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Giving vs. receiving

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At a recent workshop that I was facilitating, I demonstrated through an exercise that learning to receive with grace is as important as giving with grace.

And, I was confronted by several participants who told me that to 'ask' or 'want' is not what they have learnt from childhood.

It is better to give than receive. I did not want to argue this point, yet, to my mind came words from Kahlil Gibran's famous book *The Prophet*, where he says: "Surely, the fruit cannot say to the root, 'be like me, ripe and full and ever giving of your abundance'. For to the fruit giving is a need, as receiving is a need to the root".

I offered to the group these words and shared with them that even though I might be construed as good because I give, I do not become selfish because I ask; for only through asking and being nourished will I be able to continue to give.

Asking does not reduce me, particularly, when I seek from a position of acknowledging, just as giving does not enhance me when I offer from a position of self-aggrandisement.

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