Seed the Ground for Wonder and Mystery

Sample

Listen to a Beautiful Piece of Music	Go on a Leisurely Walk without Distractions	Prepare a Meal Like It's a Sacred Ritual
Watch the Sunrise & Give Thanks for the Day Ahead	Turn off the Lights & Spend an Hour by Candlelight	Be Still & Silent for a Full Half Hour
Devote 10 Minutes to Prayer or Meditation	Watch the Sky for a Full 5 Minutes	Make a List of All the People You Love

Yours!
