

Awestruck – The Miracles of Awe



About Us



Hello, my name is **Anariel**. Welcome to our website. Here you will find a time-tested and practical method that answers life's deepest question for some people: "How to get off all psychotropic medications and address the **roots** of the illness once and for all?"

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I recommend one of the books that can promote shifting from negative thinking to lofty thoughts – **Haiku Poems About I Am**, even if the reader doesn't fully understand the concepts expressed

Embracing wonder makes miracles happen. **Awe can transform our mental health.** Most of the field of psychiatry remains (as it does today) focused on illness, pathology, and suffering. In contrast to the disease model, which focuses on how to best undo negative conditions, the real panacea is **absolute altruism** (total removal of “self” from anything egoistic, becoming equivalent in form to the Creator). Such a state is greatly motivated by the experience of awe and other positive mental states.

Awe always triggers a manifestation of unconditional love. Awe is purity, innocence, and honesty together. The key is that we encounter something that exceeds our routine frame of reference and spurs us to move our awareness from the rational mind into the heart area, penetrating each heart through its broken walls. Experiencing awe, a person accumulates psychic energy and grows its precious crystals (ringsels, **śarīras** in Buddhism).

The forms of awe are ranging from “primitive” (that many modern people experience and display) to so-called “awakened from Above” (that **the same people** can experience if they evolve spiritually). There are many forms of awe in the between, of course. On this page, we will talk about the “awakened from Above” awe.

in these beautiful haiku. Still, their unconscious mind does. The healing process is greatly aided by the elevated mind. The link to this book on Amazon is: [Haiku Poems About I Am](#)

Translate This Page into Your
Language

 English



Awe-Inspiring Art (click images for
larger view)

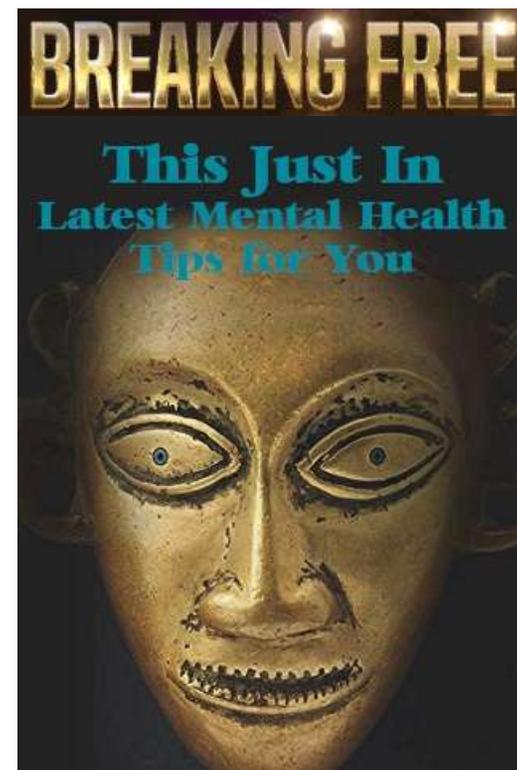




The same person, based on his/her spiritual development, can experience the “primitive” or “awakened from Above” states of awe

The moments of awe are both overwhelming and life changing. A key effect of awe is that we feel a sense of connection to **something larger than ourselves**. Awe blurs the line between the self and something much better than us, diminishes the ego, and links us to the greater forces that surround us in the world and the higher planes.

Awe-inspiring moments are **all around us**, ranging from the grand to the commonplace. All we need to do is to increase these experiences in our daily lives. But reflect on our typical day. Our lifestyles today do not lend themselves to the awe-inspiring. Our culture has become “awe-deprived” these days. Fortunately, small steps toward becoming more awestruck can make long-lasting changes. Even a tiny fleck of awe stops time.



