

Intentional Wonder



Searching for heaven's treasure
in moments of quiet joy

Barbara Booth Hemphill

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Introduction

Everyone loves a story about buried treasure. There are even television shows about people investing millions of dollars and years of their lives to find one under the sea or deep in the earth. Jesus said the kingdom of heaven is like that kind of buried treasure, a treasure worth investing all that we possess to try to claim it.

Again, the Kingdom of Heaven is like treasure hidden in the field, which a man found and hid. In his joy, he goes and sells all that he has and buys that field.

— Matthew 13:44

If the kingdom of heaven is treasure, then Moses is one of my favorite treasure hunters. In Exodus 3:1-17 he sees a bush in the wilderness. He notices that it appears to be burning, yet it is not consumed by the fire, so he turns aside to look more closely. To his amazement, he finds Yahweh there, speaking to him, calling him to lead the Israelites out of Egypt. The rest of the story fills the book of Exodus and eventually forms a nation.

This is just one of many dramatic life-transforming epiphanies described in the Jewish and Christian scriptures. But these revolutionary occurrences are not limited to ancient sacred texts. Even today people attest to dramatic encounters with a world beyond the one we know through our senses and cognition — near death experiences, religious conversions, Pentecostals' and charismatics' baptism in the Holy Spirit, instantaneous healings, and more.

When we read about these, they seem immense, breathtaking, much more marvelous than anything we ordinary people will ever know. But we may be missing out on some amazing blessings by so quickly distancing ourselves from these encounters.

Is it possible that some of these dramatic experiences began in a small, quiet way, with a subtle surprise that would be familiar to most of us? Did the “turning aside,” the wondering, the receptivity

and response of the individual, along with many retellings, effectively magnify the event many times over?

If the answer to these questions is “yes,” then these transformative encounters should be accessible to us too. How have we missed them? In the busyness and distraction of our lives, have we overlooked a burning bush or two?

If we had a second chance, an opportunity to revisit an incidental moment of surprising joy, might we, like Moses, find Yahweh there? With time, wonder, and retelling, our small experience also may become much larger and more significant than it now appears.

That is the premise, the promise, and the practice outlined in this booklet. I hope you will join me in this spiritual experiment.

Intentional Wonder

Wonder is an attitude of openness to life, curiosity enhanced by awe and vulnerability. *Intentional wonder* involves a commitment to maintaining that openness toward something or someone. We may not be able to sustain a sense of awe, but we can choose to remain open, vulnerable, and curious.

Intentional wonder requires that we avoid objectifying the focus of our wonder by analyzing, naming, categorizing, or explaining. These actions shut down curiosity. They end the mystery and put us in control. We are no longer vulnerable.

Of course, it's very human and helpful to analyze, to make meaning of our experiences and relationships. Often we need to understand something before we can move forward. The key to maintaining intentional wonder is recognizing that the understanding at which we arrive is only a way station on the path to wisdom. It is not the end of the journey, though it may feel like it at the moment of arrival.

The practice of intentional wonder presented here is a time-limited suspension of analysis and explanation.

NASA’s Deep Field analogue of Intentional Wonder

The practice may be understood by analogy to NASA’s Deep Field project. In 1995 the Hubble telescope was used to visually explore a tiny, apparently “empty” spot in the sky (see the back cover). It was the size of the head of a pin held at arm’s length. Nothing could be observed there with the naked eye or with earth-bound telescopes.

For ten days the Hubble focused on that spot. It kept its camera aperture open on every pass, letting in as much light as it could. It did not close the aperture until the appointed time had come to send its data to earth and develop the image. This project, a mechanical version of intentional wonder, paid off in the discovery of 3,000 galaxies in that tiny, apparently empty, point in space. The developed image transformed our understanding of the cosmos.

My hope is that your practice of intentional wonder may be just as transformative for you as NASA’s has been for science.

