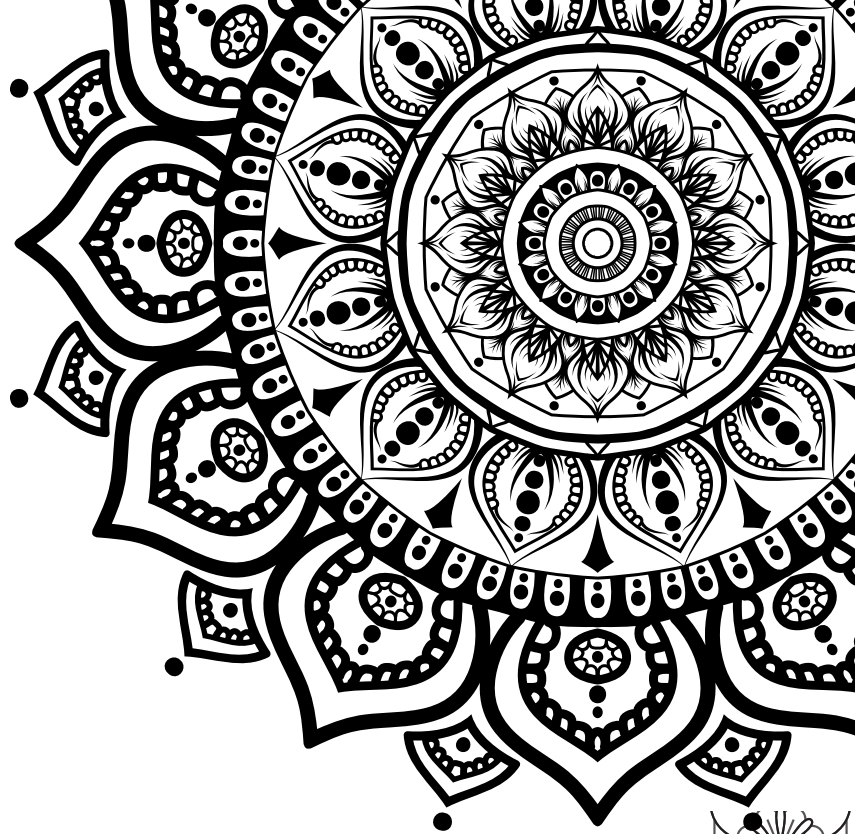




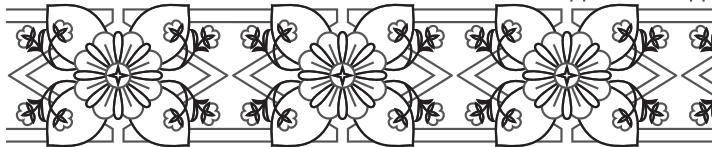
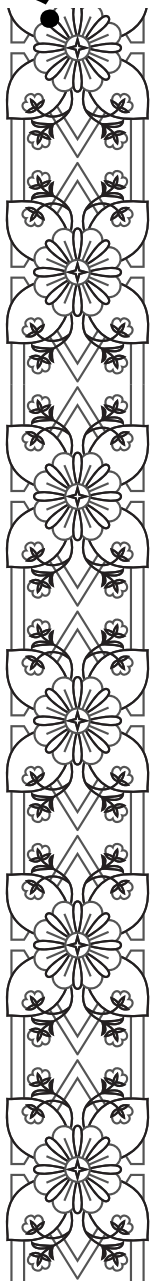
THE CONNECTION CODE

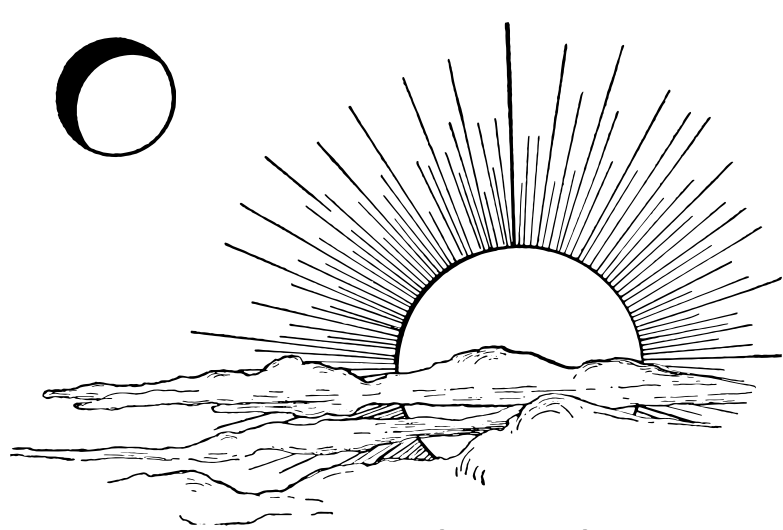
Gratitude Journal





The Connection Code
Gratitude Journal





This morning I am grateful for

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Hold the feeling of gratitude for a minimum of 60 seconds

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Hold the feeling of gratitude for a minimum of 60 seconds

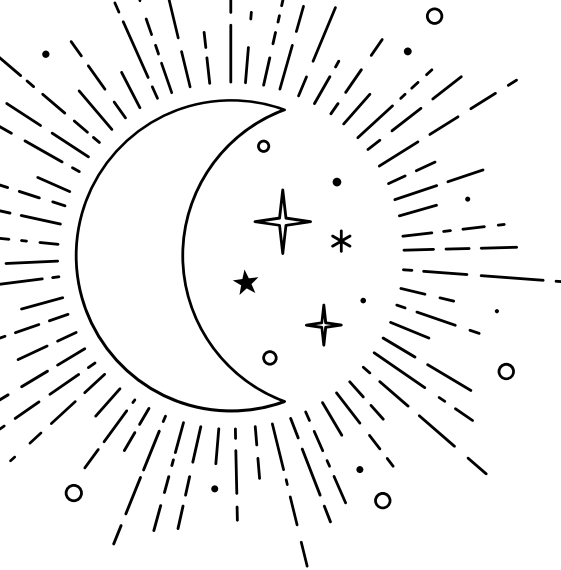
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Hold the feeling of gratitude for a minimum of 60 seconds

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Hold the feeling of gratitude for a minimum of 60 seconds





