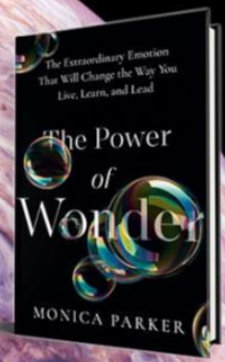


# Being a part of the Wonderbringers newsletter



## **What is the Wonderbringers newsletter?**

Wonderbringers the newsletter was almost Wonderbringers the podcast. I know, I know. Who needs another podcast?! My goal was to connect with followers using short snippets that include the thoughts and ideas of inspiring, interesting people. I also wanted to connect with folks on a deeper aural, sensorial level. So I had a noodle, and this is where we landed. A newsletter with a short video message from me, a few paragraphs about our contributors, and then a wonderbringing soundscape that my guests contribute. And I want to throw open the newsletter to include anyone who wants to participate, not just well-known figures. My goal with the newsletter is to get everyone seeking more wonder, my contributors included!

## **What is wonder?**

It's an emotional experience comprised of four elements: openness, curiosity, absorption, and awe.

## **What is a wonderbringer?**

A wonderbringer is a moment, an experience, a feeling, that brings you wonder.

## **How do I find wonder?**

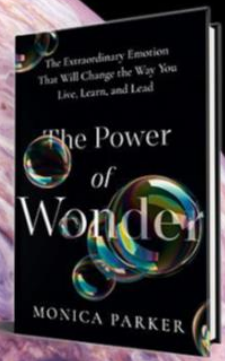
Wonder is everywhere! It's in the present and in our past memories. It's in times of joy, but also in times of pain. It's found in experiences and each other. And it isn't just the big "aha" moments either. While it can be seeing the Grand Canyon for the first time, it can also be found in the sound of children laughing, or a sunrise on a foggy day.

## **Why should I care about wonder?**

Because it has the power to transform the way we learn, develop new ideas, drive social change, build resiliency, improve health, and ultimately become better humans.

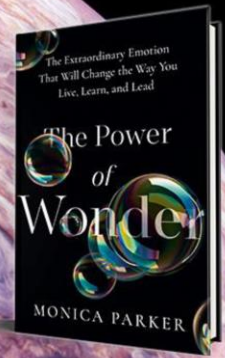
**Thank you!** I can't wait to learn (and hear!) more about what brings you wonder!

# The Wonderbringer newsletter questionnaire



- **Name:**
- **Location:**
- **Job role, title, or generally how you would like to be referenced (e.g., CEO at Wonder, Inc. or stay-at-home-dad, or leaf-peeping enthusiast, etc.):**
- **What does wonder mean to you?**
- **What are some of your wonderbringers?**
- **What's a particularly meaningful wonderbringer or story of wonder you want to share?**
- **Is there any quote, piece of art, music or literature that is a wonderbringer for you?**
- **Now for the fun part - seek out some wonder! Find and record a soundscape that represents wonder to you. You can send it to me via return email or using wetransfer if size is an issue. (Instructions for recording a great wonderbringer soundscape follow on the next page. Please note I can't use any copyrighted music.)**
- **If you aren't able to make a recording, just tell me about a soundscape that is a wonderbringer for you, and I'll try to find a version of it to use. (e.g., the crunch of leaves underfoot, children playing, horses hooves, etc.)**
- **Tell me about this soundscape (where you are, what it is, etc.) and why this is a wonderbringer for you.**
- **Is there any personal or professional project, charity, or message you'd like me to promote?**
- **Is there anything else you'd like to share?**

# How to record a wonderbringer



## Step 1. Locate your wonderbringer

We are inundated with so much input, much of it visual, so sometimes we aren't even aware of the soundscapes that add so much richness to our sense of wonder. Next time you feel wonder, try closing your eyes (in a safe place of course!) and see how just the sound impacts that experience. Or think of times in your past when you felt wonder and consider what the "soundtrack" was for that experience. Now, go out for a wonder walk and find an example you'd like to share.

## Step 2. Locate recording application

Once you have located your wonderbringing soundscape, open your smartphone or recording device, and get as close to the source of the sound as possible.

## Step 3. Place phone on a sturdy surface

It helps if you place your recording device on a stable surface, so you're not holding the device, and ideally in a position that is sheltered from the wind. Point the microphone towards the sound source, (if you're using your smartphone that's usually on the bottom). If there is background noise, try to point the microphone away from the background noise and at the sound source.

## Step 4. Marinate in the wonder

Now for the fun bit: start recording! Try to stay very still and quiet, enjoying the full presence in the moment. Whilst recording, consider why this soundscape is a wonderbringer for you. Try to get at least 2-3 minutes of good audio, and then you can stop recording.

## Step 5. Send me your recording

Finally, either upload your recording to the form questionnaire, or email your recording to [monica@followwonder.com](mailto:monica@followwonder.com) telling me about what we're hearing, where you are, and why it brings you wonder and I'll include it on an episode of Wonderbringers podcast.