Video: “The 1995 Hubble photo that changed astronomy”

<https://youtu.be/95TcoRk2cNg>



This booklet follows the three movements of Jesus' parable: finding the treasure, hiding it, reclaiming it. In Part 1, we will consider experiences of finding the treasure, the "kingdom of heaven." In Part 2, we will look at some ways in which we hide that treasure, and reasons why we do that. In Part 3, I present a practice of *intentional wonder* that allows us to joyfully invest ourselves in an ongoing search for the kingdom.

I have included questions and links to brief online videos to help you reflect on the material.

Part 1: Finding the Treasure

*Again, the Kingdom of Heaven is like treasure hidden in the field, which a man **found**...*

According to Luke's gospel, Jesus said that the kingdom of heaven is *entos* — within us, among us (Luke 17:21). We are immersed in it, and it in us. Referring to our immersion in God, Paul quotes the Greek philosopher Epimenides, "in him we live and move and have our being." (Acts 17:28)

Since the treasure in Jesus' parable is the kingdom of heaven, and we are already surrounded by it, how can we *find* what is always present, nearby and even within, yet not perceived? It seems that we need an epiphany, a revelation, to recognize it. We don't have the ability to find it on our own. It is beyond the reach of our human senses.

What would that type of epiphany feel like? What would it look like? If we are usually unaware of heaven's presence, and it suddenly revealed itself to us, how would we respond? How would it affect our lives?

To explore these questions, we will consider kingdom-finding experiences using three sources – the Christian Bible, psychologist Abraham Maslow, and contemporary research. We will focus on large and dramatic encounters, but do not be discouraged if you haven't had one. Many of us have not. My aim is to examine the large to better identify the features of the small, to study the extraordinary to better understand the ordinary. Georgia O'Keeffe explained this approach well, when she was asked why she painted her flowers so large.

... Nobody sees a flower — really — it is so small — we haven't time — and to see takes time, like to have a friend takes time. If I could paint the flower exactly as I see it no one would see what I see because I would paint it small like the flower is small. So I said to myself — I'll paint what I see — what the flower is to me but I'll paint it big and they will be surprised into taking time to look at it.

— Georgia O'Keeffe¹



So let us now take time to look at some large, dramatic encounters with the kingdom of heaven, and examine the treasure found there. I hope you will see that since heaven is always nearby, it may reveal itself to us at any time. While it may occur during prayer, when we are actively seeking a spiritual connection, it may also happen amid ordinary activities.

The Christian Bible

The Bible has many examples of epiphanies and revelations. Here are just a few of them:

- (Genesis 15:12-21) Abraham's dream and covenant
- (Genesis 21:8-21) Hagar and Ishmael in the wilderness
- (Exodus 3:1-17) Moses and the burning bush
- (Judges 6:11-24) Gideon's call
- (Judges 13:2-25) An angel announces Samson's birth
- (Genesis 28:10-22) Jacob's dream of a ladder to heaven
- (1Kings 19:11-18) Elijah hears the still small voice
- (2Kings 5:1-14) Naaman's healing from leprosy
- (Isaiah 6:1-13) Isaiah's vision of God in the temple
- (Jeremiah 1:4-10) Jeremiah's call
- (Ezekiel 1:1-28) Ezekiel's vision of God
- (Matthew 2:13-14) Joseph's dream to flee to Egypt
- (Matthew 3:13-17) Jesus' baptism
- (Matthew 17:1-8) Peter, James, & John at the Transfiguration
- (Luke 1:26-38) Mary at the Annunciation
- (Acts 10:9-16) Peter's vision of unclean animals
- (Acts 9:1-9) Paul's Damascus Road conversion
- (Acts 9:10-19) Ananias' dream to visit Paul

Exercise #1

Carefully read a few of these narratives and attempt to glean from them what you can of the individuals' experience. Try to think of them as ordinary human beings, rather than as extraordinary heroes.

Imagine yourself in their position, seeing what they see, hearing what they hear. Notice whether any of these features occur:

- seeing a light
- sensing another presence with them
- hearing a voice
- receiving a message of great importance

How would you describe the first moment, the very beginning, of the event?

Observe their words and actions to deduce their emotional state.

