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Conversations with self-23

Saying 'thank you'

T. T. Srinath

Saying 'Thank you' is an art, an art that elevates and does not diminish. When I cultivate the habit of saying 'Thank you', I feel less stressed, more generous, and am easily forgiving.

A friend of mine grew up in a house full of strife and rancour. He grew into an adult, resentful of and angry with the world. One day he met a wise man who asked him what made him so angry at life. The young man blamed his alcoholic father and a fault-finding grandfather for his sullenness. The wise man looked endearingly at the youngster and said, "Can you say 'Thank you' to your father for teaching you so many ways not to become?" He reminded the young man of Edison's story of how Edison, when told that he had failed so often, said, "I must thank life for she is urging me to succeed." Thanking helps you look at possibilities; failure turns into a lesson and pain into an enabler.

When you say 'Thank you,' gratitude abounds and for the few moments you spend saying 'Thank you' you become non-judgmental and whole. Saying 'Thank you' is a way of liberating ourselves from pettiness. Saying 'Thank you' comes from true generosity and you become a giver who gives without expectation.

Try saying 'Thank you' the next time to someone and feel the joy coursing through you.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@vsnl.net)