

01/09

Learning about **Curiosity** From studying other Languages

Musings of an Ontological Coach

SWIPE



Curiosity - 好奇

In Chinese, curiosity is usually translated into two characters “好奇” (Hao Qi).

奇 itself contains the characters 大 and 可. This character means huge possibilities, having a sense of wonder.

好奇 - when these two characters are used together, 好 means “to be fond of” and 奇 means “wonder”. Curiosity is to be fond of wonder.

Now we know why “Curiosity” is often used to describe little children.

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Curiosity - Cura

In latin, the root word for curiosity is the word “cura”. Cura means Care.

Being curious is showing care and being attentive to what is going on within another individual.

When we are curious, we can start from a place of care. Our questions guide us to discover. Our questions help us to be present for someone. Our questions help others to know that we care for them.



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Understanding Curiosity

Curiosity starts often from a place without a predetermined end point. Engaging curiosity means we start off with “I don’t know”. It is being open to learning, being open to growth, and being open to discover. There is a sense of wonder. Curiosity is often a life-giving emotion that is connected to personal growth.

Curiosity as an emotion can be an antidote for anxiety. Engaging the emotion of curiosity can help a person to let go of a predetermined set of outcomes.



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Understanding Curiosity

When children engage in curiosity, they are not judging. They are truly inquisitive, interested and open.

When we are curious about others, we demonstrate care. We show our interest and we give of ourselves to attend to them. We care more about listening for their needs than giving advice. We let go of our ego. We shift our focus towards others.

When people experience our curiosity, they experience our care.



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Practicing Curiosity

1. Somatic practice - Practice channeling energy within the body backwards (like leaning backwards).

What that can look like visually is a person opening up his arms to welcome another - signifying openness. This is also a posture of expanding our heart. When our body opens up, we are more able to be open to give and receive love and care.

Practice sitting with an open posture. Practice listening and asking questions rather than speak.



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Practicing Curiosity

2. Somatic practice - Practice movements that channel energy upwards (like tiptoeing)

Practice lightness. What that looks like visually is a person skipping, and playing on a trampoline. When our body is lighter, we are more open to a sense of awe and wonder. We become more like a little child.

Practice imagination. Practice play consistently. The sense of wonder develops curiosity.



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Practicing Curiosity

3. Practice AWE

Borrowing a coaching habit from Michael Bungay Stanier, AWE means asking “and what else?”. We can often hold our curiosity a tad longer in our conversations. We can dig a little deeper after a person has seemingly finished a response by asking “and what else?”.

This practice slows down our instinct to make a judgement and increases curiosity.



ONE MORE

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Intepreting Emotions from Other Languages

There are just so much we can learn about emotions from different languages.

Keen to learn more?

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