Tonight

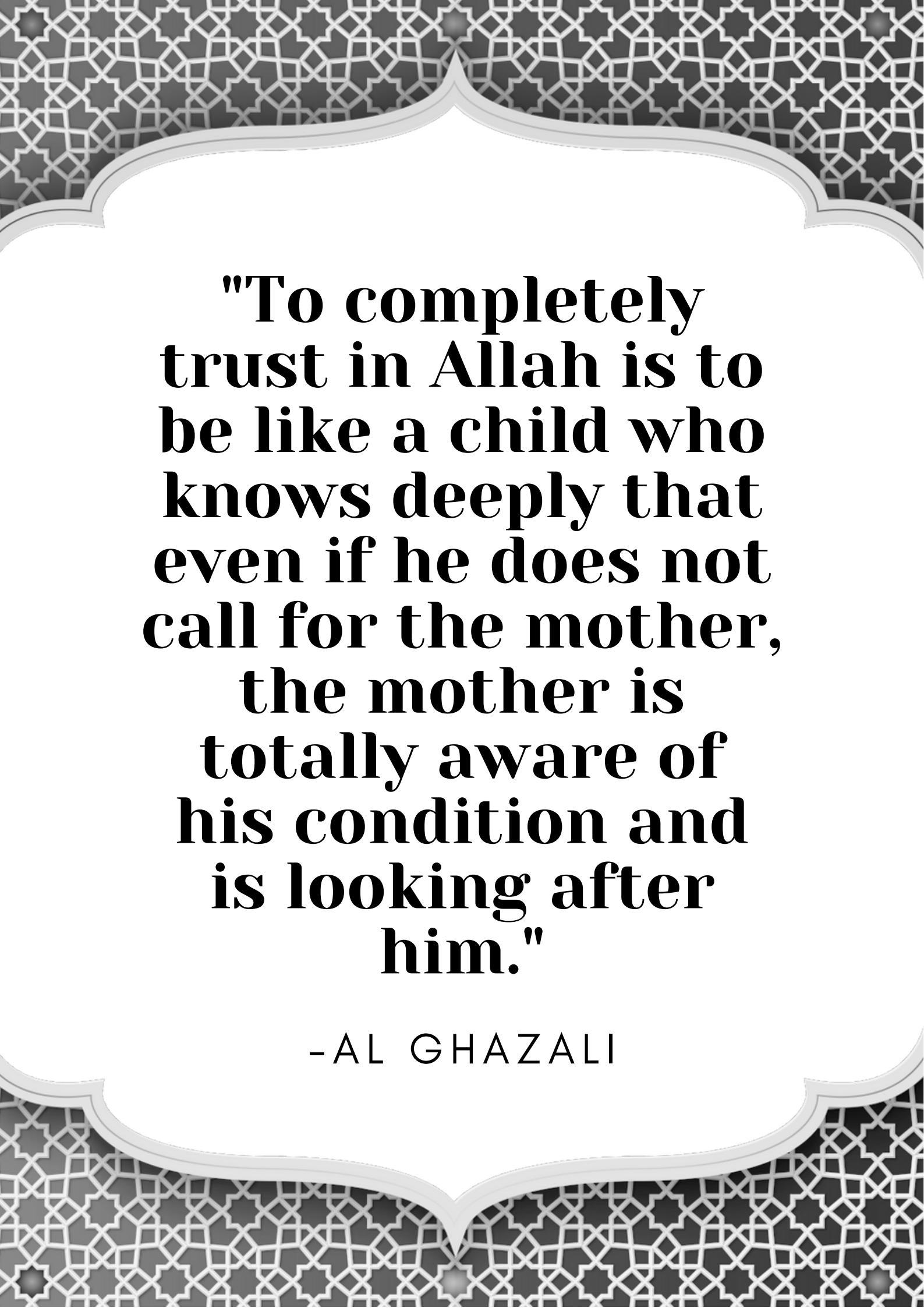
I am grateful for

Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds

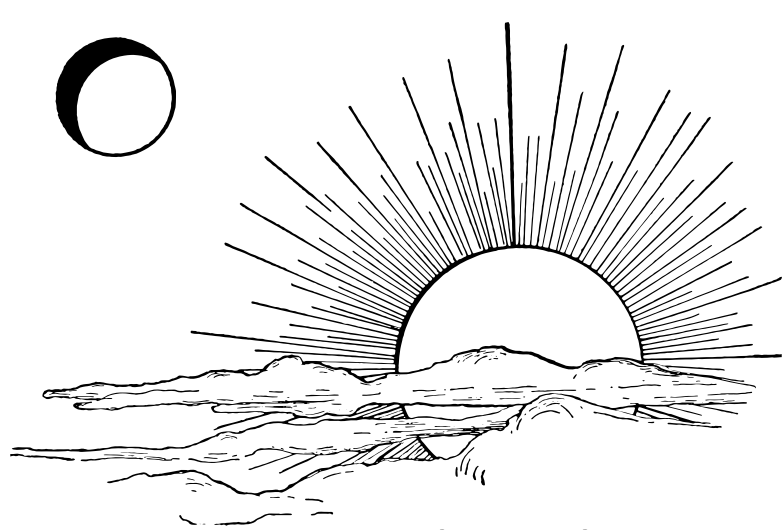
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds



**"To completely
trust in Allah is to
be like a child who
knows deeply that
even if he does not
call for the mother,
the mother is
totally aware of
his condition and
is looking after
him."**

-AL GHAZALI



This morning I am grateful for

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Hold the feeling of gratitude for a minimum of 60 seconds

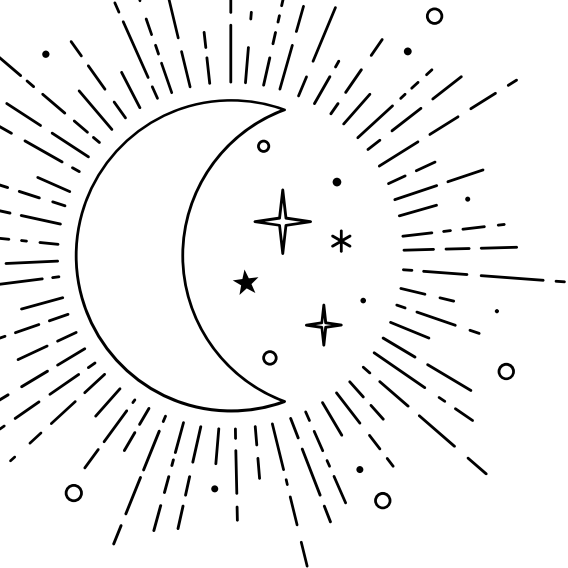
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Hold the feeling of gratitude for a minimum of 60 seconds

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Hold the feeling of gratitude for a minimum of 60 seconds





Tonight

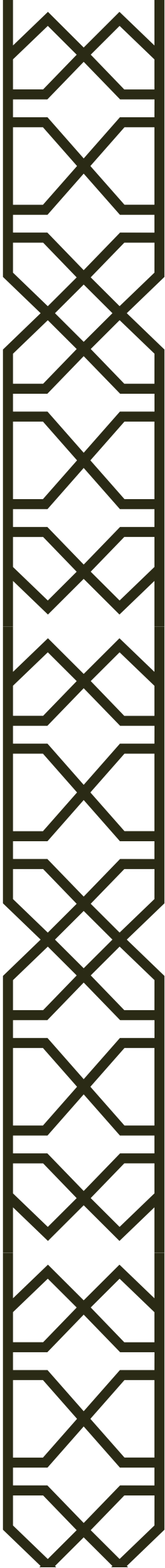
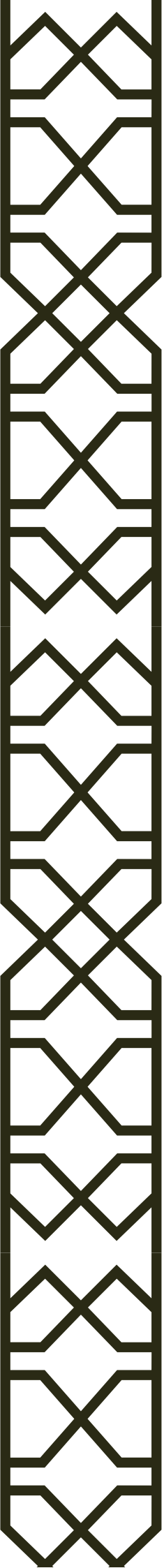
I am grateful for

Hold the feeling of gratitude
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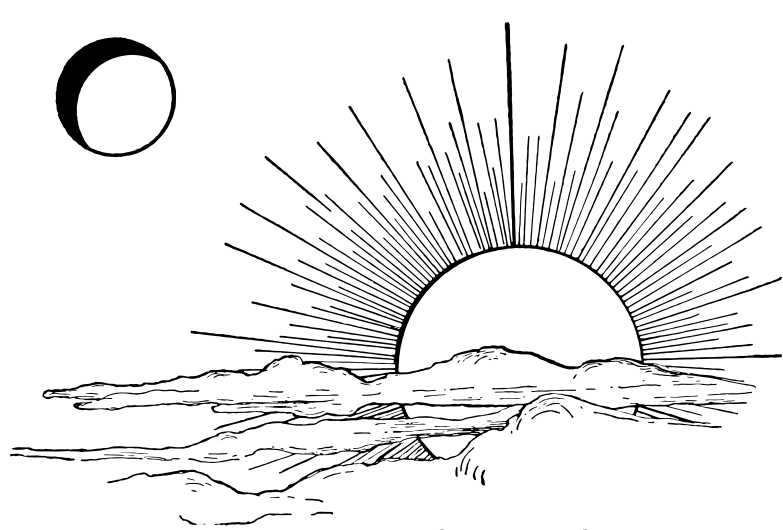
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds



**"In each mirror,
each moment A
new face
reveals His
beauty"**

- FAKHR AL DIN IRAQI



This morning I am grateful for

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Hold the feeling of gratitude for a minimum of 60 seconds

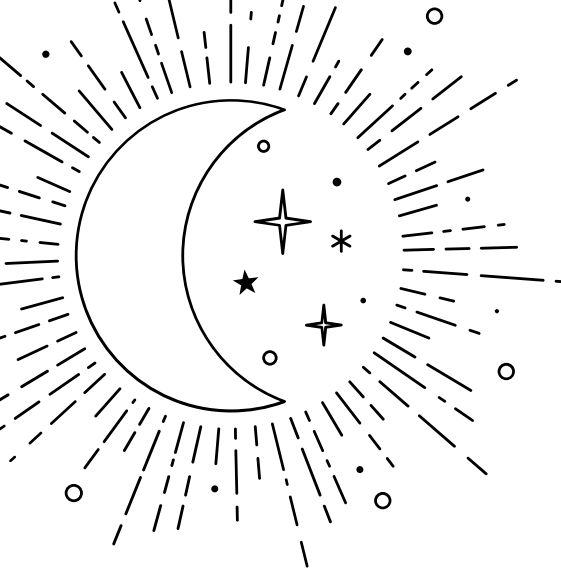
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Tonight