Tweets from @PsychCentral

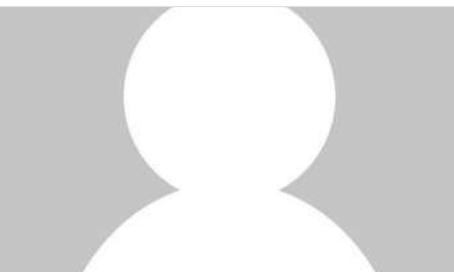


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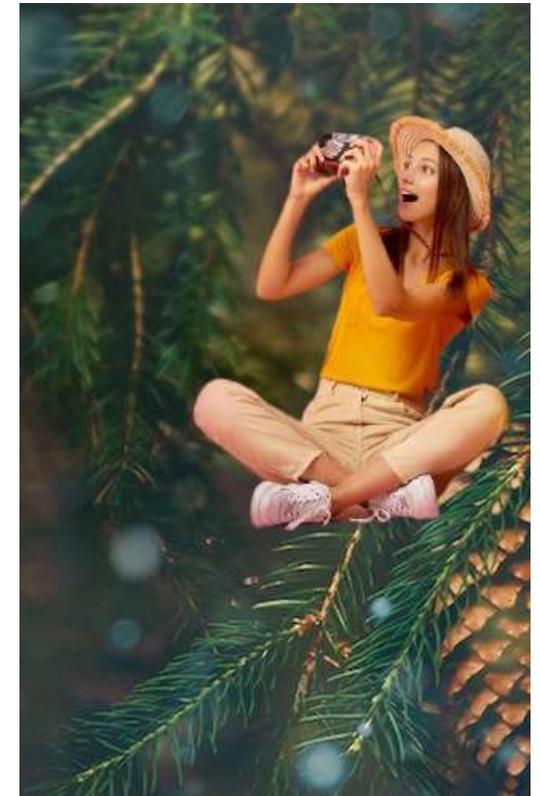
Anne of Green Gables (1979 TV series, Japan)

For some, awe emerges when we stand before a piece of art, feel a sense of deep connection with some movie characters, listening to Beethoven’s “Moonlight Sonata”, or even watching Winnie the Pooh movies and TV shows. Far from being an extravagant luxury, experiences of awe are an essential part of life wisely lived. **Awe moves us away from primitivism** toward moral greatness or sublimity, or mysterious sacredness. Egoism vanishes.

Awestruck is our connection with mighty **“beyond.”** Awe is now coming to be seen as a crucial part of a meaningful life. Awe can be found in a wide range of experiences, from the everyday to the divine. Awe is an innate sense of reverence for something out there, something much higher than all our most creative imagination can give. Awe is a deep spiritual connection with that indescribable celestial beauty and love.



It's Truth You're Looking for



You will begin to experience a growing sense of enlightenment while simply absorbing the words

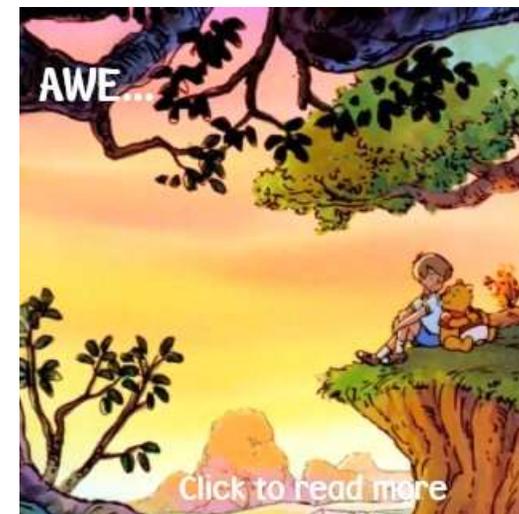
material concerns toward a higher plane. Experiencing more awe in our everyday lives is the **most powerful stress-buster** at our fingertips. Awe has been shown to possess **healing powers** in ways that might form future mental health treatment approaches. Even more amazingly, these gains from the states of awe are maintained even **weeks later**, showing that awe-provoking experiences, while fleeting, can have lasting positive effects on our mental well-being.

