I think a lot about the contrast between banality and wonder,

0:18between disengagement and radiant ecstasy,

0:23between being unaffected by the here and now

0:26and being absolutely ravished emotionally by it.

0:31And I think one of the problems for human beings

0:33is mental habits.

0:35Once we create a comfort zone, we rarely

0:37step outside of that comfort zone.

0:38But the consequence of that is a phenomenon

0:41known as hedonic adaptation.

0:43Over stimulation to the same kind of thing,

0:45the same stimuli again and again and again,

0:47renders said stimuli invisible.

0:50Your brain has already mapped it in its own head,

0:52and you no longer literally have to be engaged by that.

0:55We have eyes, yet see not, ears that hear not,

0:59and hearts that neither feel nor understand.

1:01There's a great book called The Wondering Brain that

1:04says that one of the ways that we elicit wonder

1:06is by scrambling the self temporarily

1:09so that the world can seep in.

1:11Henry Miller says even a blade of grass,

1:13when given proper attention, becomes

1:15an infinitely magnificent world in itself.

1:18Darwin said attention, if sudden and close, graduates

1:22in surprise, and this into astonishment,

1:24and this into stupefied amazement.

1:27That's what rapture is.

1:29That's what illumination is.

1:31That's what that sort of infinite comprehending

1:34awe that human beings love so much.

1:37And so how do we do that?

1:38How do we mess with our perceptual apparatus

1:41in order to have the kind of emotional and aesthetic

1:44experience from life that we render most meaningful?

1:50Because we all know those moments are there.

1:52Those are the moments that would make final cut.

1:54Only in these moments we experience a fresh,

1:57the hardly bearable ecstasy of different energy

2:01exploding on our nerve endings.

2:03This is the rhapsodic, ecstatic, bursting forth

2:08of awe that expands our perceptual parameters

2:11beyond all previous limits.

2:13And we literally have to reconfigure our mental models

2:16of the world in order to assimilate

2:19the beauty of that download.

2:21That is what it means to be inspired.

2:25The Greek root of the term means to breathe in, to take it in.

2:32We fit the universe through our brains,

2:34and it comes out in the form of nothing less than poetry.

2:38We have a responsibility to awe.

2:41