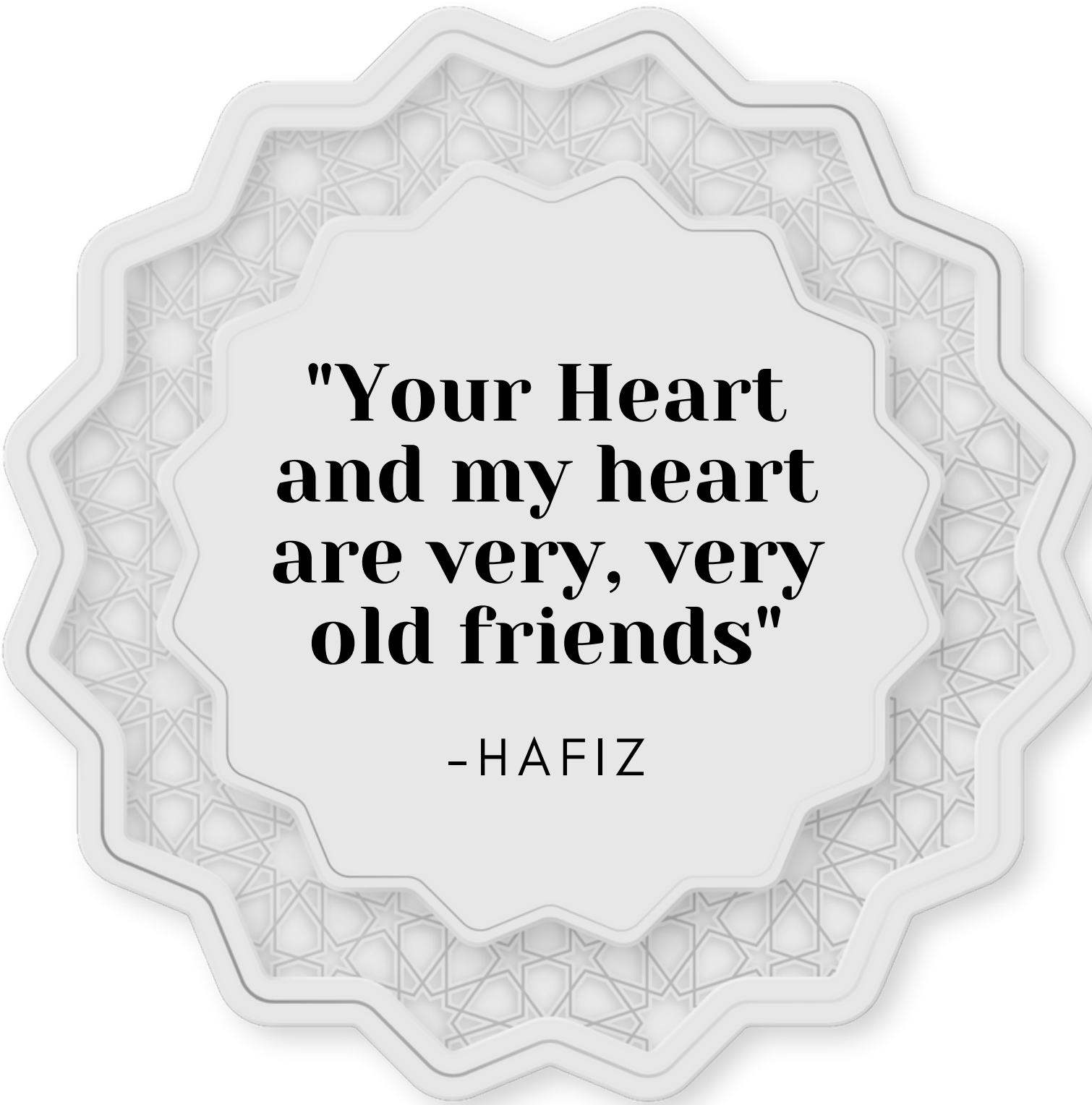
I am grateful for

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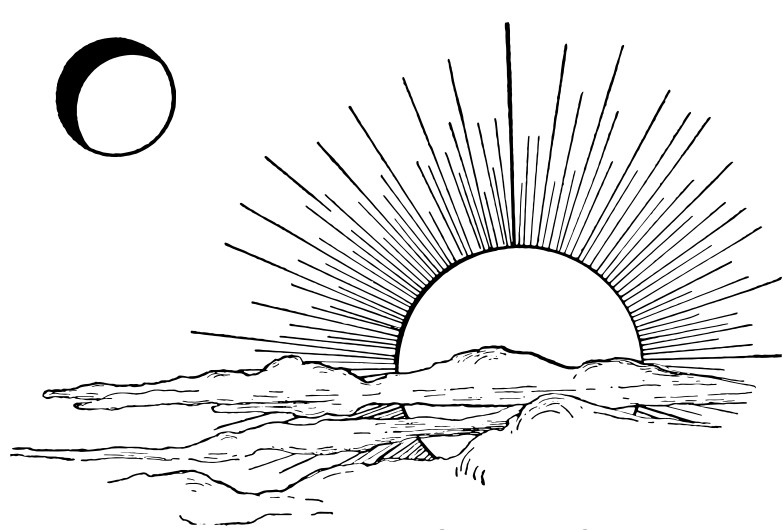
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds



**"Your Heart
and my heart
are very, very
old friends"**

- HAFIZ



This morning I am grateful for

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Hold the feeling of gratitude for a minimum of 60 seconds

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Hold the feeling of gratitude for a minimum of 60 seconds

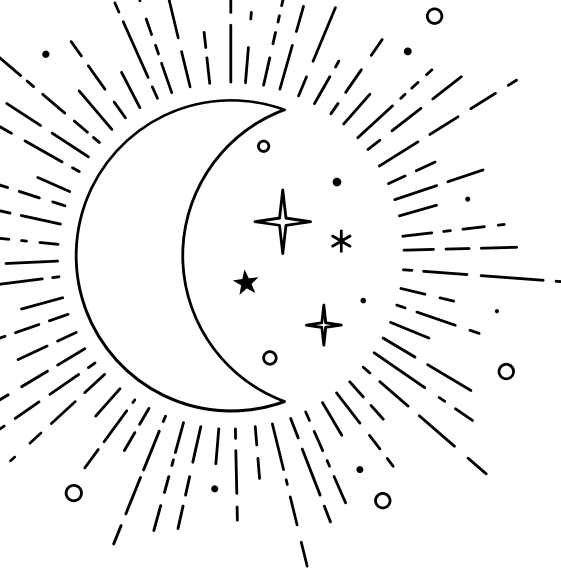
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Tonight

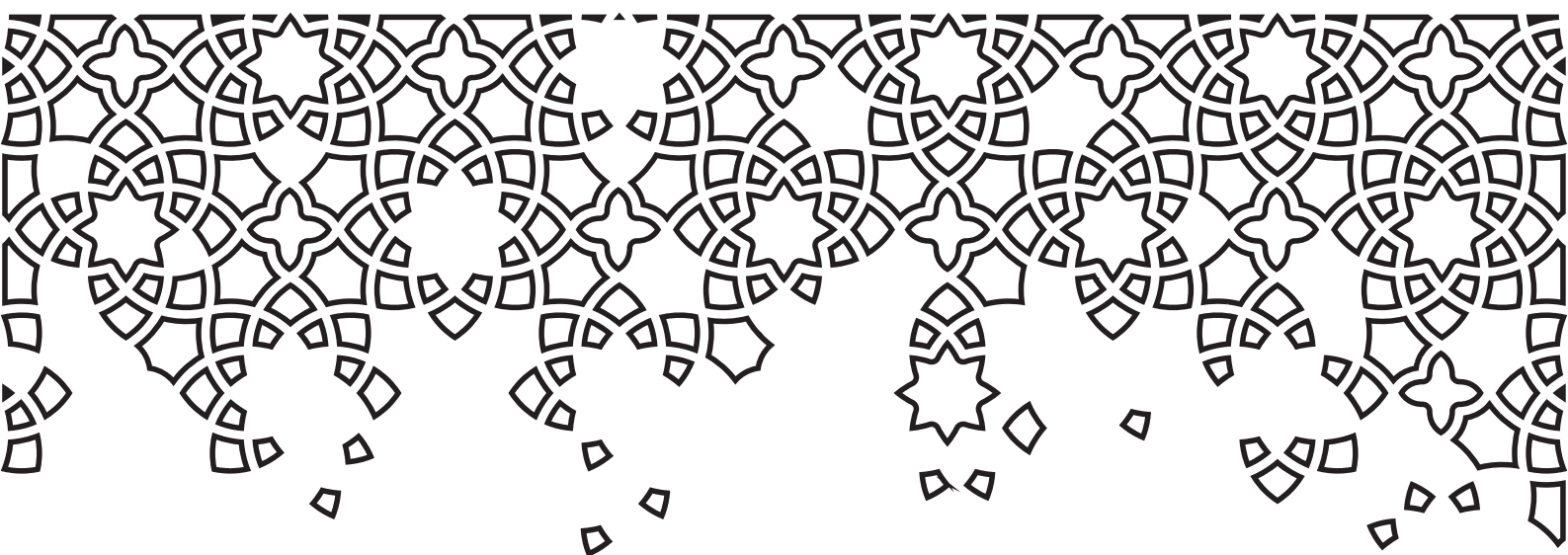
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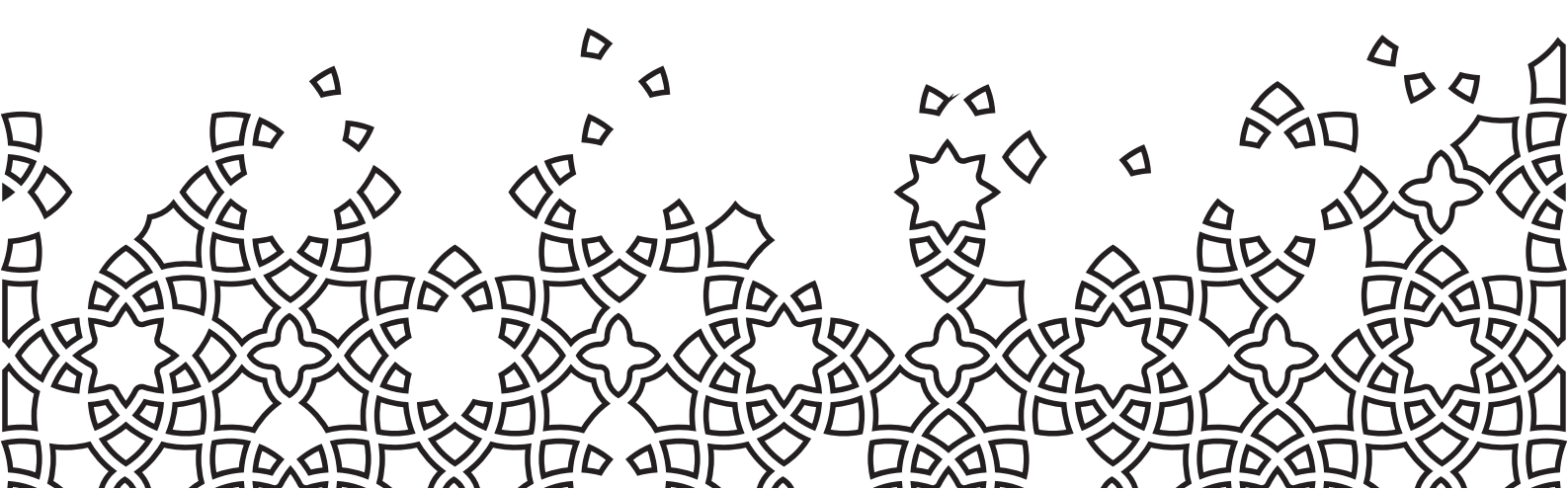
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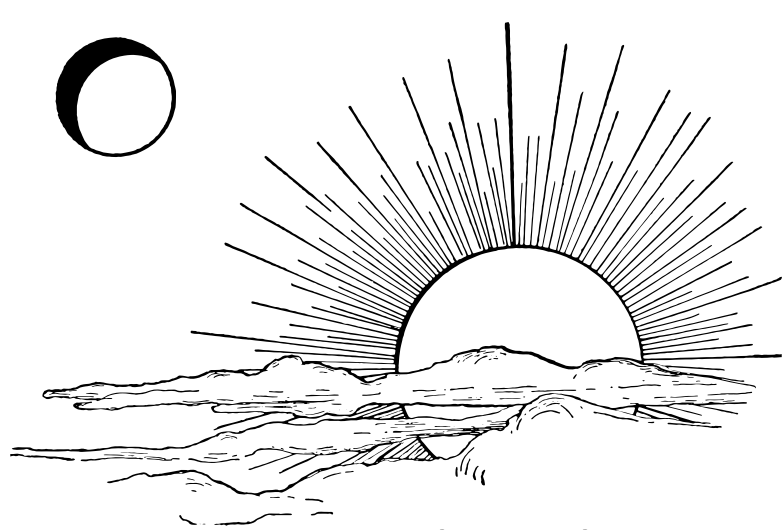
Hold the feeling of gratitude
for a minimum of 60 seconds



