

Introduction

"Be grateful for whoever comes because each has been sent as a guide from beyond."

- Rumi

I love to write books on my real-life experiences. Before I started writing this book, I was thinking about the title for my new book, and suddenly my childhood story popped into my mind, and I got my answer! Throughout my life, I have been practicing gratitude. So, this time, I decided to write about gratefulness; the result is now in your hands!

Let me begin with my own story.

It was **21st June 1993**, when I was 6 years old, and one of my aunts was about to get married. Pre-wedding rituals were going on at my house. I, along with my neighbors and cousins, was busy playing some games on a nearby playground. A fair was also organized there for all the children. Due to the heavy crowd, my younger brother, who was on my lap, started crying. So, I thought of taking him back home. I took him and left with my mother in my house. And then I went back to the playground.

While rushing to the playground, I saw a man standing nearby the gate, and it seemed as if he was waiting for me. When I reached the gate, he suddenly held my hands and started asking questions like - *where do you live, what do you like to eat.*, etc., and said - *you are an adorable child*. He gave me a bag full of money. He told me that he wanted my help as his mother was ill. He asked me to go with him to the nearby hospital where his mother was admitted.

My parents had always taught me not to talk to strangers and never to go anywhere without informing them. So, I refused to go with him. Suddenly he took his napkin out from his pocket and rubbed on my nose. I then got fainted and didn't remember what happened after that.

After some time, when I woke up, I realized I had been kidnapped! He had taken me far away from my house, and we were on a local bus.

I don't know, at that young age, from where I got an idea (*I believe, through the Universe only*); I started telling the kidnapper - *"My uncle is a police officer. He will beat you and take you to jail."* After hearing that, he got scared and changed the bus. He kept on changing the buses one after another. I was crying and shouting at him badly. Several passengers asked him why I was crying so severely; he continued to reply - *"She is my*

daughter, and she is crazy. She always behaves like this."

After around one hour, one uncle boarded the bus. He was an officer, going home after finishing his duty hours. On seeing the kidnapper and me, he got some doubt & suspiciously asked me - "*who is that person? Is he not your father?*"

I told the officer - "*Yes, he is not my father. He has taken me with him from my playground. He used his napkin to faint me down.*"

After listening to me, the officer stopped the local bus and took us to the nearest police station. The police asked about me, my father, and if I remembered my father's name and number. As my father had made me remember his office phone number, I told that to the police. They called my father immediately and told him about the whole incident. After hearing all this, he got shocked and started crying.

Soon all my family members knew about this incident, and they all came and freed me from the kidnapper.

I'm grateful to the Universe, who sent the officer that day. I'm grateful to my father for all the teachings he taught me and all things he did for me. Because of all of them, I'm writing this *Power of Thank You* book today.

Being grateful means not everything is perfect in your life, but being grateful means you are thankful for what you already have. I've been practicing gratitude for more than 15 years now, and I'm sure you will also enjoy practicing gratitude after reading this book.



Gratitude In Depth

"Gratitude is riches. The complaint is poverty."

- Doris Day

Being a doctor, I prescribe you the medicine of gratitude for your sadness. Gratitude is a lovely feeling which will give you pure joy and a sense of fulfillment. By taking a proper dose of it daily, you will become a magnet for miracles. Gratitude is a shortcut to inviting blessings in your life.

Gratitude is like a gear that gives race to our steady life. It can fill us from obsession to peacefulness, from stuckness to creativity, and from fear to love.

Wake up, feel the sun on your face, wind in your hair... We are alive, the world is beautiful, the day is young...

Create the world you want...

The ability to remain calm, aware, and mindfully present in the moment comes when we are grateful! Gratitude is the key to peace, joy, and creative choice.

When I'm in gratitude, my channel is wide open for any good things that could make their way to me. And I naturally start attracting abundance in my life.

The opposite is also true.

If nothing good is happening in our life or we are going through setbacks, we should check our gratitude barometer - How much are we grateful for the things we are given for free by the universe?

Gratitude is a substitute that can constitute your attitude. - Dr. Neelam

Count your blessings & Regret later!!

Gratitude is the source of love!!

