THE POWER OF GRATITUDE

GUIDE

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A MAGIC PILL

We all secretly wish for a “magic pill.”

- One that gives us enough energy for work, family, daily life, and creativity.
- One that makes relationships less painful, helps us find common ground, and positively influence others.
- One that allows us to feel more confident instead of criticizing ourselves for every little thing.

That pill already exists inside each of us.
It’s **Expansive Gratitude**.
Its resource is inexhaustible. It strengthens relationships, adds happiness, and positively affects every area of life.

And the best part?

- Anyone can use it on their own – effectively, gently, and without difficulty.
- It works across different areas of life. It feels familiar. Understandable. Natural.

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THE GRATITUDE QUESTIONNAIRE

Before you begin the Gratitude Questionnaire (GQ-6), please read each statement carefully and choose a number from 1 to 7 that best reflects your experience.

- 1 means “strongly disagree.”
- 7 means “strongly agree.”

Answer honestly – not as you think you should answer, but as it truly feels for you right now. This way, the results will show a clear picture of your real relationship with gratitude.

1. I HAVE SO MUCH IN LIFE TO BE THANKFUL FOR

1 2 3 4 5 6 7

2. IF I HAD TO LIST EVERYTHING THAT I FELT GRATEFUL FOR, IT WOULD BE A VRY LONG LIST

1 2 3 4 5 6 7

3. WHEN I LOOK AT THE WORLD, I DON'T SEE MUCH TO BE GRATEFUL FOR

1 2 3 4 5 6 7

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THE GRATITUDE QUESTIONNAIRE

4. I AM GRATEFUL TO A WIDE VARIETY OF PEOPLE

1 2 3 4 5 6 7

5. AS I GET OLDER I FIND MYSELF MORE ABLE TO APPRECIATE THE PEOPLE, EVENTS, AND SITUATIONS THAT HAVE BEEN PART OF MY LIFE HISTORY

1 2 3 4 5 6 7

6. LONG AMOUNTS OF TIME CAN GO BY BEFORE I FEEL GRATEFUL TO SOMETHING OR SOMEONE

1 2 3 4 5 6 7

Items 3 and 6 are reverse-scored. This means that when calculating the total score, their ratings are inverted (for example, 7 becomes 1, 6 becomes 2, and so on).

The total GQ-6 score is obtained by summing the ratings for items 1, 2, 4, and 5, along with the inverted ratings for items 3 and 6.

The final score should range from 6 to 42, with higher scores indicating a higher level of dispositional (trait) gratitude.

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EXPANSIVE GRATITUDE

1 GRATITUDE TO YOURSELF

Gives you grounding and recognition of the value of your life.

2 GRATITUDE TO OTHERS

Allows you to influence people in a caring and balanced way.

3 GRATITUDE TO THE WORLD

Restores the sense of abundance.

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EXPANSIVE GRATITUDE IS

- ALWAYS ENERGY
- ALWAYS NON-JUDGMENTAL
- ALWAYS A SENSE OF BELONGING TO THE WORLD
- ALWAYS BRINGING CALM AND GROUNDING

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GRATITUDE

Gratitude helps us pause and recognize the value of the work we have done.

If you don't practice gratitude, it means that shame and guilt become the necessary conditions for survival.

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FAIRY TALE THERAPY: HEALING THROUGH STORYTELLING

Our ancestors didn't have psychologists or coaches – they had stories. Through fairy tales, legends, and parables, they found wisdom, courage, and healing. Fairy Tale Therapy invites you to do the same – to use the timeless power of storytelling to transform limiting beliefs and unresolved emotions into lessons of growth and hope.

This practice is especially powerful because it works directly with the subconscious mind. By creating and living through your own story, you gently shift old patterns and open the door to inner healing.

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HOW TO CREATE YOUR HEALING FAIRY TALE

CHOOSE YOUR HERO

1 Create a main character who shares something in common with you – it could be the first letter of your name, your age, your hair color, or even a symbolic quality. Your hero doesn't have to be human – let your imagination lead the way.

MIRROR YOUR LIFE SITUATION

2 Let the storyline reflect a situation in your own life where you struggled to express gratitude, forgive, or move forward. It should feel familiar, yet distant enough to explore with curiosity.

INTRODUCE A CHALLENGE

3 Place your character in a situation that symbolizes the lesson you need to learn – for example, feeling unappreciated, carrying emotional burdens, or forgetting to honor themselves.

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HOW TO CREATE YOUR HEALING FAIRY TALE

4 INVITE A GUIDE OR TURNING POINT

Let your hero meet a wise figure, magical helper, or experience a sudden insight that shifts their perspective. This moment should awaken the realization that gratitude is the key to healing.

5 FIND THE RESOLUTION

Show how your hero embraces gratitude, learns their lesson, and receives a reward – peace, joy, love, or freedom. Through this transformation, they step into a new reality filled with light and wisdom.

Write your own story of gratitude. Make it bright, inspiring, and full of meaning. You may even share it with loved ones – children especially love and learn through stories.

Remember: each tale you write is not just fiction – it's a message to your soul. And sometimes, it's through stories that our deepest healing truly begins.

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WHY IT WORKS?