**"You can study God
through everything and
everyone in the universe,
because God is not
confined in a mosque,
synagogue or church. But
if you are still in need of
knowing where exactly
His abode is, there is
only one place to look for
Him: in the heart of a
true lover."**

-SHAMS TABRIZI





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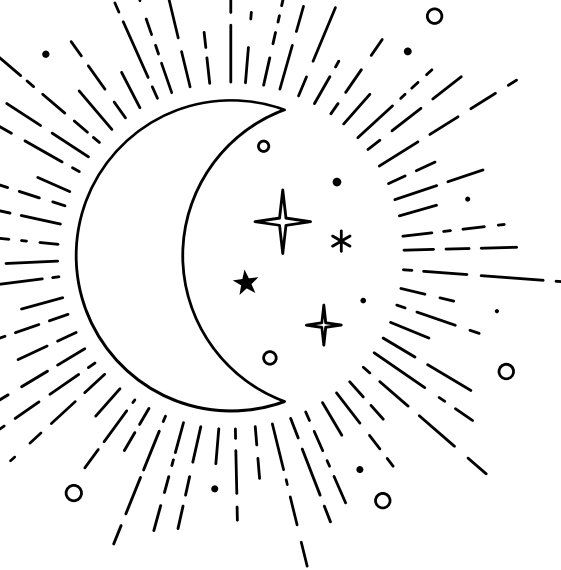
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Tonight

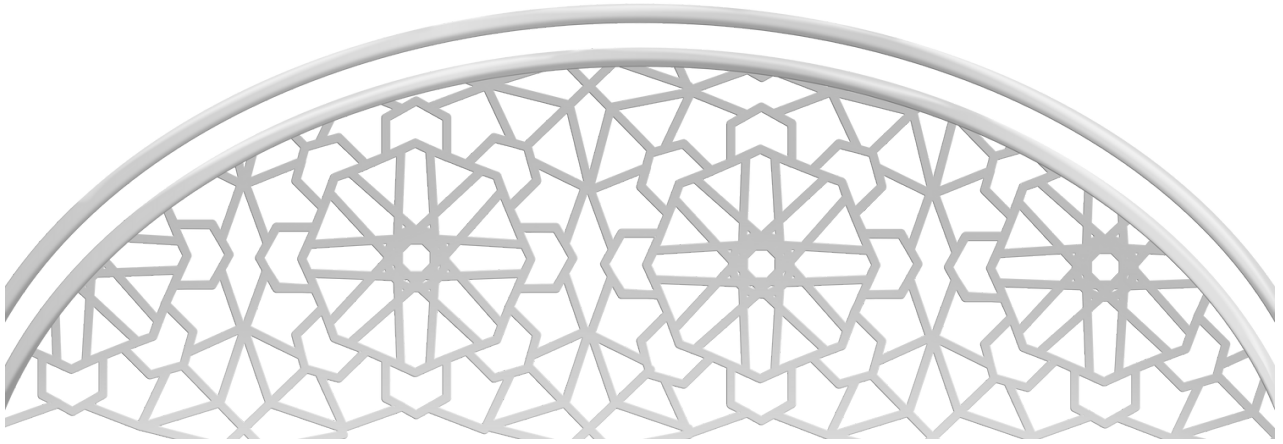
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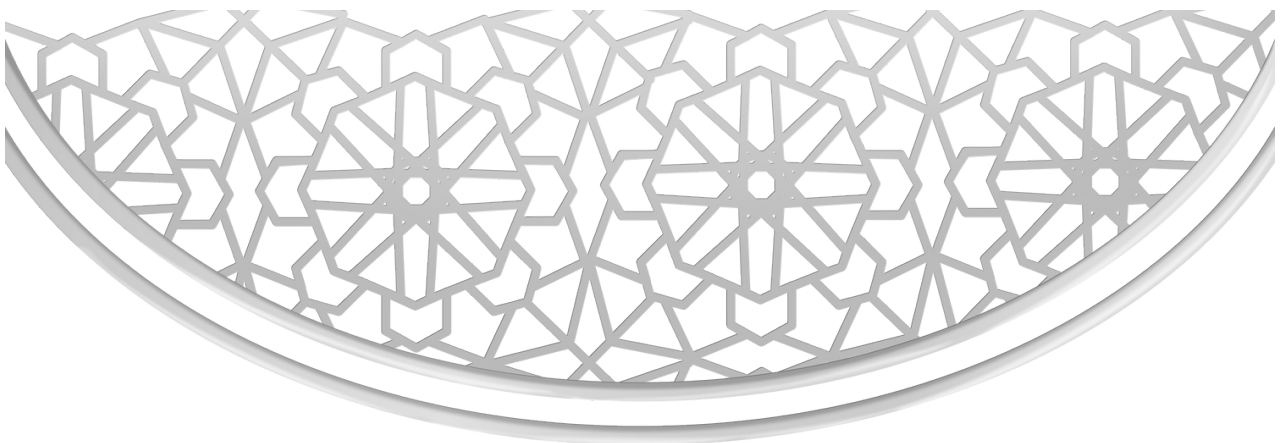
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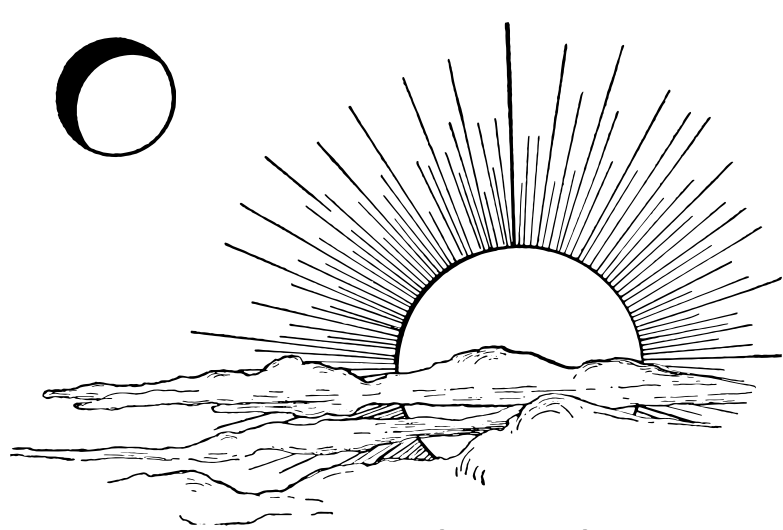
Hold the feeling of gratitude
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**"Whatever
separates you
from Truth, throw
it away, it will
vanish anyhow"**

