



Professional Certified Coach

The Art of Wonder

“Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are written in a very foreign tongue.

Do not now seek the answers, which cannot be given you because you would not be able to live them.

And the point is, to live everything. Live the questions now.

Perhaps you will then gradually without noticing it, live along some distant day into the answer. @-Rainer Marie Rilke

| Intellectualizing | Wonder |
|---------------------------------------|--------------------------|
| * Is effortful | * Is effortless |
| * Is limited by what you already know | * Opens possibilities |
| * Is contracted in nature | * Is expansive in nature |

Tremendous value has been placed upon our ability to think, analyze, scrutinize, evaluate, etc. And this value is not misplaced as the massive capacity of human intelligence is indeed an awesome creation. Yet, the emphasis placed on our intelligence has almost been to the exclusion of the other parts of who we are as human beings. Within each of us lies a deep well of creative ability, intuition, innate talent and unique genius. By sensitively tuning into our bodies, emotions, and spirits we can gain deep access to information about ourselves, others, situations, and our environment. And in tuning in, we are able to gather useful information not available to our cognitive mind. We have a great ability to attract to us the answers for any question we hold dear. And we can do this through the simple process of wondering.

Wondering is about being curious. It is about “not knowing” and being in an open state of anticipation discovering something new. Wondering is a whole BodyMind experience – not just a cognitive act. It allows you to tap into your deep intuition and your innate wisdom as you open to growth and unlimited possibilities.

Wonder begins when you make the sound “hmmm...” This sound vibrates in your throat and soothes your cognitive mind allowing you to shift to genuine curiosity. The sound of “hmmm...” actually soothes your cognitive mind. When hmmm... is followed by wonder questions, curiosity opens and a new space is available for something new to occur... new insight, new creative ideas, new inspiration, and new growth.

Use the following wonder questions, or make up your own.

“Hmmm, I wonder how I can

“Hmmm, I wonder what it would take to/for.....”

“Hmmm, I wonder what would have to happen in order for.....”

“Hmmm, I wonder what would.....”

“Hmmm, I wonder where....”

“Hmmm, I wonder who....”

“Hmmm, I wonder when...”

Based on the work of Drs. Gay and Kathlyn Hendricks. www.hendricks.com