TRANSFORM HIDDEN EMOTIONAL BLOCKS INTO EMPOWERING LESSONS

REFRAME PAST EXPERIENCES WITH COMPASSION AND GRATITUDE

ACTIVATE YOUR SUBCONSCIOUS TO SUPPORT HEALING AND GROWTH

RECONNECT WITH JOY AND INNER WISDOM IN A PLAYFUL, CREATIVE WAY

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GRATITUDE TO THE FUTURE: CREATING YOUR LIFE AHEAD

Most of us are used to feeling grateful for what has already happened. But did you know that you can also express gratitude for what's yet to come? This practice gently aligns your mind, heart, and energy with the future you desire – making it easier to recognize opportunities and invite them into your life.

When you thank the future in advance, you send a powerful message to your subconscious: "I believe this is possible for me. I am ready to receive it."

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HOW TO CREATE YOUR HEALING FAIRY TALE

1 FIND A QUIET SPACE

Sit comfortably, close your eyes, and take a few deep breaths to center yourself.

2 VISUALIZE YOUR DESIRED FUTURE

Imagine yourself living a moment you long for – perhaps feeling inner peace, enjoying loving relationships, succeeding in your career, or finding harmony in your body and soul. See it as vividly as possible.

3 FEEL IT FULLY

Notice the emotions, the colors, the sounds, the scents. Let your body experience the joy, calm, and fulfillment as if it's happening right now.

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HOW TO CREATE YOUR HEALING FAIRY TALE

4 EXPRESS YOUR GRATITUDE

Say silently or aloud:
"Thank you for this experience. Thank you for guiding me here. I receive it with an open heart."
Let the feeling of gratitude flow through your entire being.

5 ANCHOR THE PRACTICE

Write a short note in your journal beginning with:
"I am grateful that in my future." and complete the sentence with your vision.
Repeat daily to strengthen your connection with the life you are creating.

Practice Gratitude to the Future daily – and watch how life begins to open doors you once thought were closed.

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WHY IT WORKS?

SHIFTS YOUR MINDSET FROM FEAR AND DOUBT TO TRUST AND OPENNESS

ACTIVATES YOUR SUBCONSCIOUS TO SEEK AND CREATE OPPORTUNITIES ALIGNED WITH YOUR VISION

STRENGTHENS EMOTIONAL RESILIENCE, HELPING YOU FEEL SUPPORTED EVEN IN THE PRESENT

INVITES HOPE AND CLARITY, TURNING THE FUTURE INTO A SOURCE OF LIGHT, NOT UNCERTAINTY

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MEDITATION FOR DEVELOPING AN ATTITUDE OF GRATITUDE

Sit in a comfortable posture, elongating the spine.

Cup your hands together as if you are gathering water from a stream and place them around 15cm in front of your heart centre. Relax your arms at your side and feel every other part of your body relaxing and releasing.

Close your eyes and visualize all the blessings of your life falling into your cupped hands.

Breathe deeply and feel yourself merging with the light of all of those blessings.

We suggest you to do it chanting the mantra Ek On Kar Sat Gur Prassad, but you can also do it in silence. This mantra takes thought and reverses it to come out positive.

Continue for 3, 11 or 31 minutes (or however long it feels comfortable to do so).

Watch on YouTube

NEW MEANINGS

- What if you could learn to give thanks by honoring your inner parts?
- What if you could learn to offer meaningful gratitude to others?
- What if you discovered another powerful action hidden within the very idea of gratitude?

Yes – **Gratitude** is not one action, but **two**! Would you like to know what the second one is?

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THE POWER OF GRATITUDE

When?

Any Time

Where?

Online

PROGRAM

- 12 Inner Archetypes
- 25 Ways of Gratitude
- 2 Actions of Gratitude
- Healing Inner Child through Gratitude
- Healing Relationships through GGratitude
- Shadow side of Gratitude

Price

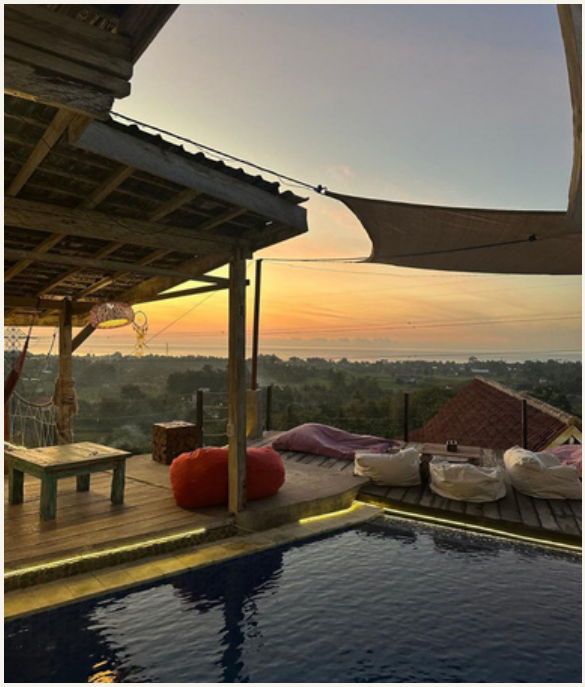
99 USD

Access

90 days

We invite you on a journey to explore your inner strength – a space where you'll learn to harness your powerful source of inner energy and discover the fuel for those "unexpected" yet life-changing coincidences.

Join our Online Course on the Power of Gratitude and unlock the key to living with more flow, joy, and meaningful synchronicities.



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www.santhikaretreatcenter.com

Santhika is more than just a retreat center, it's a **spiritual sanctuary** where people from all around the world gather to share meaningful experiences and expand their consciousness. Whether you're seeking to **slow down, release stress, or delve deeper into your spiritual journey**, our retreats offer the perfect space for **growth and renewal**.

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