-YUNUS EMRE





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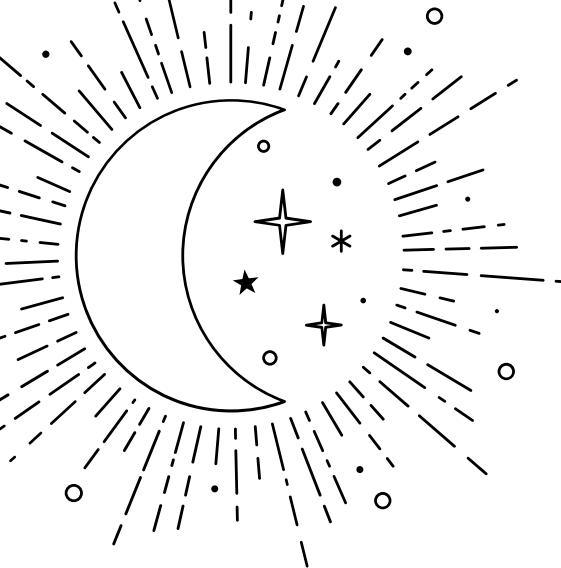
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Tonight

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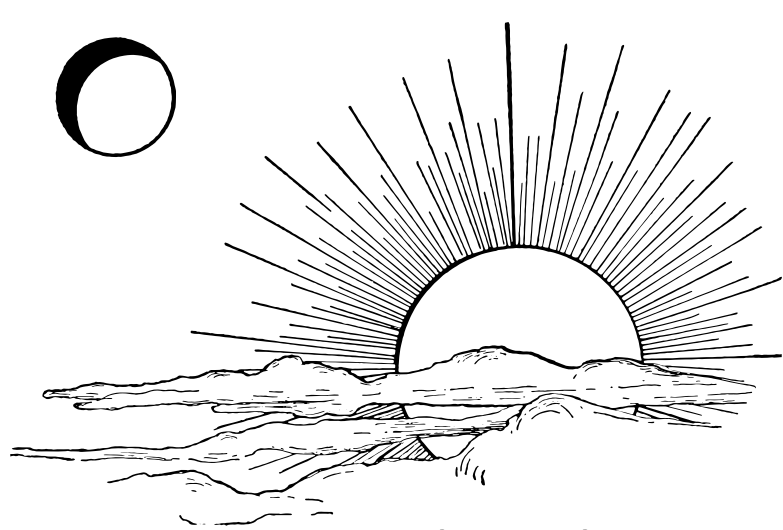
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds

A decorative geometric pattern in the bottom-left corner of the page. It features a complex, repeating star and polygonal motif in a light gray color, set against a white background. The pattern is partially obscured by a curved, dark gray border that sweeps across the bottom and left sides of the image.

**"Dead yesterdays
and unborn
tomorrows, why
fret about it, if
today be sweet.."**

-OMAR KHAYYAM



This morning I am grateful for

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Hold the feeling of gratitude for a minimum of 60 seconds

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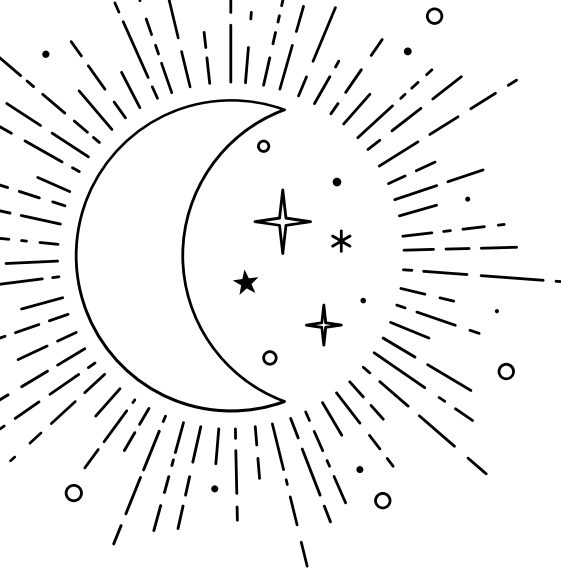
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Tonight

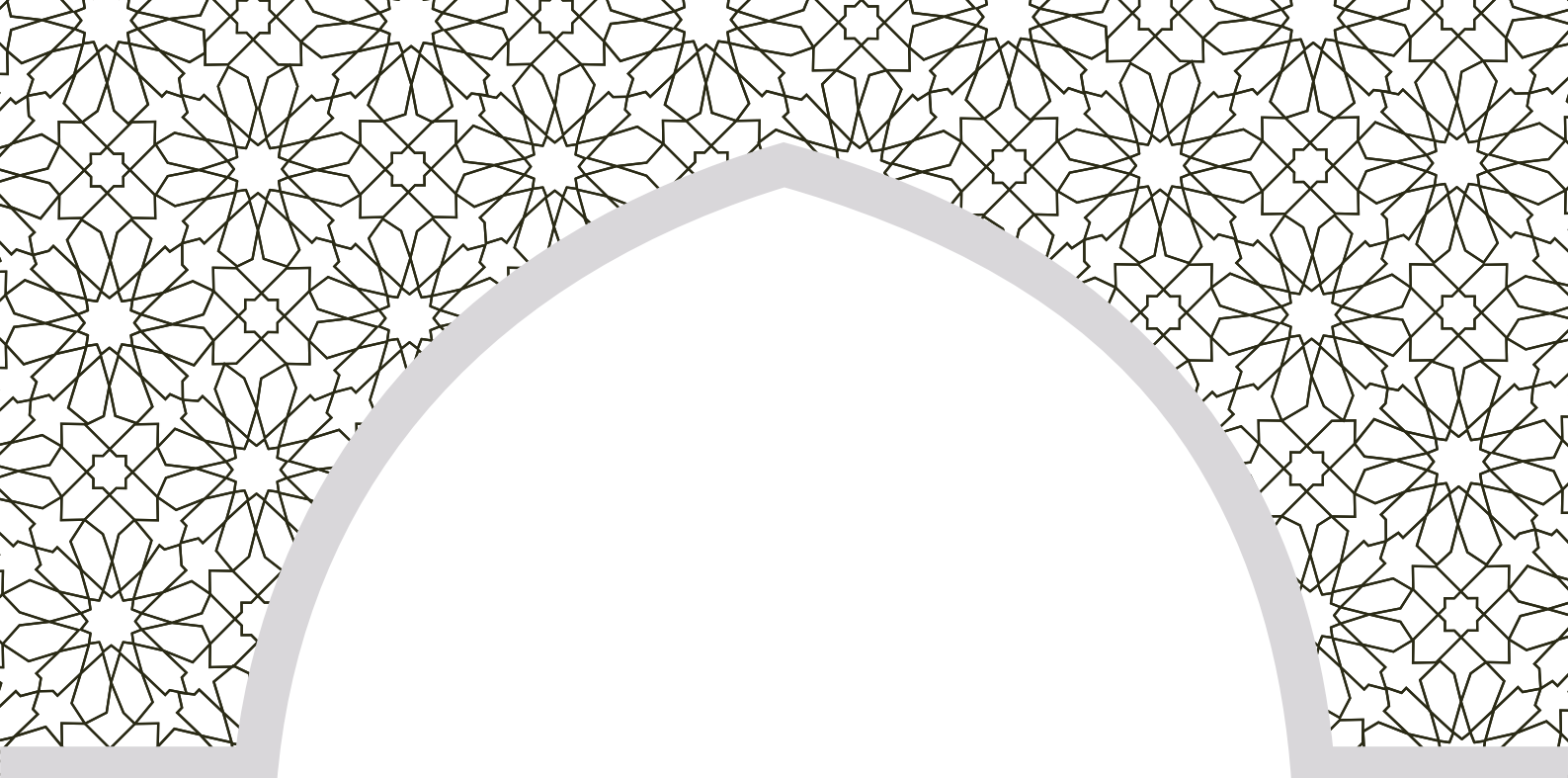
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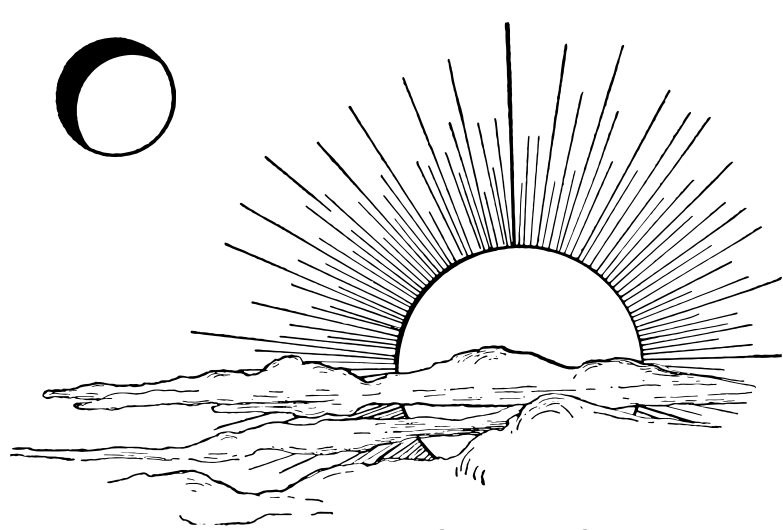
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds



**"Let love lead your
soul. Make it a
place to retire to, a
kind of monastery
cave, a retreat for
your deepest core
of being"**

