

Published: Monday January 09, 2017

Focusing on abundance

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A friend of mine, once during a discussion on poverty in India, shared an interesting perspective – he told me that as a country we would never become wealthy. I argued and sought his explanation for what I believed was an outrageous assertion. He said, and I quote him ‘We will not become wealthy, for as a country, we focus on poverty. Look at the statement our government makes: ‘Garibi Hatao’, not ‘Amiri Badao’. We do not concentrate on expansion; we focus on contraction’.

I realised this was true not only for our country, but also for many of us. Instead of focusing on what we have, we always divert our attention to what we do not have. In so doing, we put in all our energies, engaging our thoughts with what we do not have, spend all our energy in attempting to alleviate our poverty, and thus lose sight of the abundance we otherwise command.

A teacher of mine, several years ago, admonished me for grovelling in my lack of success. He suggested I direct my efforts to building on what I have achieved rather than what I have lost. He said words that ring true for me even today: ‘What you focus on grows and what you ignore disappears. Focus on the ‘goods’ you have in you and what is not good will diminish’. ‘Celebrate what you have,’ he said, ‘harness your positivity, and surely that which depletes you will vanish’.

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