Notice whether any of these feelings seem to be present:

awe

wonder

joy

disorientation or confusion

If you observe wonder, was it *intentional*?

Notice what they are doing just prior to the experience, especially whether they are engaged in prayer.

Consider what occurred after the encounter. How did the person respond to the epiphany, and what were the consequences to the individual and those around them?

Did the experience change the person? In what ways?

Abraham Maslow – Peak Experiences

Abraham Maslow was an American psychologist who studied mentally healthy, self-actualizing people. The founder of positive psychology, he identified what he called “peak experiences.” These experiences are similar to the Biblical encounters with the kingdom of heaven. Maslow himself acknowledges the resemblance.

Heaven, so to speak, lies waiting for us through life, ready to step into for a time and to enjoy before we have to come back to our ordinary life of striving. And once we have been in it, we can remember it forever, and feed ourselves on this memory and be sustained in times of stress.

—Abraham Maslow²

Common features of a peak experience include:

- sudden feelings of intense happiness and well-being
- the awareness of an "ultimate truth" and the unity of all things
- ecstasy, wonder and awe
- a feeling of being at one with the world, and being pleased with it
- feelings of limitless horizons opening to the vision
- feeling simultaneously more powerful and more helpless than ever before
- loss of placement in time and space
- the conviction that something extremely important and valuable has happened
- transformation and new strength in daily life

Maslow believed that new knowledge can be gained in peak experiences, but that knowledge may not be the acquisition of novel information. He wrote, “This new ‘knowledge’ can be a

change in attitude, valuing reality in a different way, seeing things from a new perspective, from a different centering point.” It could involve a shift in perspective, breaking up an old way of seeing or creating a new one, changing figure-ground relationships, a freshening of experience, a sense of all things made new. He refers to it as a “falling of the veils.”³

If the event does result in a change in attitude, the new view tends to be more positive. The person “views himself more positively, he views life as worthwhile and meaningful.”⁴

Maslow discusses peak experiences in this video, “Abraham Maslow on Peak Experiences” — <https://youtu.be/zcOHMGe7lYg>



Exercise #2

Does anything in the list of peak experience attributes fit with the Bible epiphanies you read in Exercise #1?

As you review the list of features and other information about peak experiences, consider whether you have ever had one.

A paradigm shift, a new perspective, is a common characteristic. Has this ever happened to you? Was it in the context of a peak experience? Was the shift in perspective permanent?

Can you recall an event in your life that includes *any* of the features in the list? How did it affect you? What were you doing when it occurred?

Contemporary Sources

Maslow's descriptions of peak experiences are echoed in more recent research on "quantum change" by Dr. William Miller, Distinguished Professor of Psychology and Psychiatry at the University of New Mexico specializing in the psychology of spiritual experience. "He noticed that some of his patients underwent sudden spiritual experiences, and when they emerged on the other side, they had been transformed: no longer alcoholic, no longer suicidal, they were people who treated life as a gift."⁵ Miller defines quantum change as "a vivid, surprising, benevolent, and enduring personal transformation."⁶ His book, *Quantum Change*, includes a multitude of examples from his research.

As I said in the first section, many people today have transformational spiritual encounters. For more on this topic, read *Fingerprints of God: The Search for the Science of Spirituality* by Barbara Bradley Hagerty. Another source for descriptions of these experiences is www.healingandrevival.com, which includes biographies of people who have engaged in Christian healing ministry, as well as some individual accounts of instantaneous healing.

Moments of Quiet Joy

"Epiphanies happen every day. They are those moments in which God reveals His Face in the most beautiful of ways."⁷ The scripture stories, peak experiences, and quantum changes may sound too exotic when compared to your own life events. Still, you may have noticed the quiet sense of a presence nearby, a light or sound that caught your attention, a feeling of awe, all on a smaller scale. Might these also be epiphanies with tremendous transformative potential?

