

Wonder upRising:

Guidebooks to explore
consciousness and
reshape culture

CAROL DELMONICO & CASEY DAVIS




Wonder
upRising

CREATED BY AND FOR


the curious, the courageous, & the broken-hearted.

Conceived on a smoke-filled late summer day in Central Oregon, the original guidebook's fifty-two questions rained down seemingly in an instant.

Carol Delmonico's fingers scurried across the keyboard to collect them all and in that moment, Wonder upRising was born on her computer screen. As the Pacific Northwest burned, and Texas and Asia were drowning, the questions spoke to both personal and collective wellbeing. It became very evident to her that these questions needed to be shared with the world, to be discussed in group, to be pondered alone, to work on people so they could, in turn, *work on them*.



What is my place in the ongoing conversation about how we *share and care* for our world?



How do we care for the most vulnerable among us, including the *more-than-human world*, who is speaking up louder and louder every day?



About Us

Carol Delmonico, RN (*right*) is a creative questioner of the status quo, a visionary Well-Being Coach and a Mama of two. Carol encourages deep listening—particularly to voices not regularly heard—and loves to create dynamic open-ended questions to explore. She believes that widening our ways of knowing to more fully include sensing, feeling and imagining are critical for creating a world that works for all. Carol works with teams, individuals, and groups using Wonder upRising, and her coaching skills, to reshape the way we see the world. You can find her voraciously gobbling up books, laughing, in deep conversation, or meandering through wild spaces.

Casey Davis (*left*) is a mother, a designer, and a community advocate who is constantly reimagining the world around her. She seeks out projects that create positive environmental and social impact. She enjoys working collaboratively on inventive and diverse teams to envision and create a world where everyone has equal opportunity to thrive. Casey is passionate about transforming the future using community, design, compassion and reverence for the more than human world as her guiding forces.

How are Wonder upRising guidebooks *different?*

Questions ask, they don't tell.

We aren't experts. We are curious, cultural questioners. We use questions and prompts to spark wonder as an antidote to judgment, foster perspective building, and open pathways that acknowledge and reconcile the past in order to navigate inclusive legacies of wellbeing for ourselves and future generations.

Uplifting wonder and imagination.

The guidebooks' questions stimulate critical thinking skills through the lenses of wonder and imagination as an alternative to rational, analytical thought. In doing so, they rewire the brain to include intuitive and heart-centered ways of knowing.

Connecting the self with the world.

Using the guidebooks begins to weave the two together. The fog lifts and it becomes more clear how choices affect each of us as individuals, and also as part of a greater collective.

A self-empowerment tool.

The guidebooks and resources can be done alone, with a partner or in a small group. They are accessible to anyone open to reflection and motivated to dive deep. The wisdom to heal ourselves and the world lies within each of us. ***No expert required.***

Offerings.

Guidebooks

Wonder upRising: Self & World Edition **2018** (*paperback & digital*)

Wonder upRising: Relational Intimacy Series (2) **2021** (*paperback & digital*)

Wonder upRising: Business Leadership (*digital*)

Wonder upRising: What the World Needs of Us (*digital*)

Free Online Resources

Dismantling Racism Group Facilitation Guide

5-Day Exploration: *Self & World Edition*

Relational Intimacy Taster: *Relational Intimacy Series*

Group Facilitation Guide

Virtual events

podcast appearances, ongoing mingles, and workshops on how to integrate the questions into your life (dinner parties, book groups, family gatherings...)

Facilitation

for groups, boards, and businesses using the *Wonder upRising* group facilitation model.

