**Wonder Notes**

**Psychology today – A Study of Wonder**

<https://www.psychologytoday.com/gb/blog/hide-and-seek/201412/study-wonder>

Burton, N. (2014). *A Study of Wonder*. [online] Psychology Today. Available at: https://www.psychologytoday.com/gb/blog/hide-and-seek/201412/study-wonder [Accessed 18 Feb. 2019].

* ‘Wonder is a complex emotion involving elements of surprise, curiosity, contemplation, and joy’
* Can be defined as a heightened state of consciousness ad emotion brought about by something singularly beautiful, rare, or unexpected – that is, by a marvel
* Marvel – ‘wonderful things’
* ‘Admire’ shares the same root as ‘marvel’ and originally meant ‘to wonder at’
* Wonder is similar to ‘awe’. But ‘awe’ is more closely associated with something that is much greater or more powerful than we are
* Near-synonyms of wonder = astonishment, amazement, astoundment
* Astonish = fill with sudden & overpowering surprise or wonder
* Wonder involves elements of surprise & curiosity, both of which are forms of interest – ‘desire knowledge of that thing’
* Wonder expressed by a bright eyed stare, opening of mouth, suspension of breath

**Psychology Today - The Sense of Wonder**

<https://www.psychologytoday.com/gb/blog/hut-her-own/201707/the-sense-wonder>

Arndt, K. (2017). *The Sense of Wonder*. [online] Psychology Today. Available at: https://www.psychologytoday.com/gb/blog/hut-her-own/201707/the-sense-wonder [Accessed 15 Feb. 2019].

* Wonder can be revived through silence, solitude, simplicity

**The Wonder of Wonder – positivepsychologynews**

<https://positivepsychologynews.com/news/lisa-buksbaum/2018011037586>

Buksbaum, L. (2018). *The Wonder of Wonder*. [online] Positive Psychology News. Available at: https://positivepsychologynews.com/news/lisa-buksbaum/2018011037586 [Accessed 18 Feb. 2019].

* Wondrous – breathtaking, awe-inspiring, heart throbbing

**The Psychology and Philosophy of Wonder**

<https://outre-monde.com/2014/12/02/the-psychology-and-philosophy-of-wonder/>

Burton, N. (2014). *The Psychology and Philosophy of Wonder*. [online] Outre Monde. Available at: https://outre-monde.com/2014/12/02/the-psychology-and-philosophy-of-wonder/ [Accessed 4 Jan. 2019].

* Curiosity derived from ‘care’

**How Wonder Works – ‘Why wonder is the most human of all emotions’**

<https://aeon.co/essays/why-wonder-is-the-most-human-of-all-emotions>

Prinz, J. (2013). *Why wonder is the most human of all emotions – Jesse Prinz | Aeon Essays*. [online] Aeon. Available at: https://aeon.co/essays/why-wonder-is-the-most-human-of-all-emotions [Accessed 18 Jan. 2019].

* Wonder arises ‘when something quite new and singular is presented … [and] memory cannot, from all its stores, cast up any image that nearly resembles this strange appearance’
* Components of wonder =

-Sensory – wondrous things that engage our senses, we stare at them with widened eyes

-Cognitive – things that are perplexing because we cannot rely on past experience to comprehend them

-Spiritual

* Marvellous, stunning, astonishing
* Wonder = ‘broken knowledge’, incomprehension
* Wonder = ‘wellspring from which scientific enquiry begins’

**Rediscover the Wonder and Awe in Everyday Living**

<https://www.meaning.ca/archives/presidents_columns/pdfs/awe_july05.pdf>

Wong, P. (2019). *Rediscover the Wonder and Awe in Everyday Living*. [online] Meaning.ca. Available at: https://www.meaning.ca/archives/presidents\_columns/pdfs/awe\_july05.pdf [Accessed 14 Jan. 2019].

