

MUNIRA DHAMANI



*The Thank You
Bell...*

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About The Book

Bell is what you hear from the day you start understanding things around you. And thank you is one of the three magic words that heal a heart. Careful selection of topics illustrates from human life in a day to day basis. These are topics we are all aware but are forgotten in the routine of our busy life. This book *The Thank You Bell* can be enjoyed by all age groups and is for people of all walks of life.

This book can be enjoyed over a cup of coffee, or stories from this can be used in conversations during classes or lectures or even preaching. *The Thank You Bell* will help you console you and heal the inner self. It is a book filled with happiness and laughter along with a thought provoking learning for life in this mundane journey called life.

About The Author

Munira Dhamani is a licensed Life Coach, Certified Career Counselor. She has worked with the youth since 20 years and now she has added the adults to her circle of work. Being a Life Coach has helped her learn and work among the mentally disturbed, drug addicts, suicidal inclined, couples and senior citizens. As a Career Counselor, she has devoted her time to an NGO, travelling across India working with careers and coaching them for a better future. She is now pursuing Masters in Alternative Medicine (Counselling and Hypnosis).

Other than work Munira enjoys spending her time reading, it is said where she goes the books go along with her. She enjoys talking when she's not reading. She gives out a positive aura and what one can learn from her is the ability to never look back. She focuses on the present and lives it to the fullest. One would say she is a happy go lucky lady of 40.

Acknowledgements

Stories have always fascinated me since childhood and in later stages I got hooked to short stories, parables, anecdotes and incidents from various sources from- Buddhism, Christian, Hindu, Sufi, Chinese, so on and so forth, thanks to my grand mom who never let me sleep without telling me one each night I was at her place. I have got so many books over the years from different bookstores, read on websites but most of them I got from Christian book stores where most of the valuable collection lies. I am unable to have names of these sources but I sincerely acknowledge all sources for making these invaluable resources available to me. I have used these all along in my workshops and sessions I have conducted, even quoted while I spoke. They are enjoyed thoroughly thus making my talks, workshops and sessions interesting for young and old. Do forgive me if I have infringed upon the copyright of the materials presented in my book. I take no credit of these stories, anecdotes or incidents used in this book.

I thank my husband, both my children, my family and friends who have encouraged me and pushed me to compile what I have today. My sincere thanks to God almighty without whose help I would not have been able to do anything.

Dedication



**I dedicate this book to my pa Mr Kabir
Hoodani and my maa Mrs Mumtaz
Hoodani**

Today I make them proud.



The thank you bell

Pizza hut had recently opened and my husband and I took my two year old son to eat there.

My son unable to sit in one place decided to walk around the restaurant. A waiter walked up to us with a smile, we thought he came to take our orders. Once at our table he said, “Sir, ma’am, please get up quietly and walk up to where I’m taking you.”

My husband and I were confused but still got out from our table and walked behind the waiter and the waiter points out in a direction towards the exit.

Our son was standing under the pizza hut thank you bell with his folded palms and closed eyes praying.



Mama Giraffe's Kick

Baby giraffes never go to school. But they learn a very important lesson rather early in life. A lesson that all of us would do well to remember; the birth of a baby giraffe is quite an earth-shaking event.

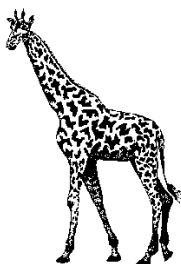
The baby falls from its mother's womb, some eight feet above the ground. It shrivels up and lies still, too weak to move. The mother giraffe lovingly lowers her neck to smooch the baby giraffe. And then something unbelievable happens. She lifts her long leg and kicks the baby giraffe, sending it flying up in the air and tumbling down to the ground. As the baby lies curled up, the mother kicks the baby again and again until the baby giraffe, still trembling and tired, pushes its limbs and for the first time learns to stand on its feet. Happy to see the baby standing on its own feet, the mother giraffe comes over and gives it yet another kick. The baby giraffe falls one more time, but now quickly recovers and stands up. Mama Giraffe is delighted.

She knows that her baby has learnt an important lesson: Never mind how hard you fall, always remember to pick yourself up and get back on your feet. Why does the mother giraffe do this? She knows that lions and leopards love giraffe meat. So

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unless the baby giraffe quickly learns to stand and run with the pack, it will have no chance of survival.

Most of us though are not quite as lucky as baby giraffes. No one teaches us to stand up every time we fall. When we fail, when we are down, we just give up. No one kicks us out of our comfort zone to remind us that to survive and succeed, we need to learn to get back on our feet. This message goes out to each and every one who hasn't given up and those who will always have the courage to get back dust everything off and start again.





Stereotype

At the final dinner of an international conference, an American delegate turned to the Chinese delegate sitting next to him pointed to the soup and asked, somewhat condescendingly, “Likee soupee?” The Chinese gentleman nodded eagerly.

A little later, it was, “Likee fishee” and “Likee meatee” and “Likee furitee” and always the response was an affable nod.

At the end of the dinner the chairman of the conference introduced the guest speaker of the evening- none other than the Chinese gentleman who delivered a penetrating, witty discourse in impeccable English much to the astonishment of the English neighbour.

When the speech was over, the speaker turned to his neighbour and with a mischievous twinkle in his eye, asked, “Likee speechee.”



Where is happiness

An old dog saw a little dog chasing its tail asked, “Why are you chasing your tail?” the pup replied “I have heard that true happiness lies in my tail, therefore I am chasing it and when I catch it I shall have happiness.

The old dog said, “Son, I used hold the same opinion, that the tail holds true happiness. But along the years I noticed that when I chase after it, it keeps running away from me but when I go about my work, it comes after me.”



ABOUT THE AUTHOR

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work among the mentally disturbed, drug addicts, suicidal inclined, couples and senior citizens. As a Career Counselor, she has devoted her time to an NGO, travelling across India working with careers and coaching them for a better future. She is now pursuing Masters in Alternative Medicine (Counselling and Hypnosis).

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