Abraham Maslow offers these examples of quieter, perhaps more common, peak experiences — "Think of the most wonderful experience of your life: the happiest moments, ecstatic moments, moments of rapture, perhaps from being in love, or from listening to music or suddenly 'being hit' by a book or painting, or from some creative moment."⁸

If these small moments are truly a glimpse of the kingdom of heaven, they should have the qualities of heaven. So you can look for these characteristics in the event, or in your emotional response to it.

Joy – “In God’s presence is fullness of joy.” (Psalm 16:11)

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control -- Fruit of the Spirit (Gal. 5:22-23)

Love – “God is love.” (1 John 4:8)

Patience, kindness, contentedness, humility, respect for others, seeking the good for all, generosity, forbearance, mercy, rejoicing in truth, protection, trust, hope, perseverance – Qualities of Love (1 Corinthians 13:1-13)

Refreshes the soul, gives wisdom, gladdens the heart, gives light, truth, justice – Qualities of God’s Law – (Psalm 19)

Exercise #3

What has recently brought tears to your eyes, tears of tenderness or joy (not sorrow), and you did not understand why?

When have you felt small, aware of the vastness of creation?

When has beauty touched you in a deep way?

When has music swept you away?

When has time seemed to stand still?

I will end this section on finding heaven’s treasure by emphasizing that the size of the experience is not really the point. Sophy Burnham, author of *The Ecstatic Journey*, says, “The experience is not what was important. It’s changing you on a cellular level that is important. It’s providing the hope and joy that’s important. If a spiritual experience is real, ... it will transform you.”⁹

Part 2: Hiding the Treasure

Again, the Kingdom of Heaven is like treasure hidden in the field, which a man found and hid.

How do we hide the treasure of the kingdom?

“Hiding the treasure,” in our case, is about the aftermath of a rather ordinary moment of surprising joy. That hiding may take the form of forgetting the event altogether, minimizing its effect on us, distracting ourselves from remembering it, or simply failing to appreciate the moment as a glimpse of heaven.

Why do we hide it after we find it?

Easy to Overlook

It is simply easier to ignore our own small and more ordinary life events than to give them attention. While the peak experiences fall upon us and gather us in, the small ones do not have that power over us. A peak experience is like a massive galaxy that draws us into itself by its own gravity, while our small experiences are more like passing asteroids, having little gravity of their own due to their small mass. To visit them, we must choose to expend our energy in the endeavor.

Fear or Confusion

The person’s emotional and cognitive state in a dramatic epiphany reveals why we might successfully resist, overlook, or inwardly bury a less insistent experience. There can be a sense of unreality, a dreamlike state, disorientation. We may doubt our sanity — “How can this be happening?” — or feel afraid.

Unexpected Challenge

The resulting paradigm shift may come with a challenge that requires moving out of our comfort zone, perhaps doing something

that seems foolish or something beyond our usual abilities. Because of this, even in the biblical examples we often see initial resistance or reluctance to believe.

Selective Attention

Especially with our less dramatic experiences, selective attention comes into play. We can only pay attention to a small portion of the world around us. We are constantly overlooking much in our surroundings. A famous experiment in selective attention is shown in the YouTube video below. If you watch it, you will understand better how this might play a role in hiding the treasure.

www.theinvisiblegorilla.com/gorilla_experiment.html



Difficult to integrate

The uniqueness of the experience tempts us to put it out of our minds, to pretend it didn't happen. In the book *Flatland*, a sphere from the land of three dimensions passes through two-dimensional Flatland. The flat creatures who live there observe the passthrough but cannot make sense of it, so they ignore it. It was unlike anything they had witnessed before. The sphere's appearance was so abnormal that it was hard to integrate. It was difficult to share the event because it could not be described adequately with existing Flatland vocabulary.

Painful Social Consequences

Having a powerful spiritual encounter may make a person different from their friends and community. Rejection, isolation, misunderstanding often follow. It can be more comfortable to forget it, to suppress it. This also is a theme in *Flatland*.

The YouTube video “Carl Sagan: Flatland Animated” is a summary of *Flatland*. <https://youtu.be/-wvovxVRGMY>



Exercise #4

Have any of these reasons for hiding the treasure affected you?

Which of them seems most likely to cause you to overlook an epiphany?

