

# CULTIVATING CURIOSITY

If Newton hadn't wondered about what makes an apple fall to the ground, he wouldn't have discovered gravity. As children, we're usually full of ceaseless curiosity, just like Newton. But as we grow up, that tends to fade as we confront the lists of things we need to accomplish each day.

*As Albert Einstein said, "The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day."*

## MORE REASONS TO CULTIVATE YOUR CURIOSITY

1. **Develop positive traits.** If you can't help but be curious about the wonders of the universe, ***this is***

*a sign of intelligence, optimism, open-mindedness, humility, and innovativeness.* Not only will this be satisfying for you, but it'll also generate respect in those around you.

2. **Maintain your mental health.** What's more, *curious people are mentally agile and less likely to suffer from age-related illnesses such as Dementia and Alzheimer's.* This is because the acts of wondering and pondering create new neural pathways in the brain.
3. **Be more creative.** Curiosity is what drives writers and artists. They use curiosity to explore their worlds and create worlds for others to enjoy. Young children are also driven by curiosity. It's their way to learn about the world they inhabit. They are full of questions.
4. **Feel happier.** *Happiness is deeply linked to curiosity.* As indicated in studies by Martin Seligman and Todd Kashdan at George Mason University, curious people are happy people. They're never bored or boring. They're always alert and will take the time to look up at the stars and watch a sunset.
  - According to Kashdan, those who are curious are less likely to derive pleasure from hedonistic activities such as

drinking and gambling. Mysteries and marvels are their cup of tea. They're highly self-motivated and willing to try new things. And the more they discover, the more they want to discover.

**Try these ideas to help re-ignite your natural curiosity so you can enjoy the benefits above and more:**

- Try something new. A sport, a craft, even a new genre of literature will fit the bill.
- Get a friend to join you in a challenging activity you're trying for the first time
- Always remember to ask why, what, where, and how?
- Ask silly questions.
- Cultivate confidence.
- Remember that every experience helps you expand your horizons.
- Be passionate about something. It's never too late to find an activity that inspires you.

- Spend some time with children. Their natural curiosity will rub off on you.

## PERHAPS THESE MYSTERIES WILL STIMULATE YOUR CURIOSITY:

1. **What lovesick dolphins might say to each other.**  
In *The Mind of the Dolphin*, the pioneer American investigator of dolphin intelligence, John Lily, claims that dolphins' acute sense of sound may allow them to see each other's internal organs. A bundle of some 125,000 nerve fibers link each of the dolphin's ears to its brain. We only have about 50,000.
  - Lily suggests that a lovesick dolphin might tell his beloved: "Darling, you do have the cutest way of twitching your sinuses when you say you love me. I love the shape of your vestibular sacs."
2. **We are not alone.** Astronomer Frank D. Drake of Cornell University, New York, suggests the existence of over a thousand inhabited planets in our galaxy alone. Each of these planets, of course, may have a different chemical and molecular

composition, some of which may vary widely from Earth.

- Life on Earth is carbon based. Could life on these planets be based on other elements? Although the general consensus among astronomers is that intelligent life is rare, what if it did exist elsewhere? What might its basis on other elements indicate about such life?

3. **The Great Pyramid.** This amazing monument has intrigued mankind throughout the centuries. It's not considered as a tomb for a pharaoh since no mummy was found inside the sarcophagus and neither were there the usual burial artifacts or hieroglyphics.

- According to ancient Egyptian texts, the Great Pyramid was used as the initiation chamber for the Mysteries. The initiate would lie in the sarcophagus for many hours and be born again.
- The very shape of the pyramid possesses power. This structure can charge water, preserve food, enhance sleep, and more.

Are you curious now? And these are just some places to start! Look around you, both in and outside of your home. If you closely examine anything, it's sure to spark your curiosity. You'll get smarter in the process, and happier, too!