A glowing blue jellyfish with long, thin tentacles is the central focus of the image. The jellyfish is illuminated from within, creating a vibrant blue glow that contrasts sharply with the dark background. The tentacles are long and thin, with some showing a slight yellowish-green tint. The jellyfish's body is rounded and has a textured, almost crystalline appearance. The overall effect is ethereal and magical.

THE  
PEARLSEEKER'S  
GUIDE TO  
CULTIVATING  
WONDER

[www.thepearlseeker.com](http://www.thepearlseeker.com)

# The Joy of Exploration

Have you ever observed a child enter an unfamiliar environment? Some charge right in and learn as they go, while others (like me) hang back and observe, waiting until they reach a level of understanding before they engage. Do you remember what did as a child?

Some of us, as we become adults, become settled in the familiar and the comfortable while forgetting the joy of exploration and of the unknown. Days may pass, one like the other.



**The world is full of wonder**  
**We forget that we can**  
**approach exploration at**  
**our own pace.**

We might be  
feeling like life is dull.

We might even become  
a little fearful of what  
we might encounter.

Hearing  
(Auditory)

Sight  
(Vision)

Smell  
(Olfactory)

**You can utilize**  
**your senses\* to**  
**recover your sense**  
**of AMAZEMENT**

Taste  
(Gustatory)

Touch  
(Tactile)

## First...have you considered what a wonder YOU are?

- 1 You have searched me, Lord,  
and you know me.
- 2 You know when I sit and when I rise;  
you perceive my thoughts from afar.
- 3 You discern my going out and my lying down;  
you are familiar with all my ways.
- 4 Before a word is on my tongue  
you, Lord, know it completely.
- 5 You hem me in behind and before,  
and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me,  
too lofty for me to attain.

Psalm 139  
verses 1-6



**You are:**

**beautiful**

**complex**

**interesting**

**fascinating**

**intriguing**

**wonderful**

**mysterious**

**captivating**

**breathtaking**

**unforgettable**

**worthwhile**

**LOVED**

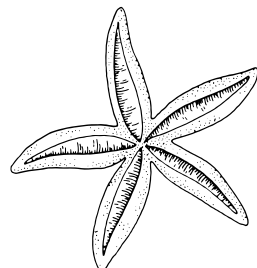
What if you saw yourself through the loving eyes of the God who made you?

When we love someone, we love to look at them. We enjoy being around them. We are delighted to learn something new about them. We savor moments of connection with them. We think about what they enjoy. We love to see them smile. We stand by them through difficult times.

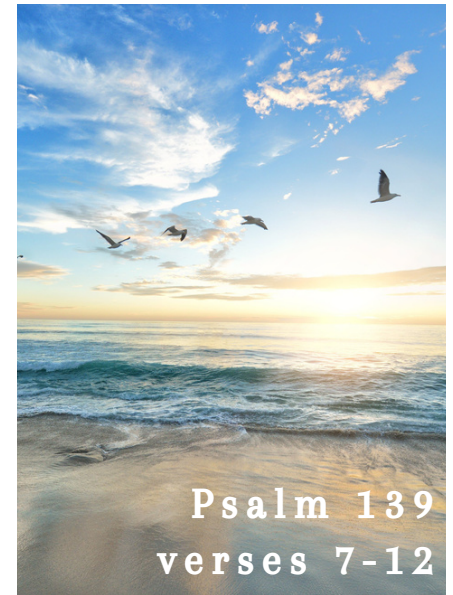
What if your first thought when you looked at another person was about how much God loves them?

People are endlessly fascinating! Instead of watching a scripted "reality" show, why not enjoy some good old-fashioned people watching?

**Keep your eyes open for moments of:  
Connection. Kindness. Thoughtfulness.  
Consideration. Patience. Compassion.**



7 Where can I go from your Spirit?  
 Where can I flee from your presence?  
 8 If I go up to the heavens, you are there;  
 if I make my bed in the depths, you are there.  
 9 If I rise on the wings of the dawn,  
 if I settle on the far side of the sea,  
 10 even there your hand will guide me,  
 your right hand will hold me fast.  
 11 If I say, "Surely the darkness will hide me  
 and the light become night around me,"  
 12 even the darkness will not be dark to you;  
 the night will shine like the day,  
 for darkness is as light to you.



**God is here:** What is your unique view of the world?

subway

alley

desert

farm

concert

airport

office

library

car

school

hospital

with you

Did you ever see the 2020 wildlife photograph of the year by Sam Rowley? It featured two mice fighting for a second in the London underground! Brandon Stanton was named to Time magazine's "30 Under 30 People Changing The World" in part for taking photos of people and sharing a snippet of each life story (The "Humans of New York" documentary project).

**Taking pictures can help us learn to pay closer attention.**



I almost stepped over this leaf on the sidewalk, but when I stopped to look, the water droplets captivated me!