Have you ever realized that you completely missed something that happened in your presence?

Have you experienced something that none of your friends and family members ever have? How do you feel about being different in this way? How do they respond to it?

Is there an event in your life that you have never discussed with anyone because you are concerned that people would question your sanity if they knew about it?

Part 3: Possessing the Treasure

*Again, the Kingdom of Heaven is like treasure hidden in the field, which a man found and hid. In his joy, he goes and **sells all that he has and buys that field.***

The Premise

We have studied many examples of experiences that evoke astonishment and awe. They captivate an individual and alter their life forever, transforming the person's perspective in dramatic ways. The question that fascinates me is this: "Does the radical transformation we observe in these examples require that dramatic jolt to the person's psyche, or can a quieter event bring with it a similar revolutionary paradigm shift?"

I believe that small moments of joy contain just as much kingdom treasure as large and dramatic experiences. By spending adequate time and wonder on these small moments, we can reclaim them and more fully possess their transformational power. Perhaps it would be more accurate to say that we can allow *them* to possess *us* more fully.

Just as in counseling, therapy, emotional healing prayer, we sometimes revisit painful memories to unpack both the pain and the energy they contain, so we can revisit these joyous encounters to listen to their wisdom and welcome their power into our lives.

Revisiting joy isn't as easy as it sounds. We tend to focus on negative, painful, or disappointing events. Bad news travels fast. It is easy to overlook a quiet experience of awe, and not so easy to forget a slight or a criticism. But faith moves us in the opposite direction, toward hope and healing — "Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report: if there is any virtue and if there is any praise, think about these things." (Philippians 4:8)

The Promise

What might happen if we expend our energy revisiting a small joyful moment over a long period of time? What outcome would make our investment of effort worthwhile? I believe we will discover personal transformation, developing the qualities of heaven – love, joy, peace, generosity, humility, wisdom, healing.

Our time and attention will nourish the experience and permit it to grow. As in the Parable of the Sower, we will provide it “good soil” so it can bear abundant fruit.

To encourage us, we have this — The New Testament is filled with examples of the power and value of small things in the kingdom:

Matthew 14:13-21; Matthew 15:29-39— After feeding thousands of people, Jesus insists on gathering the unconsumed fragments, demonstrating the value of these small remnants.

Matthew 15:21-28 — Healing the Canaanite woman’s daughter — The mother equates the power needed for healing to leftover breadcrumbs.

Matthew 13:31; Matthew 17:20-21; Mark 4:30-32 — Jesus teaches that faith the size of a mustard seed has great power.

Luke 15 — Parables about seeking the lost (coin, prodigal son, 100th sheep) demonstrate the value of the lost and overlooked, and God’s desire to reclaim them.

Matthew 20:16 — “The last shall be first” is a way of saying that the kingdom’s value system does not accord with our human rules. The things we overlook may be quite significant to God.

Luke 8:4-15 — The Parable of the Sower — A quiet moment of joy, though it is small and brief, can bear much fruit if embraced with a generous and good heart.

In addition, we have the words of Georgia O’Keeffe encouraging us to expand our mental canvas and magnify the experience. Our time and effort make it appear larger to us, which helps us appreciate its beauty and power.

The Practice

Δ *Locate* an experience of quiet joy.

Δ *Recall* that event, with imagination and gratitude,
as frequently as you can, over a long period of time.

Δ *Maintain intentional wonder*. Do not try to explain,
understand, categorize, or name the incident.

Keep in mind that we are not seeking an experience; we are seeking the kingdom of heaven. We are not recreating an event; we are honoring God's presence in it. Our wonder is not focused on the incident itself; it is directed at the Spirit beyond it.

Δ **Locate an experience of quiet joy**

In Part 1 of this booklet, we examined many examples of transforming epiphanies and peak experiences. We also considered what it would look like to find the kingdom in a small moment of joy. Review the features of those experiences and the questions in Exercise #3 to find a similar, if more subtle, event in your life.

