

To Say Nothing But Thank You

Contributed by [TAMAR FOX](#)

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All day I try to say nothing but thank you, breathe the syllables in and out with every step I take through the rooms of my house and outside into a profusion of shaggy-headed dandelions in the garden where the tulips' black stamens shake in their crimson cups.

I am saying thank you, yes, to this burgeoning spring and to the cold wind of its changes. Gratitude comes easy after a hot shower, when my loosened muscles work, when eyes and mind begin to clear and even unruly hair combs into place.

Dialogue with the invisible can go on every minute, and with surprising gaiety I am saying thank you as I remember who I am, a woman learning to praise something as small as dandelion petals floating on the steaming surface of this bowl of vegetable soup, my happy, savoring tongue.