Let's practice gratitude daily to discover our hidden qualities, like appreciation, compassion, empathy, generosity, grace, and thankfulness. Once you develop the habit of saying thank you for everything coming your way, you will be inspired to notice things you might have taken for granted. Be with me in this journey of gratitude, and I'm sure you will develop more positive emotions, better mental-emotional health, and peaceful nights by the time you finish this book.

The power of gratitude enables you to attract every marvelous thing you want into your life. It brings joy and harmony to every area of your life, like health, relationships, career, money, and spirituality. In positive psychology research also, gratitude is considered one of the best remedies to develop greater happiness and joy that helps heal physical and emotional pains and builds solid relationships.

One thing I learned from my granny; she is 88 years young lady. She is sick these days, but whenever I talk to her, she always says - *"I am grateful to God that I am better now; thank you, God, I am living happily."* She always smiles, despite the fact she is unable to breathe comfortably and unable to eat properly. They are our living examples of how we convert pain into happiness.

THANKSGIVING - A FESTIVAL OF GRATITUDE

Thanksgiving is a festival of gratitude celebrated on various dates in the United States, Canada, Grenada, Saint Lucia, and Liberia. It is celebrated to say thanks and recognize the sacrifices and blessings of the past year. It represents a sense of unity among different people and cultures. On Thanksgiving Day, they appreciate everything they have in their life and say thanks for things, people, and situations. They know the importance of Thanksgiving; they consciously practice for one day. It is considered the day of prayer, thanking God for blessings such as military victory or the end of a drought. Thanksgiving is a holiday that reminds everyone that there's more to be grateful for.

Even though Thanksgiving is celebrated on one particular date, I have been personally making it my mission to make every day a gratitude celebration for the last 10 years. After reading this book, I'm sure you

will also be motivated to celebrate every day of your life with more gratitude, joy & satisfaction.

Let's move on and first try to understand gratitude in detail.

UNDERSTANDING GRATITUDE

Rumi's beautiful quote goes like this: "***Gratitude is the wine for the soul. Go on. Get drunk.***"

Believe it or not, gratefulness is the key to a happy, healthy and prosperous life you can always carry with you. If you are not thankful, no matter how much you earn or have, you cannot learn to be happy in life - because you'll always want something else or more.

Br. David Steindl-Rast, a *Benedictine monk*, rightly suggested the two qualities that belong in our basic definition of gratitude -

- 1. Appreciation:** This is when you recognize that something is valuable to you and which has nothing to do with its monetary worth, i.e., irrespective of how small or big it is, how costly or cheap it is.
- 2. Gratitude is gratis:** Gratis means - costing nothing, i.e., freely given to you.

Robert Emmons, the world's one of the most excellent scientific experts on gratitude, also defines gratitude with two key components -

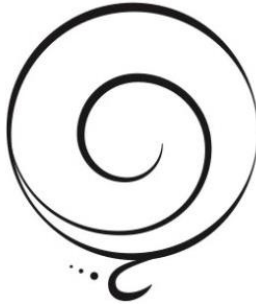
- 1. An affirmation of goodness:** We accept that there are hundreds of good things in this world that we can affirm daily and receive in the form of gifts and blessings.
- 2. Source of goodness:** He explains the second component of gratitude: *"The roots of this goodness are outside of ourselves."* When we gift or help others, we feel grateful for it.

The word gratitude means - *Thankfulness, Gratitude, or gratefulness, from the Latin word gratus, meaning "thankful" or "pleasing," which is regarded as a feeling of appreciation (or similar positive response) by a recipient of another's kindness, gifts, help, favors, or another form of generosity to the giver of such gifts.*

The beauty of gratitude is that it allows you to celebrate the present with a magnification of positive emotions. In your daily life, you must see that it is not happiness that makes you grateful, but being thankful makes you happy. Gratefulness is about noticing and appreciating the gifts you are already gifted by the universe. It is about knowing that life is a gift, no matter how empty you feel at any point in time.

THE SYMBOL OF GRATITUDE

Believe it or not, there was not an official symbol of gratitude until recent years. The official gratitude symbol is closely related to **Celtic symbolism**. Celtic symbolism frequently used spirals in many ancient symbols dating back to 500 BC. The modern-day gratitude symbol uses this as a baseline, representing how gratitude is the center of all things.