I admit that looking for your own epiphanies may at first feel more like rummaging through a dresser drawer than looking for angels. But if you ask God to point the way and put in the effort, I believe you will find it worthwhile. I have found that the more I search, the more I discover.

If you review Part 1 and you still need help locating an encounter, I offer you the following examples from my own life. While I have appreciated these events and spent some time with them — many of the poems in my book *Magellan's Shadow*¹⁰ were reflections on experiences like this — only recently have I begun to recognize them as epiphanies. May you be a more adept pupil than I have been.

Sister Aimee book

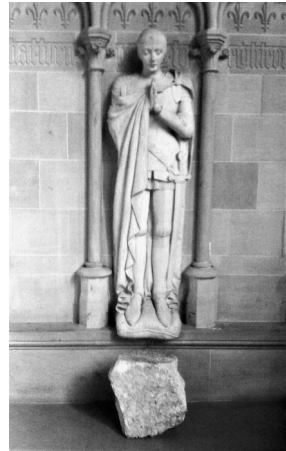
I read a biography of Aimee Semple McPherson, *Sister Aimee* by Daniel Mark Epstein. It includes a story about three young daughters of the Reverend Preston of Cupertino, California. The girls were born deaf. Aimee anointed each of them with oil, laid her hands on their ears and heads and prayed. They could hear for the first time.¹¹ For a long time I cried every time I read that story.

Georgia O’Keeffe poppies

I went to the Dallas Museum of Art to see a Georgia O’Keeffe exhibit. In the last room was one of her giant poppy paintings. I stood directly in front of it, only a few feet away, where I could see the details of the brush strokes. I felt as if I were standing in O’Keeffe’s shoes, as if she were there.

Joan of Arc stone

During a tour of The Cathedral of St. John the Divine in New York City, our guide pointed out a white stone in one of the side chapels. That stone, a gift from France, was a block from Joan of Arc’s cell when she was imprisoned in Rouen. It sits beneath a statue of Joan. When I touched the stone, tears came to my eyes. I had a quiet sense of the presence of history, or maybe of Joan herself, there with me.



Lunar Eclipse

In Houston, the skies are not often clear enough to enjoy a lunar eclipse when one occurs. The first one I fully observed was a time of deep wonder, as I saw the moon change appearance and turn orange.

International Space Station

I receive emails to let me know when the ISS is passing overhead. Many times, that overpass evokes tears of wonder.

St. Teresa's cell

I read a biography of St. Teresa of Avila by Marcelle Auclair. The book contains photos of Teresa's foundations and other locations related to her life. When I saw a photograph of her cell in her original monastery,¹² I cried. Many times after that, the same image had that effect on me.

Driveway visitors video

When I was considering writing a presentation or a booklet about this topic, trying to locate a recent example of a quiet epiphany, my husband posted this video on Facebook: "How I Deal With Kids Playing in My Driveway" – <https://www.youtube.com/watch?v=3xj-JoNUuk8>. Since it brought me quiet joy, I decided to use it for my own experiment with this practice.



Δ Recall the event with imagination and gratitude

Recall — After you have located an experience, set a reminder on your phone, or commit to recall the event while you are doing some daily activity – stopped at a traffic light, going for a walk, cooking, etc.

With Imagination — It may help to find an image or symbol, a verse of scripture, a word or a phrase, a gesture, to help you connect with the event. Use this symbol to focus on the memory throughout the day. Draw, sketch, paint something that reminds you of it. Write about it. Speak to it, welcome it, listen to it. See Jesus there with you in the experience. Prayerfully “play” with the memory.

With Gratitude — Keep in mind as you recall the event that God is the source of it, that you are being given a glimpse of the kingdom of heaven, “the place you are standing on is holy ground” (Exodus 3:5), “Surely Yahweh is in this place ... and this is the gate of heaven” (Genesis 28:16-17). It is this gratitude that helps you to focus beyond the incident itself.

In Genesis 28, when Jacob awakened from his dream of a ladder from heaven to earth, he set a stone as a pillar and poured oil on top of it. That is, he set up a shrine, a sacred memorial to reverence and recall both the place and the revelation. When you imaginatively recall your “gate of heaven,” you also are creating a sacred memorial.