* ‘There’s wonder and awe enough in the real world. Nature’s a lot better at inventing wonders than we are’
* ‘Nature’s majestic beauty instills in us an unspeakable joy’
* Humans have ‘a thirst for wonder’ and a need to listen to nature’s stories

**Wonder (emotion)**

<https://www.revolvy.com/page/Wonder-(emotion)>

Revolvy.com. (2019). *Wonder (emotion)*. [online] Available at: https://www.revolvy.com/page/Wonder-(emotion) [Accessed 31 Dec. 2018].

* Wonder is comparable with surprise. When perceiving something very rare of unexpected (but not threatening)
* Linked with curiosity, intellectual exploration
* Awe but joy instead of fear/respect
* Joy & admiration
* Beholding something new & unusual

**Why ‘awe’ might be the secret ingredient for happiness**

<http://grottonetwork.com/navigate-life/health-and-wellness/why-wonder-and-awe-can-lead-to-a-happier-life/>

Mentock, E. (2019). *Why 'Awe' Might Be the Secret Ingredient for Happiness*. [online] Grotto Network. Available at: http://grottonetwork.com/navigate-life/health-and-wellness/why-wonder-and-awe-can-lead-to-a-happier-life/ [Accessed 25 Feb. 2019].

* Powerful emotion
* Something vast challenges our understanding of the world
* Awe triggers the fact that you feel small – but you don’t have reduced self esteem
* Gives you a sense of something much larger than yourself without diminishing your own existence

**A Philosophy of Wonder**

<https://warwick.ac.uk/fac/cross_fac/iatl/study/ugmodules/appliedimagination/readings/a_philosophy_of_wonder.pdf>

Parsons, H. (2014). *A Philosophy of Wonder*. [online] Warwick.ac.uk. Available at: https://warwick.ac.uk/fac/cross\_fac/iatl/study/ugmodules/appliedimagination/readings/a\_philosophy\_of\_wonder.pdf [Accessed 12 Feb. 2019].

* Wonder = a strong emotional experience containing elements of ideation and disposition to act
* Wonder = something or event that appears extraordinary and is unexpected
* Emotional excitement – exotic places
* Inquisitive places
* Surprise and excitement, joy
* Passive mood, perceptual mood
* Awaken & inspire
* Nature

**7 Ways to Spark Your Sense of Wonder**

<https://www.psychologytoday.com/gb/blog/passion/201509/7-ways-spark-your-sense-wonder>

Levoy, G. (2015). *7 Ways to Spark Your Sense of Wonder*. [online] Psychology Today. Available at: https://www.psychologytoday.com/gb/blog/passion/201509/7-ways-spark-your-sense-wonder [Accessed 1 Jan. 2019].

* Wonder = survival instinct related to surprise and curiosity and an investigative scanning of the environment – urge to explore
* Desire to not be bored and uninterested
* Desire to get a load of the grander scheme – we desire to seek out these enlivening moments
* Wonder re-stimulates our interest in the world
* Seek out displays of mastery and genius, approach things from new angles, change the context, slow down, change your lenses

**Brainy Quote – Neil Armstrong**

<https://www.brainyquote.com/quotes/neil_armstrong_135030>

BrainyQuote. (2019). *Neil Armstrong Quotes*. [online] Available at: https://www.brainyquote.com/quotes/neil\_armstrong\_135030 [Accessed 24 Feb. 2019].

* ‘Mystery creates wonder and wonder is the basis of man’s desire to understand’

**Creating a Sense of Wonder in Fantasy**

<http://davidfarland.com/2016/07/creating-a-sense-of-wonder-in-fantasy/>

Farland, D. (2016). *Creating a Sense of Wonder in Fantasy - David Farland*. [online] David Farland. Available at: http://davidfarland.com/2016/07/creating-a-sense-of-wonder-in-fantasy/ [Accessed 18 Jan. 2019].

* Give the reader an experience of wonder, seeing something strange and new and grand
* Strangeness, beauty
* Creating a sense of wonder:

-Create a unique and interesting world. Animals, plants, culture