Consultations and trainings

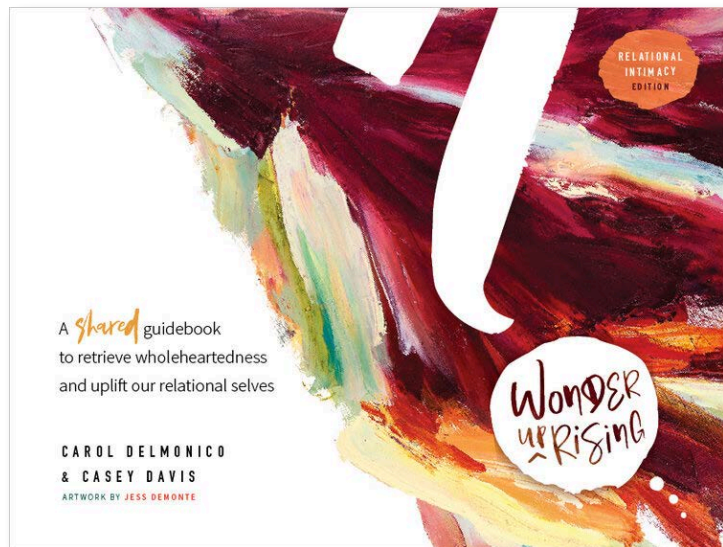
on how to use the guidebooks in a business or group settings.

Individualized sessions for justice-hearted souls

on how to use the guidebooks for individual empowerment. You will work directly with Carol to bridge interconnectivity between self and world.

Custom program design and implementation

with individuals, groups and businesses.





SELF & WORLD

Listening, an Integral Practice.

Are you a talker or a listener? Which voices are heard most in the western world? We hear with our ears. Listening takes our whole body, heart, mind, and spirit. It takes tuning into what is happening in our inner lives as well as listening to the external world. And listening to and considering the wisdom of living beings without a human voice. The More than Human World is speaking, too!

VALUE FOR LISTENERS

The audience will have an expanded sense of listening. They will contemplate their relationship with talking, listening, and silence. They will ask themselves: What voices are heard most and which are missing from conversations and decision making? They will leave inspired to consider and reflect more deeply on the power of listening not only to humans, but all living beings.

Other Ways of Knowing.

In the western world, the dominant way of knowing has been the *thinking mind*. And look at where it's gotten us. Cultivating other ways of knowing (*emotional, senses, imagination, and biocultural*) is key to wholeness and healing.

VALUE FOR LISTENERS

The audience will hear parts of themselves in this conversation; parts they may have left behind or thought of as less valued or important. This conversation will give them faith in bringing those ways of knowing to life.

RELATIONAL INTIMACY

Relational Intimacy is a Landscape.

The landscape of physical, emotional, mental, spiritual and energetic aliveness is vast and wide! What would your listeners give to have a fresh way of framing the beauty of diversity that comes with a greater understanding of intimacy?

VALUE FOR LISTENERS

Audience will have a new context on which to place relationships that support and celebrate the diversity of being alive.

The Third Body.

Relationships have three bodies.

You, whoever you are in a relationship with, and *what you create together*. That third body is unique to your relationship, no other one like it in the world, and it's invisible to the naked eye. Let's explore how we can begin to see and honor that third body for what it can be! As we focus our attention on taking care of the third body, deeper shared meaning and fulfillment is developed.

VALUE FOR LISTENERS

Audience will begin to consider and tune into their relational *third body* to enhance their relationships.

Podcast

& SPEAKING TOPICS

Personal & Collective Wisdom.

Can we begin to see wisdom as something we can cultivate and aspire to at any age? To consider that our shared wisdom expands beyond our human selves and includes the knowledge of the More than Human World? How can we become wiser both individually and collectively?

VALUE FOR LISTENERS

The audience will have a greater understanding of the potential of the collective consciousness—what they have in this moment, and what they can move towards.



Reach Out.

Carol Delmonico

cae.delmonico@gmail.com

(541) 385-7437

Casey Davis

caseydavisdesign@gmail.com

(541) 280-9739

“The biggest impact has been with my students in my elementary classroom. I am a more balanced and prepared human and teacher. My clarity and focus around the most important pieces of my teaching and human relating have improved. I am actively including mindful practices and routines within my classroom and have already improved the culture and climate of my classroom and school.”

Seth Graham, *Elementary School Teacher*

“Using this workbook in a small group setting is extremely powerful. I’d highly recommend it to anyone interested in societal change. This is the kind of thing our society desperately needs.”

Tara Breitenbucher, *Psychotherapist*