In Celtic tradition, there are “thin places” where the membrane separating heaven from earth is more permeable. In those places it is easier to encounter heaven. Your experience is a thin place in the tapestry of your life. Recalling it is like going on a pilgrimage to that thin place, in search of heaven.

It is important to realize that in this practice you are not trying to recreate an epiphany. You are simply recalling it, revisiting it, honoring God’s presence there. The memory is a window, an opening through which you view heaven.

Δ Maintain Intentional Wonder

Spend time with the experience, remembering it, gazing through it at the God you cannot see. Don't share it too quickly or pass it along and forget about it. Like cutting off a rosebud to show others the beauty of it, that prevents it blooming.

Stay receptive to the mystery of the event. Don't try to find a lesson, an interpretation, a meaning, or an explanation. Wonder and awe are open feelings. Naming and explaining, making sense of the incident, tend to close us and objectify the encounter, tying it up with a bow.

This may be the most difficult aspect of the practice. We are used to explaining and understanding, not so comfortable with mystery and unknowing. Jesus encourages us to persevere, to ask and go on asking, in faith that the one who perseveres eventually receives. (Luke 11:5-13)

Exercise #5

Has an experience shifted your perspective on life?

Have you witnessed power in small things?

Have you used imaginative means (image, symbol, word, gesture, art) to connect more deeply with an event?

How would you express the difference between an emotionally moving experience and a "gate of heaven"?

If you believed a life event to be an epiphany, a manifestation of God, how would it affect your response?

Considering all the information in this booklet, do you think you may have missed or minimized a burning bush?

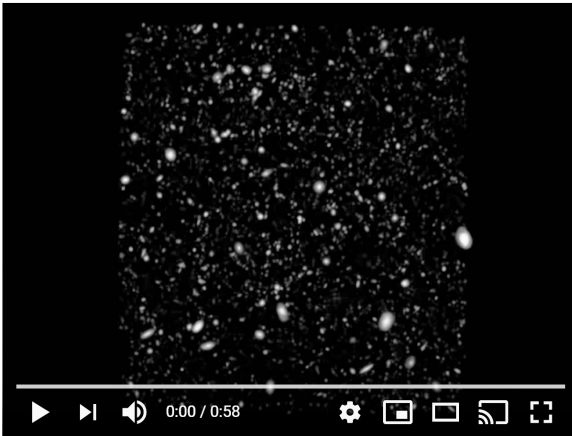
Are you willing to locate an encounter and experiment with the practice?

Closing Meditation

For a closing meditation, review the introductory section about intentional wonder and then watch this YouTube video – a journey through the Deep Field itself, passing by the 3,000 newly discovered galaxies. Keep in mind that this began with a tiny black empty spot, the size of a pinhead held at arm’s length. Consider your own tiny moment of joy. It may seem empty to you now. But give it time and wonder. Who knows how much treasure you will discover there?

“Hubble Ultra Deep Field 3-D Fly-Through”

<https://youtu.be/PDMp8a-YNeo>



Hubble Ultra Deep Field 3-D Fly-Through

Endnotes

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Cover Images

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<https://hubblesite.org/image/3886/category/58-hubble-ultra-deep-field>

Back Cover: Deep Field Target area — https://en.wikipedia.org/wiki/File:Hubble_Deep_Field_location.gif

Videos

The 1995 Hubble photo that changed astronomy — <https://youtu.be/95TcoRk2cNg>

Abraham Maslow on Peak Experiences — <https://youtu.be/zcOHMGe7lYg>

Invisible gorilla video — www.theinvisiblegorilla.com/gorilla_experiment.html

Carl Sagan: *Flatland* Animated — <https://youtu.be/-wvovxVRGMYY>

How I Deal With Kids Playing in My Driveway - <https://www.youtube.com/watch?v=3xj-JoNUuk8>

Hubble Ultra Deep Field 3-D Fly Through — <https://youtu.be/PDMp8a-YNeo>

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