-ATTAR OF NISHAPUR



This morning I am grateful for

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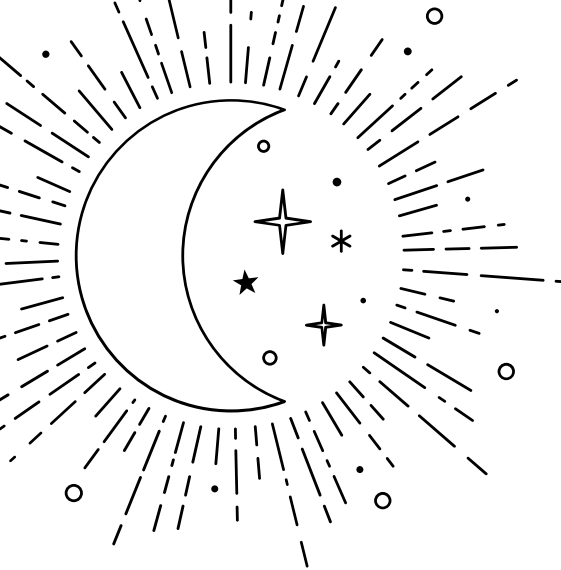
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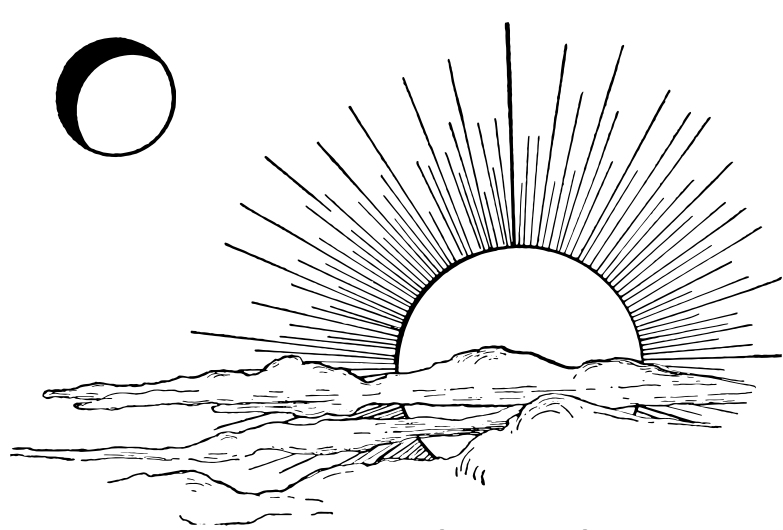
Hold the feeling of gratitude
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for a minimum of 60 seconds



**"Your heart
knows the way.
Run in that
direction."**

-RUMI



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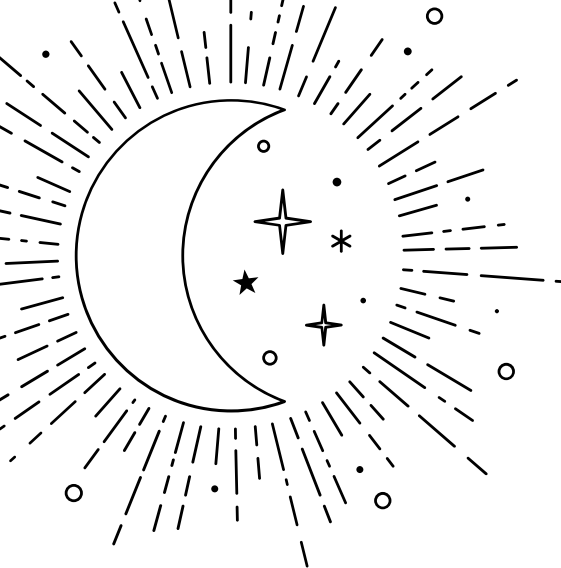
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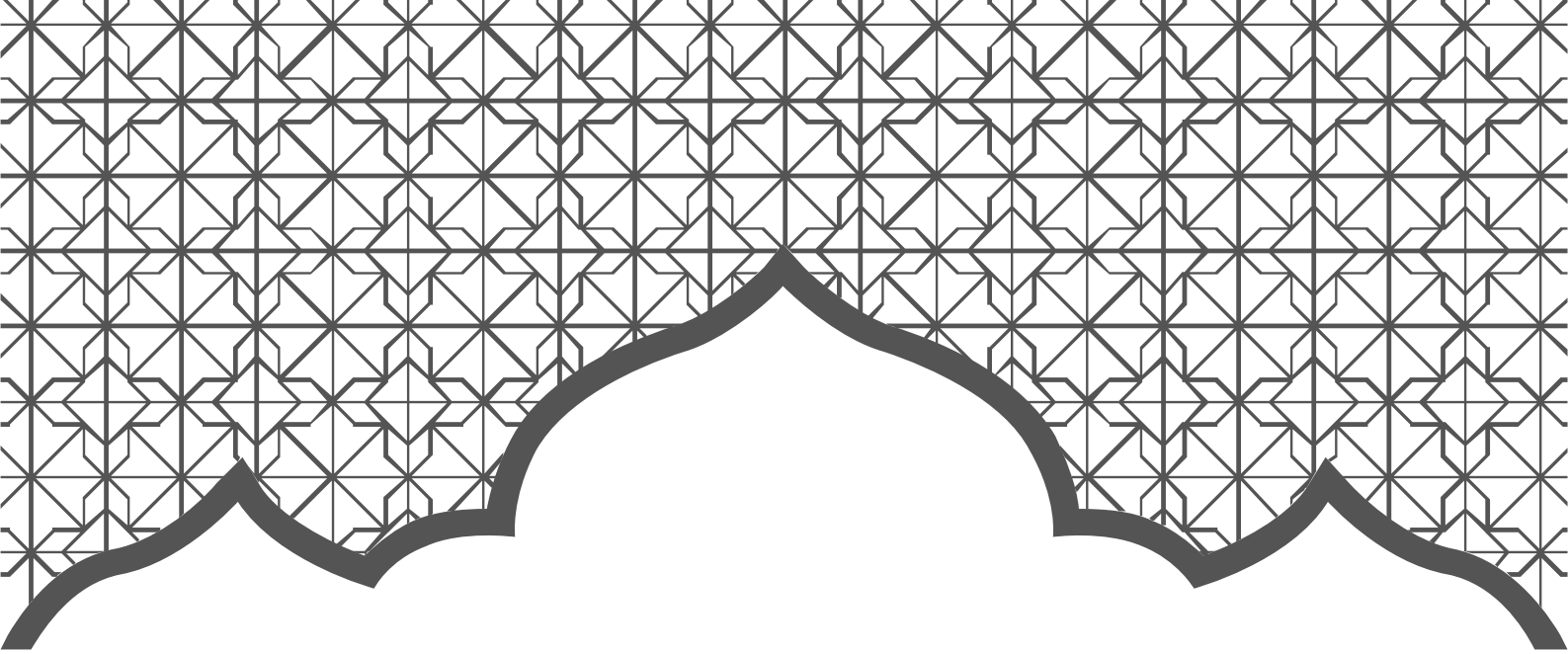
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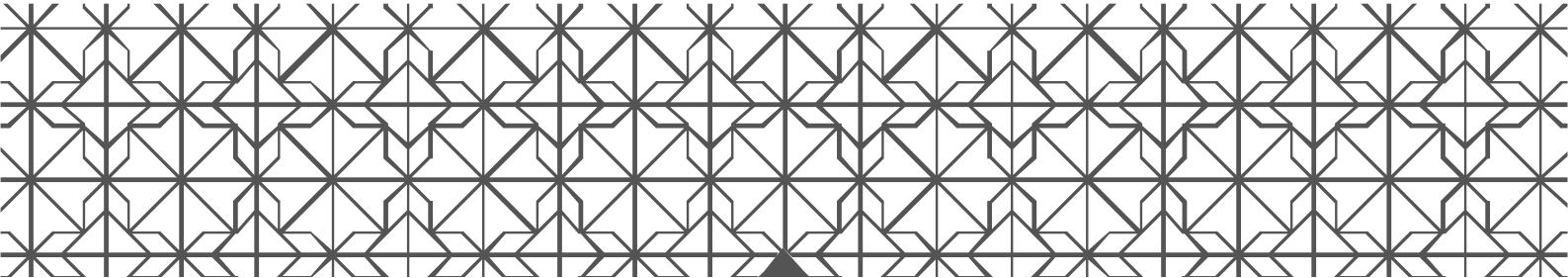
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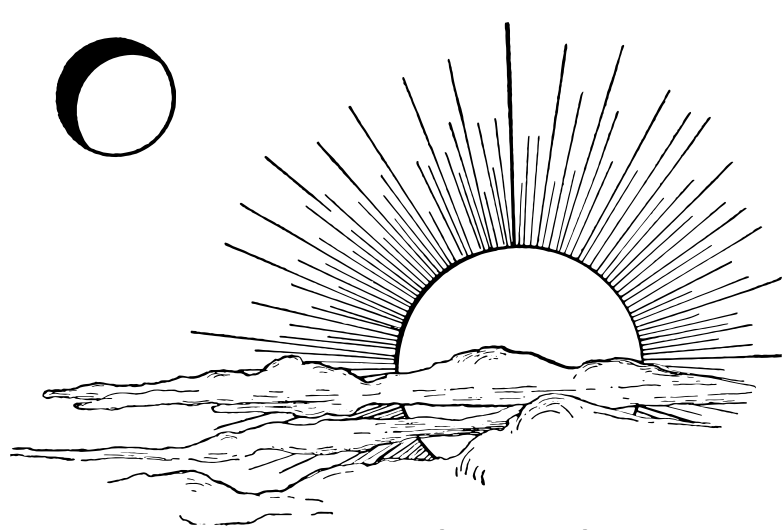
Hold the feeling of gratitude
for a minimum of 60 seconds



