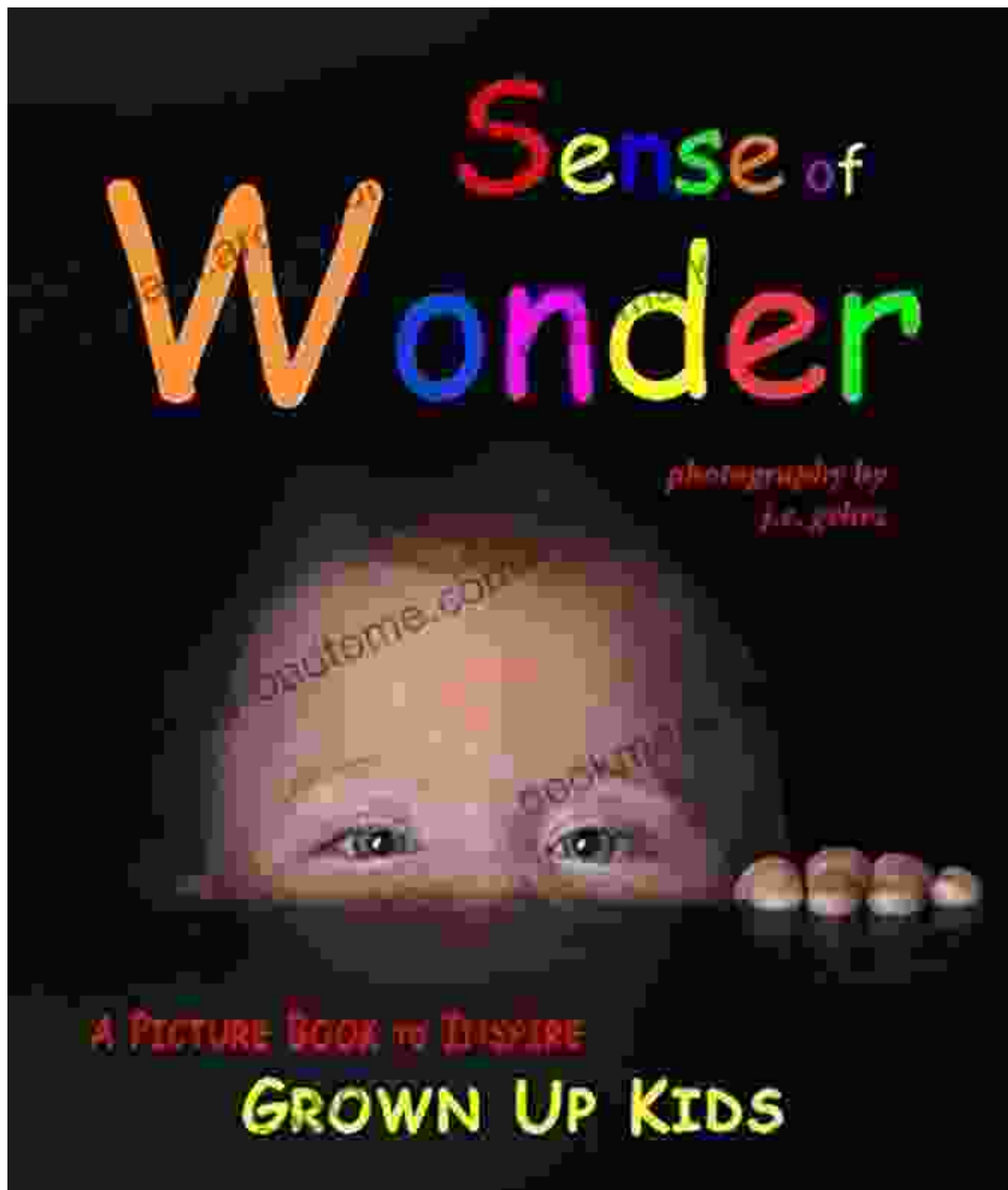


# Sense of Wonder: Rediscovering the Enchanted Moment



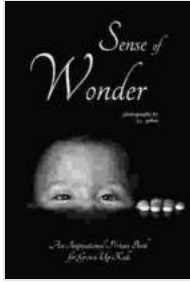
**Sense of Wonder** by j.c. gehrz

★★★★★ 5 out of 5

Language : English

File size : 7196 KB

Print length : 27 pages



Lending : Enabled



In the tapestry of human experience, wonder holds a precious thread, weaving together our sense of meaning and purpose. It is in the moments of awe and curiosity that we glimpse the boundless possibilities of life and the interconnectedness of all things. R.H. Gehrz, in his profound and evocative work "Sense of Wonder," invites us to rediscover the enchanted moment and reconnect with the transformative power of wonder.

## **The Essence of Wonder**

Gehrz begins by defining wonder as "a state of mind that is open to the extraordinary." It is a feeling of astonishment, amazement, and reverence that arises when we encounter something that transcends our ordinary understanding. Wonder is not limited to childhood; it is an essential aspect of human nature that can be cultivated throughout our lives.

Through vivid anecdotes drawn from his own experiences and the wisdom of poets, philosophers, and scientists, Gehrz illustrates the multifaceted nature of wonder. It can be sparked by the grandeur of nature, the intricate beauty of art, or the profound insights of human thought. Wonder connects us to the unknown and the infinite, reminding us that there is always more to discover and marvel at.

## **The Importance of Wonder**

Gehrz argues that wonder is not merely a pleasant emotion; it is a vital force that shapes our lives in profound ways. Wonder fosters creativity, imagination, and a deep sense of connection to the world around us. It challenges our assumptions and opens us up to new possibilities, expanding our horizons and enriching our experiences.

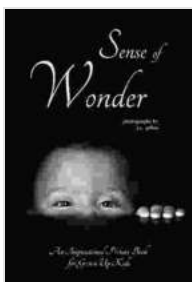
