

Lessons are everywhere, should you want to learn

I've often said I'm a student of life, but I'm not sure I've always lived into that title - not until the last few months.

I'm not sure what changed, maybe the start of a New Year, maybe my age, it's my 50th this year, maybe a forced lockdown creating the space to see what I could not before, or maybe it was just time, who knows. But since the start of the year, I have followed my intuition, opened my eyes, started to actually read all of the newsletters I have signed up to and clicked on the links that have captured my interest, even if only fleetingly.

And then I just kept taking the next best step - I signed up to the talks, the interactive sessions and the courses that caught my eye, I didn't overthink it, I just trusted that they had caught my eye for a reason and therefore I should take action. Then I actually turned up to them and then I actively engaged with them and before I knew it, I was learning some really interesting stuff, that intrigued me and gave me a beautifully intrinsic sense of achievement. So, then I not only turned up again and again, but I looked for more courses and more learning, because I really liked the way it made me feel.

And I have come to realise that learning is about so much more than learning. There is something so comforting, inspiring and exciting, in discovering just how much there is to learn, that human kind actually knows so much, that there are answers, or ways to find answers, to nearly all of our questions, that we do not have to quash our curiosity, make the best of it, suck it up, or live in a stagnant world - where there is learning there is growth and where there is growth there is hope and where there is hope there is motivation, desire and joy.

So, I have learnt that learning is just like getting fit, the more I show up and engage, the easier it gets and the more I am able to do.

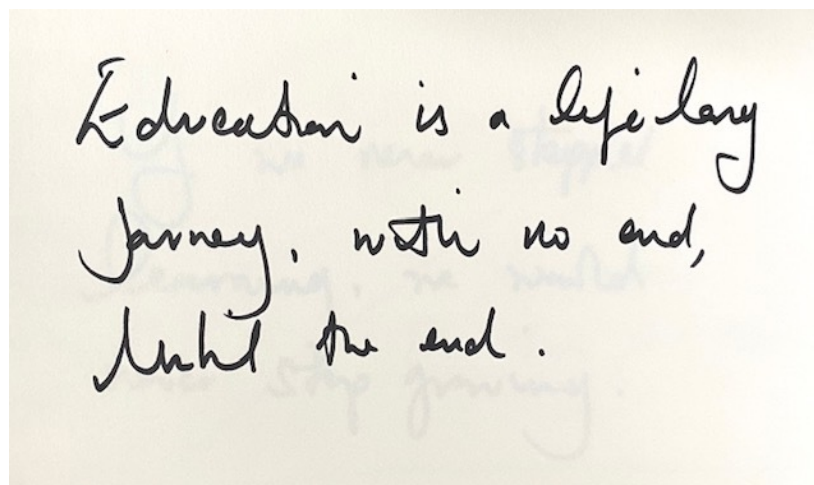
So, now when I say I am a student of life, I really am. I try to learn something every single day, to engage my brain, to make me pause for thought, to live in the here and now, to question the world, to question myself and to widen my perspective and deepen my curiosity.

And amazingly all of this learning has been hugely beneficial for my mental and emotional health. It's helping me to understand who I am as a unique human being, why certain things make me feel the way I do, what I can do to support myself, how I can communicate more deeply and with more compassion with my fellow human beings and that the wilderness out there in front of us does not have to be so scary, that it can be navigated and that I do not need to know everything, I just need to trust that I will learn what it is that I need to learn, when I need to learn it.

Socrates words remain as true today as they did when he said them:

"Education is the kindling of a flame, not the filling of a vessel."

Our education is a life long journey, without end until the end.



I am discovering a huge world of interesting stuff, right at our fingertips, in any form you could possibly imagine, about any subject you can possibly think of and the vast majority of it, is free.

Here is a round up of my favourite finds so far:

Wayne Dwyer - there is a spiritual solution to every problem, or anything by Wayne Dwyer to be honest, such a wonderfully interesting, relatable and brilliant story teller

[Click here to watch Wayne Dwyer you tube videos](#)

Susan David - the gift and power of emotional courage, a thought provoking and reassuring TED talk that encourages us all to embrace our emotional selves

[Click here to watch Susan David's TED Talk](#)

Felicity Warner - the founder of soul midwifery, a way to lovingly ease the passage of the dying, to ensure that death is a dignified and peaceful experience

[Click here to get to know more Felicity Warner](#)

The School of Life - I love anything by this organisation including their courses, right now I am loving this book, it's truly enlightening

[Click here for the book 'an emotional education'](#)

Bill Gates - how to avoid a climate disaster. I am an avid follower of Bill Gates notes and his reading suggestions. He always has something interesting and additive to say. I've been listening to the serialisation of his new book on radio 4 and as ever Bill makes the unobtainable, obtainable - well worth a read or listen.

