



Pause With Purpose

...to refresh

...to grow

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Curiosity and Growth

Anyone who has raised a young child knows what it's like to live in a world of "whys". Children are naturally curious and quick to question. They explore cupboards, closets, phones, dog dishes, toilets and anything within (and even "just out of") their reach. They question the reason for rules, behaviors, directions and even other reasons. In the process, though, they become smarter, more socialized, and better able to understand and predict their world.

Most of us continue to learn as we age, sometimes through formal education, sometimes through the school of experience. Yet, there comes a time for many of us when we get caught up in the demands and busyness of life and put learning on the back shelf. There are schedules to meet, children to raise, bosses to impress and income to earn. We repeat a routine of functional existence, simply striving to keep up with the requirements of the day.

Life soon becomes boring - busy, but boring. In a day full of stimulation, we are left tired and uninspired. Why? *Because we've stopped growing!* We, like all living things, are designed to either grow or decline. As we grow, whether

mentally, emotionally, or spiritually, we refresh the life and creativity within us. When we stop growing, our decline is actually a form of dying. No wonder we are left feeling so lifeless!

So what does it take to start growing again? *Curiosity!* Curiosity is that personal quality that makes our senses come alive to the world around and within us. It activates our inner explorer, the explorer who was present in our younger years. For it to appear, curiosity requires certain characteristics of heart and mind that are worth recognizing. Curiosity requires:

1) An open mind - This is not a mind without boundaries or limits, but rather one that is willing to explore and examine long-standing beliefs and assumptions.

2) The ability to admit "I don't know" - Total knowledge removes curiosity because everything is already known. Curiosity assumes that our knowledge is incomplete and, at times, inaccurate. Once we admit this, we create room for additional input.

3) A desire to learn - This is the desire to fill our empty spaces with new information, while updating our existing knowledge and skills. It is the desire to expand what we know, and through understanding to grow

in strength and ability.

4) The willingness to grow - Growth means change, and change can be challenging. In spite of its benefits, it shakes up both the status quo and the security we so often draw from it. For this reason, curiosity also requires:

5) Courage - This is the courage to relax our tight grip on what "is" today, so we can transform into what "will be" tomorrow. It is the courage to release what is "good" to make room for the "better" and the "best". It is the courage to move forward, knowing we weren't meant to simply stand and stagnate.

It is exciting to discover that as we once again become curious, our curiosity feeds the very characteristics that promote its existence. Our mind opens further, and we see opportunities to learn all around us, opportunities we want to take advantage of. And as we do, we grow in knowledge and strength, as courage builds on courage.

This curiosity is available to each one of us. Whether it prompts us to explore physically, relationally, intellectually or spiritually, it promises to refresh us with a zest that makes living once again a Grand Adventure!



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NEW CONTACT INFO

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work..

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But Curiosity Killed the Cat

We all know the sayings about cats - they always land on their feet, they have nine lives, and their curiosity eventually does them in. It tends to give curiosity a bad reputation, even for those who aren't cat lovers. Yet, there is some wisdom in the idiom 'curiosity killed the cat'.

For all the promise curiosity carries, it also carries a level of inherent danger. This becomes quite real when we think of exploring a nest of rattlesnakes. So how do we balance curious exploration and the need for appropriate safety? We keep our brain engaged!

Curiosity must always be tempered by wisdom and good judgement. Just like cats, we can be drawn by our curiosity to areas and activities that pose a significant risk to our physical, emotional, and spiritual well-being. Curiously exploring potentially addictive behaviors, becoming fascinated with deviant or illegal behavior, stepping into the world of witchcraft and the occult - all of these carry significant risks for explorers, including the risk of being captured by what we explore.

We are well served by Scripture's admonition to "avoid every kind of evil" (Phil 4:8), and to focus instead on whatever is "pure", "lovely", and "praise-worthy" (1Thes 5:21).



"Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life."

- Eleanor Roosevelt