

Curiosity:
Expand the Joy and Wonder in Your
Life

By

Donna L Franklin

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It has been said that the only two things that motivate an enlightened person are love and curiosity. Curiosity is the art of asking. Beyond collecting answers, it is a state of being that can allow more joy and wonder in our lives.

Curiosity is a heightened state of interest resulting in exploration, a child-like curiosity that is playful and full of wonder. For some it's a quest, a search for answers... not to prove or disprove, but to discover. The curious discover and find their own truths. The curious find the wonder in the world and have far more possibilities.

A desire to understand without preconceived notions, a desire to know more, a desire to push whatever envelope you are interested in, a desire to learn from your own experiences. These are at the core of curiosity.

Curiosity is a new way of looking at something, new information, a new way of doing something. Curiosity is a state of being that you can choose at any moment. Just ask a new question.

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“The important thing is not to stop questioning.

Curiosity has its own reason for existing.”

-Albert Einstein, one of the most innovative thinkers in history

Curiosity is the opposite of a closed mind. A closed mind is the impetus to stagnation and negativity in our world and an open mind allows for learning, understanding and change.

An open mind and a curious mind are very closely aligned. Whereas an open mind allows for possibilities to come in, the curious mind goes out searching for new how's and new what if's, bringing them to the open mind for it's growth, learning, understanding, joy, and contemplation.

Combining an open mind with a curious state of being, without judgment, can illuminate great truths.

In a state of curiosity, with the intent to learn something new, we can begin to affect change in ourselves. We can affect those around us. True curiosity can build rapport and break down barriers. This can lead to more understanding and more peace within ourselves, those around us and in the bigger picture, to the world at large. The more we embody and live in the state of curiosity, the more joy and wonder is possible in our lives.

How do you learn curiosity???

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Or better asked, how can you remember, now, how to be curious? You begin by asking questions and asking them objectively. Then, you must be truly interested in the answers and in what arises in the moments after the question is asked.

Hunger to know the truth is not that same as wonder. Resolution to face the next moment is not curiosity. Looking to confirm what we know -- or negate what we fear -- is not seeking the truth. Curiosity is never about getting the 'right' answer. It's not seeking to prove or disprove.

It is a lighter stance of questioning and of wondering. It allows a different sort of seeing and learning. It starts from within.

Delight in uncovering, unwrapping and discovery is how we open the door to wonder and curiosity as a way of being.

Do you remember feeling wonder at the sound of the ocean or the delight of blowing bubbles??? Apply that wonder and delight to discovering truth in the world around you.

*“The quality of your life is determined
by the quality of your questions!”*

-Anthony Robbins

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Begin by asking yourself curious questions:

What is around the corner?

What's in the box?

What will the bird do next?

Let your imagination provide possibilities. There are no wrong answers. Answer as if anything is possible.

Look for intriguing mystery. Seek wonder and curiosity within. Spark that flame and take that to your daily life.

As we begin to formulate our questions, let's take a look at the Neuroscience of Curiosity. The Neuroscience of Curiosity is about Seeking Newness.

The more frequently we fire the Seeking Newness pathway in our brain, the more readily it fires in the future. So, if we want to increase our curiosity, we need to find ways to fire this pathway as frequently as possible. Let's use this idea of seeking newness as a basis for creating our questions or creating experiences that will promote curiosity.

Ask yourself many questions every day. Think of ones that will open up new possibilities for you. Here are a few questions and suggestions that you may want to start with. Simply, adapt them and create what works for you.

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“What things can I do to enhance curiosity in myself and the people around me?”

Alex Trebek, the host of the TV game show Jeopardy, provides great wisdom every time he says, “please phrase it in the form of a question.” We can use that advice with our challenges and complaints. Twist your complaint (I work too much.) to a question (How might I work less. In what ways could I make work more fun?)

Tape a reminder question on your bathroom mirror: “What am I curious about today?” or “What am I interested in learning about today?”

“In what ways might we sell more product?”

Ask more questions that begin with “what” and “how”.

“What can I do today to attract more new people to my website?”

Have each person at your dinner table tell a story about something new they learned that day.

Think of something you take for granted and ask questions about it.

Think of something you think is boring and ask yourself “what is exciting about this?”

When learning something new ask, “How can I learn this and have fun at the same time?”(or whatever experience you would like while learning)

We each have our own ‘model of the world’ or ways we look at things. Begin to look at the world through the eyes of others. Ask questions about how they may be thinking or feeling based on their life experiences. Read books that have different points of view than yours.

Ask yourself more “What if” questions.

The bottom line is this: There are challenges at work, at home and in the world, that require wise solutions. Those solutions will rise out of the new thoughts entering our minds. New thoughts only enter our minds if we’re curious.

If you want to change what’s not working in your world, you need to be curious. And if you want to be more curious, ask better questions.

Curiosity is the beginning of not only learning but also of finding your own voice. Most children are curious little beings. They explore, question and wonder and by doing so, learn. From the moment of birth and before, we are drawn to new things and

curious about them. We want to explore and while exploring, we discover.

Then ... for 7, 12, 16 years of school, we are required to not be curious, even punished for being curious. Most of us are taught the 'answers' and what is right. Very few of us have been raised to find our own truth. In finding our own truth, we find our own greatness and our own voice once again.

*Once recognized, perhaps the quiet
yet persistent voice of curiosity
doesn't go away. Ever.*

*Perhaps such curiosity will hurt
until we come to understand the
beauty of journey the might never
arrive at an absolute answer.*

*And perhaps, it's such curiosity
that will lead us to distinguish
our own greatness from the
mediocrity that stares us
in the face.*

-Seth Godin

If we can affect the people around us by our behavior and curiosity, we could break down barriers and have more understanding. If we each start with ourselves, as we expand this way of curiosity, of being, we can affect the world at large and experience more joy, wonder and love.

Spend at least 10 minutes each day being curious and you will change the quality of your life forever and expand the joy and wonder you experience each and every day.

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ABOUT THE AUTHOR: DONNA L FRANKLIN



Donna L. Franklin has been studying nutrition, natural health and behavior change techniques for the past 30 years. A successful entrepreneur, Donna brings a strong background of NLP (Neuro Linguistic Psychology), NAC (Neuro-Associative Conditioning) and Leadership Skills to the world of Health and Nutrition.

Donna is a Certified NLP Master Practitioner. Donna expanded her skill set as a graduate of Anthony Robbins "Mastery University" and "Leadership Academy", where she dedicated her life to healing herself and helping others do the same. In addition, her other areas of study include Reflexology, Shiatsu, Reiki, Raw Food, pH Balance and many other advanced approaches to Health, Wealth & Wholeness. Donna is a Certified Nutritional Microscopist in Live and Dried Blood Cell Analysis. She studied with Dr. Robert O. Young, a world renown microbiologist. She is currently a National Wellness Lecturer, speaking to thousands about Harmonic Living.

Her time with some of her mentors; John Roger, Esther Hicks, Wayne Dyer, Louise Hay, Janet Konefal, T Harv Eker, James Ray, Michael Beckwith & Brandon Bays, can be observed as you listen to her gently teach and use the Law of Attraction in her classes and lectures. Donna loves to travel, have fun and approaches each day with gratitude, curiosity and wonder.



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