

## Feel Good Friday

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### LOOK UP

*And when it rains on your parade, look up rather than down.  
Without the rain, there would be no rainbow.*

**GK Chesterton**

I am a huge fan of Neuroscientist David Eagleman. In one of his speeches (link below), he talks about the Hubble Ultra-Deep Field experiment. Essentially, once NASA had completed a low-resolution scan of the night sky, they decided to focus on one specific area in greater depth over the course of a year. They picked a tiny patch of space that appeared to have nothing in it and positioned the Hubble telescope to it. Every time the Hubble revolved around the earth, it would lock on to the same patch of sky for 20 minutes before moving on. This was done 400 times and the data was compiled. NASA's findings were extraordinary: the tiny patch of sky, thought to be empty, contained 10,000 galaxies or 100 trillion stars!

That just blew me away. It reminded me of just how little we know about anything and how amazing life can be if we just look up – both physically and intellectually. It's difficult to feel sad if we look up, smile (even if we are faking it) and pull our shoulders back. Look up and embrace the idea that whatever we think we know is a fraction of what we could know.



Take a minute and watch Eagleman's video at [bit.ly/lookupDE](https://bit.ly/lookupDE)

He goes on to talk about how he calls himself a 'possibilian' – someone who simultaneously embraces a scientific toolbox while exploring new, unconsidered uncertainties about the world around us. We really are limitless – if we believe we are.

*Taken from Chapter 44 of 'Meee in a Minute: 60 Ways To Improve Your Life in 60 Seconds' by Sid Madge.*