Women experience awe more often than men. It's one of the reasons why they live longer. Awe causes time to be "stretched out" as if time has expanded and has made us go from being "time poor" to "time rich." The **degree** to which people experience awe is directly correlated with their improved symptoms. More awe means a less mental disorder, along with increased overall well-being. There have been countless examples of people whose lives were forever changed or drastically improved by the powerful or even regular experience of awe.

Awe is a lightning bolt that cleanses the doors of perception, and we see with startling clarity what is truly important in life. Powerful moments of awe can help **reconnect us to our values**, remind us of what truly matters, and put our lives into a greater cosmoethical perspective. Experiences of awe can create within us, in literally the flash of a moment, new insights and wisdom that can change our lives forever. Awe leads to a shrinking of the ego, and humbles us in the face of something vast and transcending.

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Experience of Awe



Classical Music



Cirque du Soleil (Las Vegas) is working with neuroscientists to measure the states of awe (2018).

Moments of awe lead to specific changes in our brains in some incredible ways. They unblock key neurotransmitters like **dopamine** and **serotonin**, thus improving our mental health in a unique and powerful way.

Experience of awe releases oxytocin, a hormone linked to feeling of warmth, closeness, and connection with others. Awe reduces mind-wandering, rumination (Stanford University, California), and negative self-judgment. It pulls us out of this pessimistic cycle and allows us to become immersed in the world around us. Awe brings us together and motivates us to help others.

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Moonlight Sonata

Ludwig van Beethoven

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1. MOONLIGHT SONATA - LUDWIG VAN ...
2. FÜR ELISE - LUDWIG VAN BEETHOVEN
3. TOCCATA AND FUGUE IN D MINOR (...)
4. DANCE OF THE SUGAR PLUM FAIRY ...
5. ANGELIQUE, MARQUISE DES ANGE...

Life-Saving Advice

There are many ways we can become more awestruck in our everyday lives. Some people are more predisposed to awe than others (in both frequency and intensity). Awe is correlated to traits like gratefulness, a love of learning, creativity, and appreciation for beauty. Each of us can boost our awe quotient and tap into the many benefits of awe. Simple practices can reliably induce experiences of awe, with major benefits to our mental health. We can become more awestruck through our own actions, habits, and choices in our daily lives. What elicits awe in one person may provoke a yawn in another. Allow your heart and inner wisdom to guide you along the way. Through conscious effort, you can evoke more feelings of awe throughout your life. **Just cultivate awe!** How? Please continue reading by clicking the button below.



The mind blinds us and there's no fresh outlook, no wide-open eyes, no curiosity.

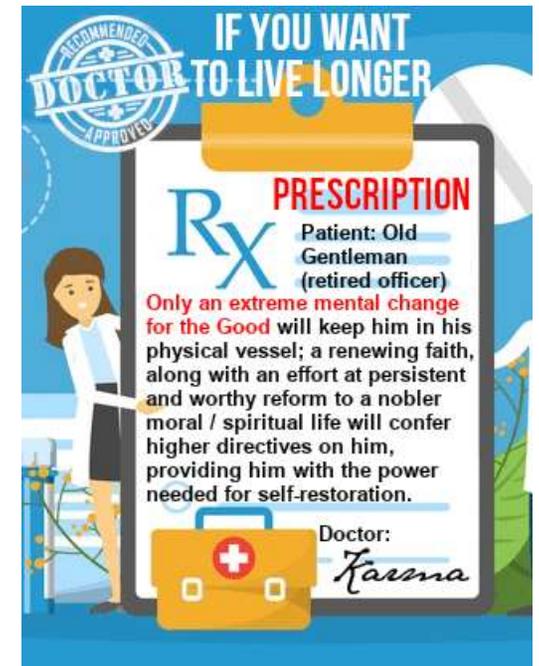
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Quote of the Day



A person who wants to grow further spiritually, refuses to blindly follow others, but moves forward irrespective of the opinion of others, or the habits or education of society.

The Secret Doctrine



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