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Becoming a child

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When our faith is dented every day, it helps to remain as playful as children

The pandemic, the passing on of people we know or have heard about, the uncertainty that is gripping us, is surely beginning to dent our faith.

Yet the truth is we can do little to arrest the fear, but we can help ourselves and those around us through these 'dark days' with some amount of equanimity.



How can we do that?

When talking to a friend who has just lost his mother, as I have my mine, he said to me, quoting his young daughter, "Pa if God is alive so is Grandma, for she has gone to God." I was touched.

A saying from my childhood reminds me that 'To enter the kingdom of Heaven we must become little children'.

The realistic interpretation of this comment is not about being innocent; it is about the ability to play. Children seem to concentrate wholeheartedly and unselfconsciously on doing things for fun.

Being young at heart to me therefore does not mean a refusal to admit what is happening. It means being able to enter into the happy spirit of play. It means regaining light-heartedness which age and worry does not compel us to outgrow.

To cope or better still tide over what each of us is going through, it may be sensible to 'make good' what is around us, the little joys. For this we need faith, and faith is freely available if we choose to embrace it.

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