



## **CORNERSTONE 2025 RESOURCE**

### **Ascending with Awe**

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**SUMMARY:** The sensation of Awe is deeply nourishing in body and *Neshamah* (soul). In this session we partner with nature to welcome that sensation and learn about the benefits in our minds and bodies. Bring your walking shoes and jacket!

**GOALS:**

1. A taste of ritual
2. Modeling how to use a fire, how to create a ritual
3. Walking, singing, firing, eating, storytelling, breathing, learning

**AUDIENCE:** Up to 20

**TIMING:** 60 minutes

**MATERIALS:** N/A

**SET-UP:** N/A



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### SESSION TIMELINE

- 00:00-00:05 – Introduce facilitators and program goals/expectations*
- 00:05-00:10 – Facilitator 1 frames Awe through Jewish lens of *Hitbodedut**
- 00:10-00:25 – Participants gather to speak in small groups about Awe*
- 00:25-00:35 – Share experiences with community*
- 00:35-00:45 – Facilitator 2 gives psychoeducation on effects of Awe in the brain*
- 00:45-00:55 – Walk back to camp*

### SESSION OUTLINE

00:00-00:05 – Meet & begin outside, introduce facilitators and program goals/expectations

00:05-00:10 – Facilitator 1 frames Awe through Jewish lens of *Hitbodedut*. Introduces nature being a mechanism for engaging with Awe.

00:10-00:25 – Participants gather to speak in small groups about Awe and then engage with *Hitbodedut*. Time will be given for participants to take in the majesty of the land and then debrief with a chevruta.

00:35-00:45 – Share experiences with community. Participants will share experiences with Awe in community, themes will be explored.

00:35-00:45 – Facilitator 2 gives psychoeducation on effects of Awe in the brain. Specifically explore research into nature on the brain. The chemicals and endorphins that are released with the sensation of Awe and how we can use those brain stimulations in our daily lives.

00:45-00:55 – Walk back to camp

### BRINGING IT TO YOUR CAMP

Most Jewish Summer camps are steeped in nature. With this program one can practice engaging the sensation of Awe and enjoy its wondrous benefits even when camp feels wildly cumbersome.