

## Living With Awe and Wonder

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## Living With Awe & Wonder

Albert Einstein said, "He who can no longer pauses to wonder and stand wrapt in awe is as good as dead; his eyes are closed." We live in trying times and it takes intention and presence to notice all that is amazing and wonderful in the people and nature surrounding us.

Almost every day, it seems that we can find evidence of how annoying,

inconvenient, and inconsiderate people and situations can be. Travel gets interrupted because of weather. Your commute to work is stressful because of people driving recklessly, the person ahead of you in line at the checkout counter is exchanging items and asking too many questions, your spouse forgets to pick up something at the store, there is that person in the grocery store talking on their phone on speaker, your child tells you the night before that they need to bring something for a school project or a bake sale—the list can go on and on.

It is easy to take the nature that surrounds for granted--the colors of the leaves in the fall, the beautiful flowers blooming in our neighbors yard or the incredible colors painted across the sky at sunset. We also forget that people are impressive, amazing individuals created in the image of God. Pearl Bailey, actress, singer and author said that people see God every day, they just don't recognize him. If you haven't seen the entertaining short video, "Eating Twinkies With God," watch and share it with your family. [www,youtube.com/watch?v=y9N8OXkN0Rk&t=5s](http://www.youtube.com/watch?v=y9N8OXkN0Rk&t=5s)

Recently, I watched the movie, "**My Octopus Teacher**" about Craig Foster, a nature documentary filmmaker, naturalist and founder of Sea Change Project. This project is a community of scientists, storytellers, journalists and filmmakers who are dedicated to the ocean. Their work is motivating scientists, policymakers, and individuals to engage meaningfully with nature and protect our oceans.

For Craig Foster, the ocean and one particular octopus changed his life. He went to the ocean originally because he was overwhelmed and stressed out. He went every day, swimming without a wetsuit or oxygen tank because he felt it would be a barrier to interacting with the ocean life and he discovered an amazing world underwater with a unique and curious octopus that befriended him. The movie is both a gorgeous wildlife documentary and a moving tale of how **a man in crisis found joy, wonder and purpose through immersion in nature and a remarkable relationship with an octopus.** I highly recommend this movie as a great family watch.

Awe is the feeling we get when something moves us, maybe it stops us in our tracks and enables us to feel truly alive. Research shows that awe and wonder can decrease stress and anxiety and increase positive emotions and overall

satisfaction in our life. The practice of wonder can engender greater compassion for others, build brain health, a sense of more expansive time, and the recognition that there are greater forces at work within the universe. It also helps us to feel greater support and increases the likelihood that we will help others.

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

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