In a world often dominated by cynicism and distraction, Gehrz emphasizes the importance of nurturing our sense of wonder. He suggests that we make a conscious effort to seek out experiences that inspire awe and curiosity. By doing so, we can cultivate a mindset of openness and gratitude that enhances our well-being and deepens our understanding of life.

## **Rediscovering the Enchanted Moment**

Gehrz believes that the key to rediscovering the enchanted moment lies in the practice of mindfulness. By paying attention to the present moment and observing the world with fresh eyes, we become more receptive to the wonders that surround us. He encourages readers to embrace the childlike quality of wonder, approaching life with a sense of curiosity and a willingness to be surprised.

"Sense of Wonder" is not merely a book; it is an invitation to embark on a transformative journey of self-discovery and renewal. Through its insightful reflections and inspiring anecdotes, Gehrz invites us to rediscover the enchantment of the world and awaken the dormant sense of wonder within us. By embracing the power of wonder, we can unlock a life filled with meaning, purpose, and boundless possibilities.

In the realm of human experience, wonder stands as a beacon of light, illuminating our path towards a more fulfilling and enchanted life. R.H. Gehrz's "Sense of Wonder" is an invaluable guide for those seeking to reconnect with the magic of the world and rediscover the transformative power of awe and curiosity. By cultivating our sense of wonder, we open ourselves up to a world of endless possibilities and embark on a journey that is both profound and deeply rewarding.



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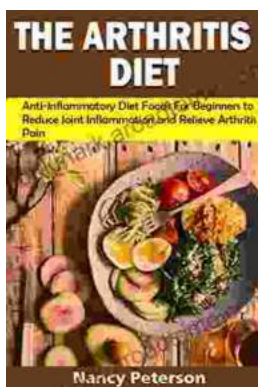
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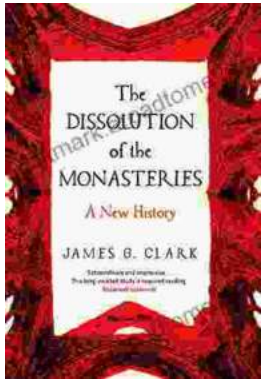
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