

## If Only I Was As Smart As My Six Month Old Grandson...

I'm amazed at babies – they seem so gifted!

We have a 6 month old grandson. Watching him has made me aware of how capable babies are without realising it. They know the secrets of living a happy and fulfilling life. It just oozes out of them because it's built into them. Babies remind us of what our lives could be like - I think that's why adults love looking at them!

Here's what I notice:

- **Babies are naturally radiant.** They let us know their feelings ALL THE TIME. Much of it is smiling, laughing, beaming with joy. Sure, some of it is crying too – when something is upsetting them. But their natural disposition is to be happy and to show that to the world.
- **Babies welcome whatever comes their way.** It's like they have their arms wide open, saying “come on world, here I am – bring it on!” They are curious and explore things all the time. Sure, sometimes they fall over and hurt themselves. But their natural disposition is to welcome the world in all its fullness.
- **Babies are resilient.** They are courageous. They want to step beyond their previous boundaries and try something new. When they make a mistake, they usually cry, get over it and try again. And they keep on trying until they master that skill. Then they build on that skill to reach higher and higher. They are open to “what's next?”
- **Babies seem to believe that the world is a safe place.** Those bumper stickers that say “NO FEAR” could be the mantra for a baby. They have an inner compulsion to keep on growing, keep on going and trusting that it's a safe world. It's beautiful to witness.

**What about adults?** Most of us seem to have lost these natural inbuilt skills as a result of “growing up”. Things have happened to us during childhood and adolescence that would have us believe that the world isn't safe. We can get hurt and that feels bad. We don't want to feel that pain again so we try to avoid those situations. We withhold ourselves instead of being radiant. We withdraw rather than welcoming Life. We become fearful rather than courageous about Life. As a result, we can lose confidence in our own resilience – and give up on the dream we might have for our life.

Many people figure that the way to be safe in the world is to “follow the rules and do what you're told”. This often results in people thinking “I'll be OK if I make someone else happy – do what they think is right for me”. We can end up living our lives according to another's ideas (often parents, teachers, partners), forgetting our own dream.

As a doctor, I've had the privilege of being with many people who are dying. The most common thing people think about at that time is “did I live the life I came to live? Did I love enough? Did I let the people around me know how important they are to me?” I reflect that these are questions babies have the answer to – **be radiant, welcoming, courageous and resilient.**

Yeah, that all sounds good, but HOW DO I DO THAT, I hear you ask? It seems that there's some remedial learning for us to do as adults to recapture the inner wisdom we are born with. I don't know of any shortcut here. For myself, this has taken dedication. I've had to learn how to:

- Heal the hurts that have happened to me – the healing is in the feeling
- Open up my feeling realm again – overcome the fear of sharing my feelings
- Be an adult learner – make mistakes, feel the embarrassment and still press forward so I could master new skills
- Learn how Life really works – there are laws, like gravity, that operate in the Universe. They are hidden in plain sight. When I understood and aligned with them, my experience of Life was different.
- Ask for support so that I can FEEL supported as I learn and grow.

This has been an eye-opener for me. These are Life skills I didn't learn in medical school and yet I see them as so important for anyone wanting to lead a happy and fulfilling life. And the good news is that it's all possible!

Here's to the ease in Life

**Dr Andrew Horwood**