**EVERYWHERE**

**Could taking a daily photo give you new eyes to see wonder in the world around you?**

# Hearing



Practice listening by:

**Making eye contact**

**Avoiding distractions  
(such as checking  
your watch or phone)**

**Instead of thinking  
about what you might  
say when the speaker  
is done, consider the  
speaker's words  
carefully**

**Asking questions for  
understanding  
(instead of being  
focused on your  
opinion being  
immediately heard)**

## Learning to listen well:\*

- builds connections
- develops trust and strong relationships
- helps us anticipate, identify & solve problems
- increases understanding
- helps resolve conflict
- makes speaking to us more enjoyable for others
- encourages empathy
- increases productivity
- improves leadership skills

What if you learned to cultivate your curiosity and interest in other people's thoughts and opinions?

How might that change the tone of sensitive discussions?

Learning to express ourselves with kindness, tact, and even diplomacy is possible. When we learn to listen well to others, they will likely learn how to listen well to us, too. This will aid us in parenting, professionally, romantically, in political and cultural conversations, and in many other situations.

**Listening helps us learn.**

\*Source: <https://www.indeed.com/career-advice/career-development/active-listening-skills>

# Smell



In your own words, how would you describe the smell of a strawberry? Of coffee?

## Resources

TED talk on "How to Master Your Sense of Smell":

<https://youtu.be/ynrbxy36erE>

Michael Gelb's book "How To Think Like Leonardo da Vinci" has an incredible "Sensazione" chapter about how da Vinci sharpened his five senses.

## Olfactory exploration & play

- Sample different essential oils
- Create a "scent diary" - be as descriptive as possible and try to describe it with a mental picture.
- Exercise stimulates our sense of smell and may even help us keep our sense of smell as we age!
- Take the time to smell the food you are eating. You can learn to better identify the freshness of your food or which herbs are used in a recipe.

Synesthesia: When you experience one of your senses through another.

What would the color blue smell like to you? How about red? Green?

If you were going to dance (or saw a dance about) the smell of a strawberry, what would it look like? How about a pineapple?

**"Your sense of smell enriches your experience of the world around you. Different scents can change your mood, transport you back to a distant memory, and may even help you bond with loved ones. Your ability to smell also plays a key role in your health." -**

**<https://newsinhealth.nih.gov/2016/08/what-your-nose-knows#>**



# Taste can be deeply personal...

## Expanding our horizons...

Many children develop "picky" habits. Why? My hunch is that expressing our opinions about food is part of learning to assert ourselves and seeing ourselves as distinct from others. We might not know how we feel about lots of things, but we know right away if we like or don't like something we've eaten!

I somehow discovered pralines and cream ice cream during elementary school. For years, that is what I would order. Every. Single. Time. Then, one day it occurred to me, "What if I am missing out on discovering a new favorite flavor?"

Thus began my discovery of mint chocolate chip! Sorbets! Oh, the possibilities! Sometimes I return to my first ice cream flavor, and it's still great. But I learned the lesson: We never know if we will like it -- or even love it! -- unless we try it in the first place

## What are your local specialties?

Consider the diversity of cultures where you live and the countries, cuisines, and history they represent. Many foods are intricately tied to a country's history, local plant life, and family history. Is there a story behind a recipe served at your local mom-and-pop restaurant or food truck? Who taught your local chefs to cook? Where do they go for a taste of something special or personal? What are your own family recipes or specialties? Is there a story behind them?

Consider:    flavor                      texture  
                  color                                temperature  
                  health benefits                    smell

**fact: our taste buds change as we age**



**What is on your list of foods you haven't tried in 10-20 years?**

**What if you tried those foods again?**

**What if you tried a new recipe for that vegetable you usually serve for dinner?**

## Nurturing physical touch may help us to regulate our emotions and stress responses



Touch also:\*

- engages both right and left sides of the brain so it can make more connections and store information better
- improves our attention
- encourages teamwork and critical thinking
- makes learning fun!

### What intrigues you?

Are you drawn to animals? Nature? The mysteries of the universe? Antiques? Comics? Music? Trains?

**Could you plan a hands-on outing to explore that interest?**

**Research it at a local shop instead of online?**

**Visit a museum?**

**Interview and shake hands with someone who lived through a particular experience?**

### Ways to play with touch

- Use your eyes to focus on what you are touching.
- When you hold hands with a loved one, take a moment to observe the temperature and texture of their skin against yours.
- Stand on different surfaces and notice how the texture impacts your level of comfort, temperature, or how you stand.
- Paint without a brush
- Get your hands on different materials: dough, clay, grains, sand, bubble wrap, large and small objects, animals, food, etc.
- Play a guessing game with a friend: Put different items in a paper bag and see how many you can guess correctly.