**"Every leaf of the
tree becomes a
page of the book,
once the heart is
opened and it has
learnt to read."**

- SAADI





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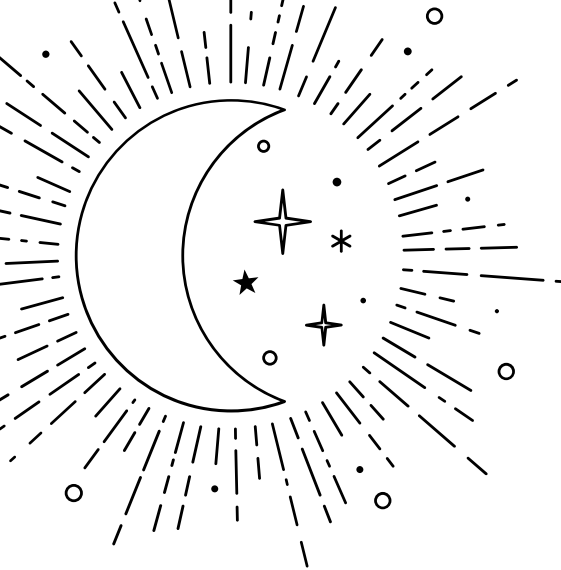
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Tonight

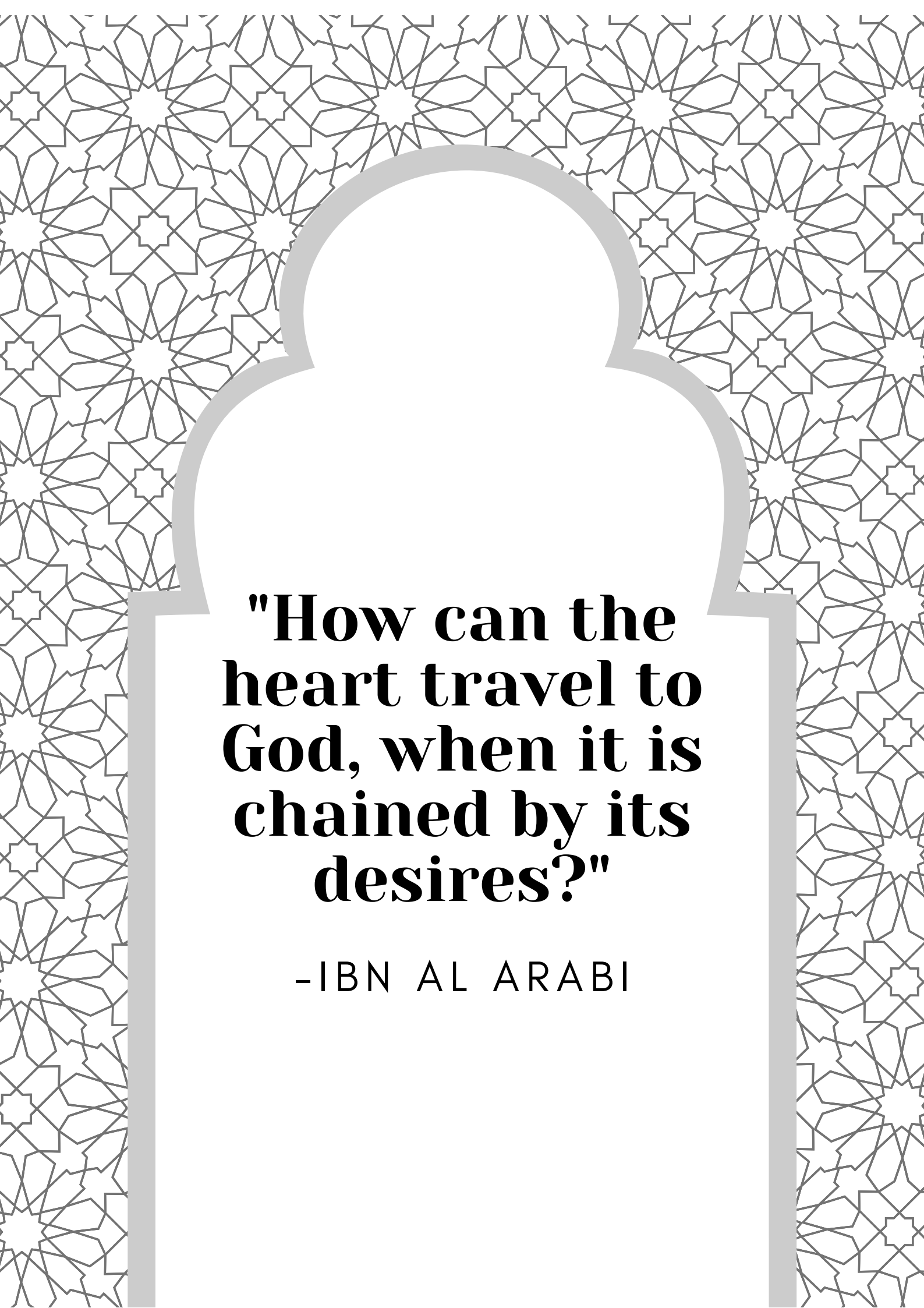
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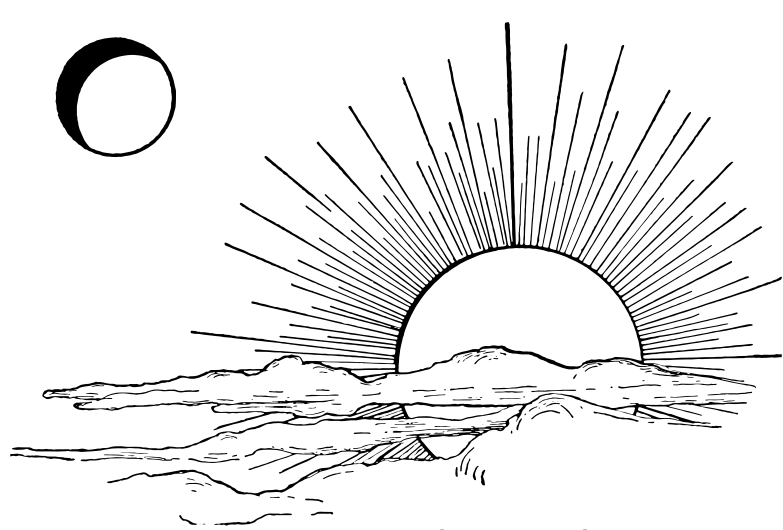
Hold the feeling of gratitude
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Hold the feeling of gratitude
for a minimum of 60 seconds



