



## Ping-Pong Reflections

### Description

One afternoon, I started scrolling through the “table tennis chat group” messages on my phone because I had nothing much to do. And I asked if anyone was playing ping pong near my place that I could join. Shortly, a stranger replied, asking if I was available for a game from 4 pm to 6 pm. So, I went.

It was the first time I met this stranger for the game. His name is Allan, a very much younger man than I am. He played well, better than me, though he claimed that he started playing ping-pong not too long ago.

He was generous in sharing with me his knowledge of the game. He even gave me a short training session on the correct backhand topspin technique.

I had played with many others before, but few would want to share their know-how. For Alan, I am incredibly grateful that he is so willing to share, coach and correct me every time I make a mistake in the execution.

I benefited greatly from this session from a stranger I met for the first time.



In today's world, finding someone willing and open to sharing his skills and knowledge is not easy. At the same time, showing genuine and sincere gratitude to such people is essential. It is a blessing to find someone like Allan.

Saying thank you may not be enough to encourage people to continue with their good deeds in sharing selflessly. Expression of gratitude can go a long way. Genuine appreciation can be shown in your body language, handshake, or smile.

We do sometimes take things for granted. So, it is essential to take time and reflect on the things we are grateful for. We don't need to limit it to knowledge others share with us, but we can also be thankful for the beautiful things that make our lives happier.

Be grateful for the life we have. And share your joy and know-how with others. Bringing our knowledge, know-how and skill to our grave does not benefit anyone. It is a waste.

Share, and you will find joy. Be grateful, and you will find peace.