

Focusing Miracles: Realizing Awe in the Everyday

Aston K. McCullough, PhD, MS, MA

Founder, lunar X collective (luX)

Welcome

- Focusing attunement
- Attending to miracles
- Object resonance
- Carrying a Felt Shift into the everyday
- Focusing miracles

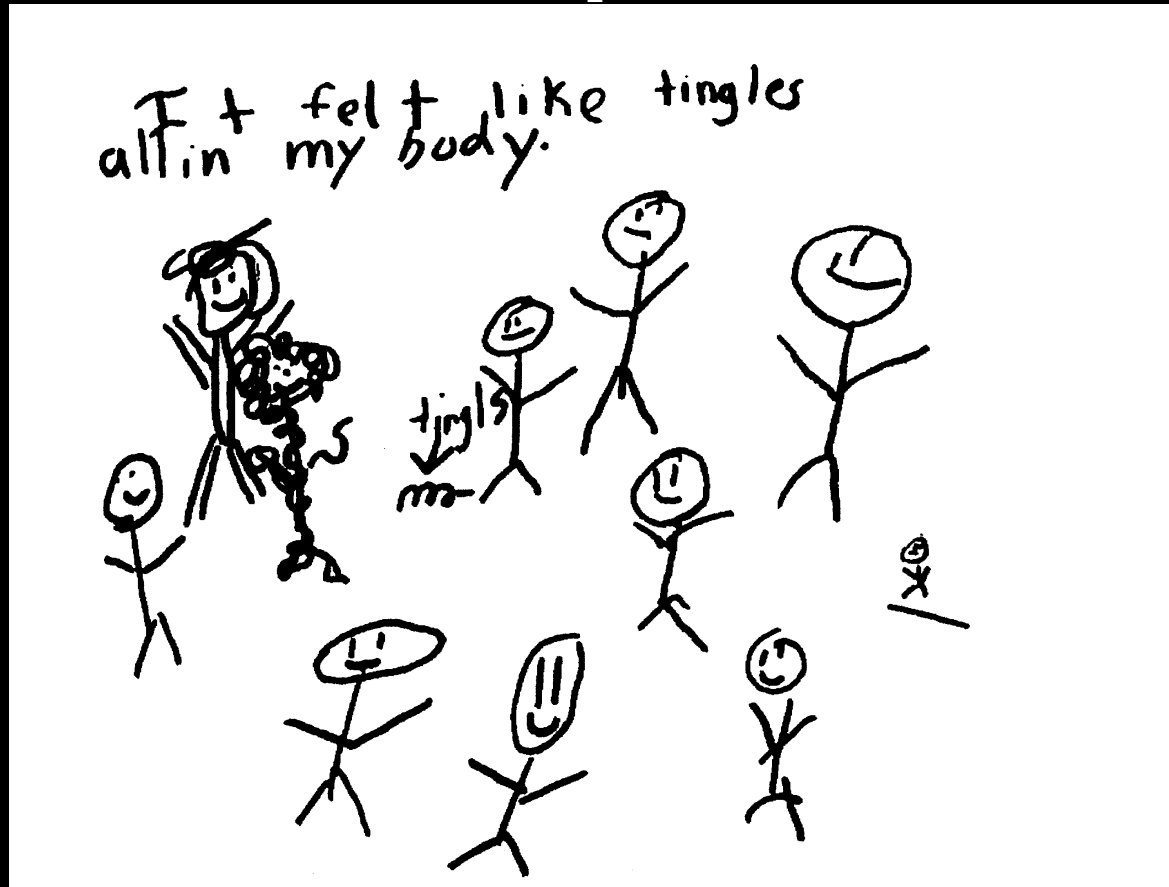
Attending to Miracles

Clues we are in the presence of a miraculous something:

- Awe
- Wonder
- Gratitude | Equanimity
- Synchronicity

Attending to Miracles

Clues we are in the presence of a miraculous something:



“I Feel Like I’m Going to Take Off!”: Young People’s Experiences of the Superordinary in Dance

Karen E. Bond
Susan W. Stinson

Attending to Miracles

Pathways toward cultivating an awareness of miracles:

- Imagination
- Empathy
- Intuition
- Embodiment

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Image / Imagination

- Poetically - “a kind of energy moving from outside to inside and back, over and over, a continual exchange” (Addonizio & Laux, 1997).

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Image / Imagination

- Imagination is unpredictable, transformative, and responsible for deepening self-knowing or producing novel experiences/objects
(Chodrow, 1997; Greene, 2001; Jung, 1964)

Image / Imagination

- As the capacity to engage imagination develops, one can increasingly choose to exercise it in such a way that it can also be extended toward others through empathic means (Chodorow, 1991; Winton-Henry, 2009)

Empathy

- Empathy is the ability to share a physical or psychic relationship with another human or entity through “inner imitation” (Stern, 1985; Stueber, 2013)

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Empathy

- Cognitive empathy: state sharing with another entity that causes a shift in thinking
- Emotional empathy: state sharing with another entity that involves a shift in feeling
- Compassion: combines cognitive and affective state sharing with another entity and leads to benevolent action/pro-social behavior

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Intuition

- “[intuition is] effected suddenly by means of quick and unexpected harmony which in its bright abruptness is like a flash of revelation; although in fact it is prepared for by long and slow incubation” (Dewey, 1934)
- A function of the unconscious (Jung, 1964)

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Embodiment

- Living sensuously
 - Connecting to images via the available sensory pathways– sight, touch, sound, smell, taste
- Kinesthetic awareness
 - Relationship to space/objects, our dynamic experiences of being in a moving, living vessel

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Object resonance

- How is it being?
- How long has it been here?
- What is it doing?
- How did it find its way to you?

Object resonance

- What makes it so unique?
- What makes it so precious?
- How many other beings may have come into contact with it?

Object resonance

- Maybe some part of yourself can assume some shape of what's before you?
- Does some sense of its rhythm unveil itself ? Perhaps you can begin to move in time with that rhythm?
- Perhaps some qualities you visually/cognitively perceive of the image begin to form as physical sensations on your fingertips/palms - perhaps that comes with some affect/feeling/mood?

Object resonance

- What comes from its perspective?
- What does it want?
- What can we do together?

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Cultivating Fields of Beauty

A 3-part experiential workshop on our dynamic role as creators in a world of possibility.

- Part 1: Resonance and Space (May 29)
- Part 2: Carrying a Felt Shift into Action (June 26)
- Part 3: Beautiful Creator (July 31)



Register: lunarXcollective.com