary experience of awe in human life. We experience awe in moments when we have a sense of wonder, or mystery, that transcends our understanding.

### **READ THIS:** OAAP Director Kyra Hazilla's blog post ["Move Over Gratitude, It's Time to Try Delight."](#)

### **DO THIS:**

Take a look at Dr. Rick Hanson's exercise "Welcome Joy" linked in Kyra's blog post above and commit to a "joy practice" over the next couple of weeks. Where do you see joy in your daily life? What joy-filled experiences or memories come to mind that you can use to help "turn directly toward joy"?

If you'd like to get more experience with awe, listen to [this podcast](#) and try the A.W.E. exercise.

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*The meaning of life is to find your gift. The purpose of life is to give it away – Pablo Picasso*

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