[Click here for Bill Gates Notes](#)

[Click here to listen to Bill Gates How to avoid a climate disaster on Radio 4](#)

Honestly, I could go on and on, there is so much on my list, but it's important that you find your own - just look up and the universe will put the right thing in front of you, you just have to open your eyes.

And learning does not have to require huge chunks of dedicated time each day - you can listen to talks when doing jobs, or going for a walk, just read for 10 minutes each morning or night, or maybe in your lunch hour, do a short course

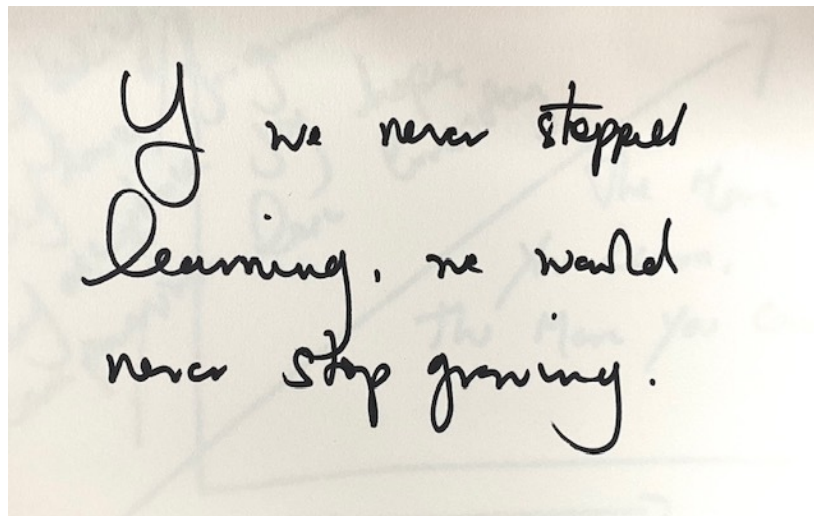
which is perhaps just an hour a week, or treat it as a hobby at the weekend. It's amazing how you can find small bits of time here and there and then all of a sudden you are learning so much more than you ever imagined.

Just start, find 10 minutes today, google something, read this newsletter, pick up a random book, write down what you would like to learn more about and then just take the next best step.

Do let me know what you find transformational, I'm always intrigued to learn new things.

With love

Nik x



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People can subscribe on my website to receive their own email and also download any they may have missed at the link below:

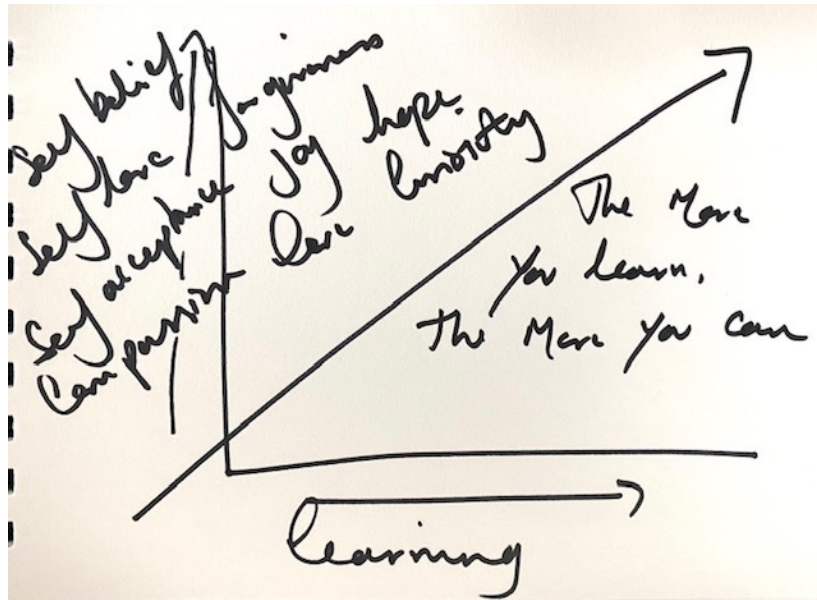
<https://nikdavis.com/>

Once a month I will send a round up of the most pertinent information, observations and discoveries I have found, whilst experiencing this mad thing called life, in my 'let's cut the bullsh*t' newsletter.

During the month, I will send emails on various topics depending on what is on my mind on any given day - death, grief, the menopause, parenting, love, work, humanity, transformation, mental health, or simply something I have learnt.

The core theme is that they are all written and sent with a genuine desire to help

others and encourage us all to own our stories, our truth and ourselves.



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