

Weekly Wisdom

Grow the Green for You and Your Team



“Nowadays, what we mostly do in the presence of beauty is - of course - take a photo. And never look at it again.”

When Something Is Beautiful...

Last week’s solar eclipse got us thinking about awe. How many of us raced outside to take a photo when the moon covered our view of the sun?

What if we tried something else?

In a recent “The School of Life” blog post, they suggest we take mental notes under the heading, “*Why X moves me...*”

Perhaps the eclipse evokes awe because it is so rare and fleeting. Perhaps it moves us because it reminds us of the vastness of the universe.

Awe doesn’t only happen during once-in-a-lifetime events. We can find awe every day, no matter where we are.

It can be triggered by an act of kindness. By a slab of sunlight across a kitchen floor. By the sound of a thunderstorm.

Awe fosters well-being by taking us outside of ourselves. It quiets the critical voice inside our heads. Awe slows our heart rate, calms our nervous system, and releases oxytocin, the “love hormone.”