The gratitude symbol represents ***the spirit of gratitude***. This symbol simply reminds us to be thankful for everything in our life, good or bad, profit or loss. ***This symbol can be used as an anchor to remind us to practice gratitude or gently spread love & kindness to the world when we feel unhappy or negative about any situation or moment. It is a symbol to remind us of all we have to be grateful for, no matter how small or big, and give thanks whenever we see the sign.***

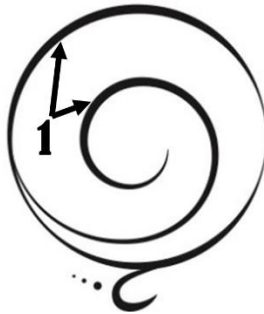
The official gratitude symbol has the following parts:

1. The simple spiral center

2. The three circular dots on the lower exterior of the spiral
3. The hook, a secondary part on the bottom of the spiral

Let's dig deeper and understand more about these elements.

The Spiral at the Middle

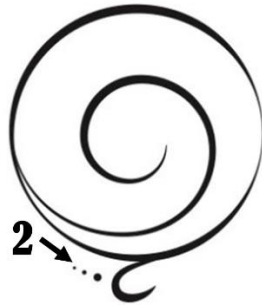


The perfect circle is the core of the gratitude symbol with a spiral in the middle. A lock generally symbolizes many profound concepts, such as newness, rebirth, the circle of life, and sometimes evolution. It is usually understood as **a symbol of transformation and growth**. It is one of the oldest symbols used in spiritual practices. Spiritually it represents accepting the constant changes that life brings you and taking 100% responsibility for the emotions you carry with you. Undoubtedly, all these concepts are closely related to gratitude. Gratitude is, at its core, being thankful for what you have and accepting what life brings to you

every day. Gratitude results in personal growth and self-transformation, often seen as personal evolution or rebirth.

If you look at the symbol closely, you'll see a **subtle lower-case G** inside the emblem, subtly **representing gratitude**.

The Three Circular Dots on the Lower Exterior of the Spiral



A series of three dots is commonly known as an ellipsis, although ellipsis dots do not vary in size like the gratitude symbol. These three dots are believed to have various meanings, but they all tie into a **gratitude practice**.

The core meaning of these dots stands for **taking further steps**. This symbol is connected to a gratitude practice - *as a practice, we continuously find things to be grateful for and take actions like writing journals and saying thanks to others.*

Another meaning of the three dots is a mathematical thought **representing an infinite list**. The wonderful thing about this mathematical representation is that a gratitude list can be unlimited. If you listen to your heart, you will come to know that there is always something to be thankful for, and our list of things to find gratitude in is an endless number.

So, are you ready to prepare your list of the things you are grateful for? Believe me, once you start writing down those things, you will find your list growing minute by minute!

The hook, a secondary part on the bottom of the spiral



A hook at the bottom of the gratitude symbol resembles another symbol called ***Makau***, an ancient Hawaiian symbol. If you have been to **Hawaii**, you've likely seen the *Makau*. A symbol of safe passage over water, the *Makau* has held a deep cultural significance throughout the **Hawaiian Islands chain and the**

Polynesian Triangle for over a thousand years. It is said to bring good fortune and strength to those wearing it.

The **Makau** is a symbol representing **strength, energy, and abundance**. The **Makau** symbol fits perfectly with the gratitude symbol as gratitude helps increase our power and energy, eventually allowing us to attract abundance into our lives.

COLOR, CRYSTALS & STONES THAT REPRESENT GRATITUDE

Color

As you already know, colors play an exceptionally prominent role in our lives. They influence our way of thinking, inspire us to make effective decisions, and impact our moods. Whether you believe it or not, colors are more powerful than we think. They can be used for good and evil (depending on how we interpret them).

Many colors are considered to represent gratitude. The most popular color is pink. Since colors can impact our moods, it is necessary to understand the colors that express gratitude.

Pink is undoubtedly known as the color of love for yourself and love for others. The color pink carries with it the meaning of simplicity and elegance. It radiates love, sweetness, and romance. It is thought to regulate