**"How can the
heart travel to
God, when it is
chained by its
desires?"**

-IBN AL ARABI



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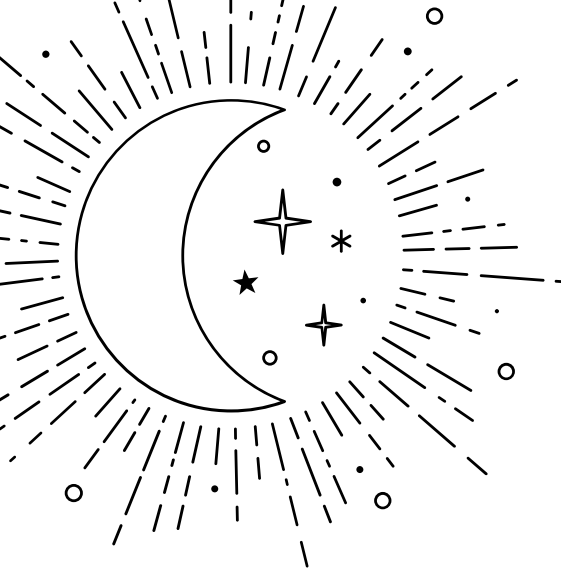
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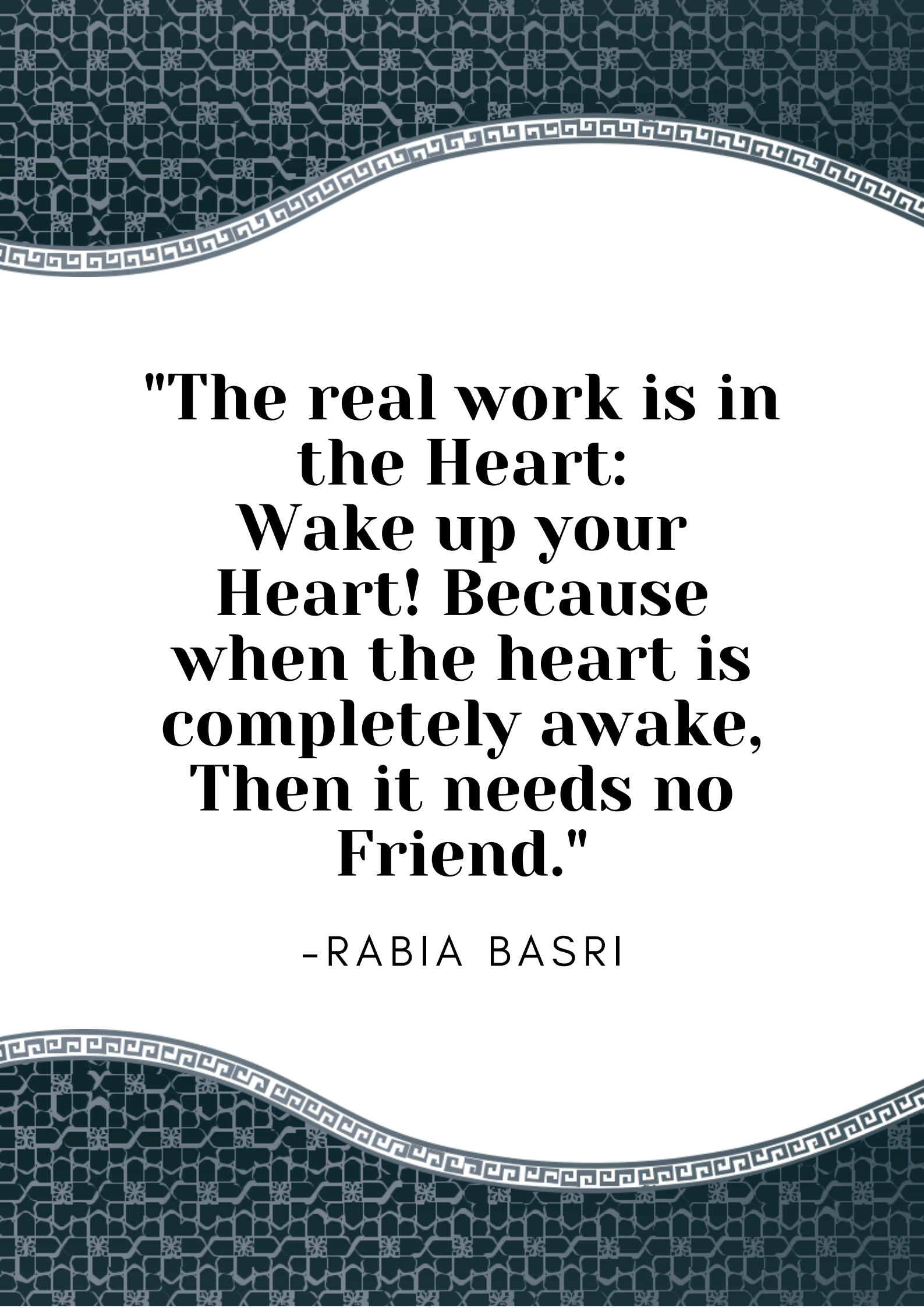
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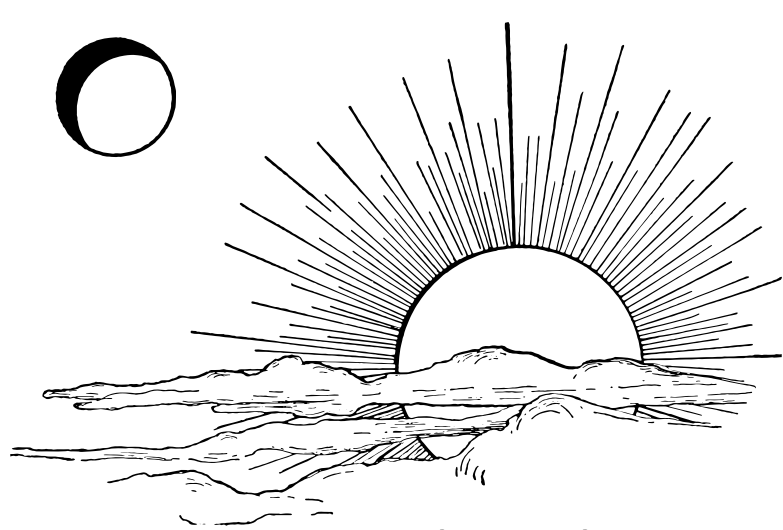
Hold the feeling of gratitude
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Hold the feeling of gratitude
for a minimum of 60 seconds



**"The real work is in
the Heart:
Wake up your
Heart! Because
when the heart is
completely awake,
Then it needs no
Friend."**

-RABIA BASRI



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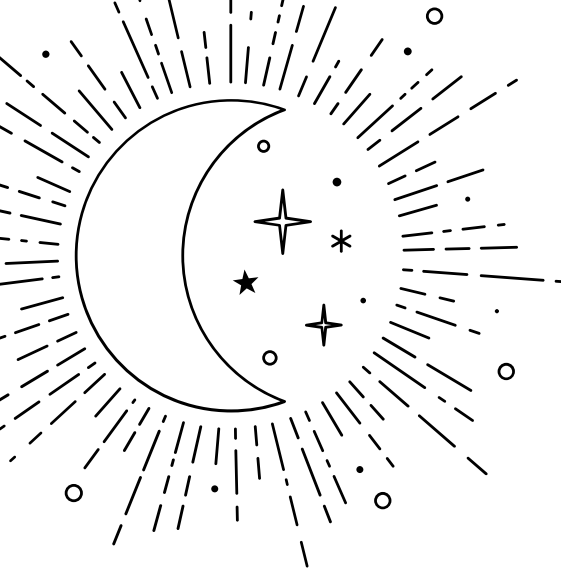
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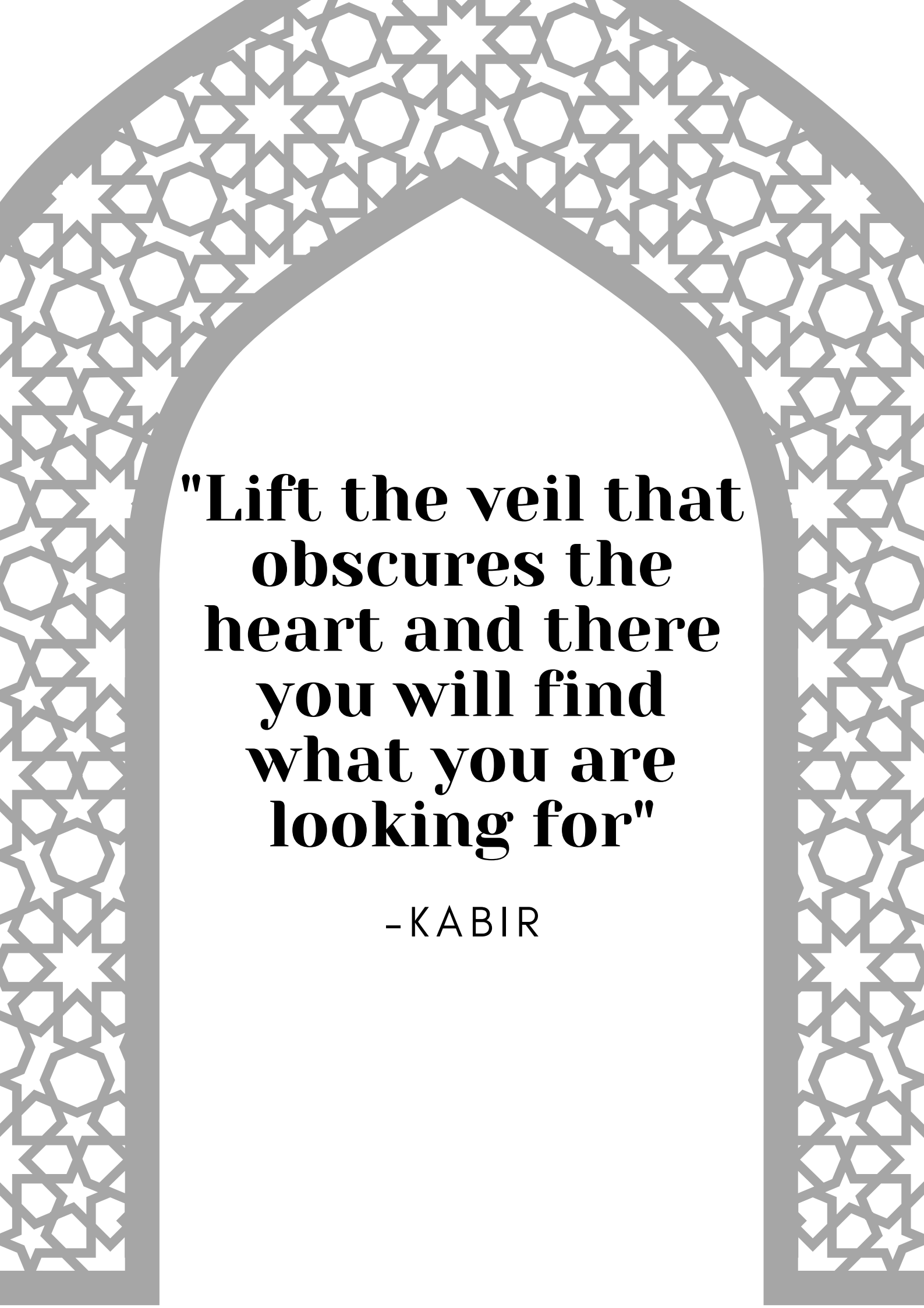
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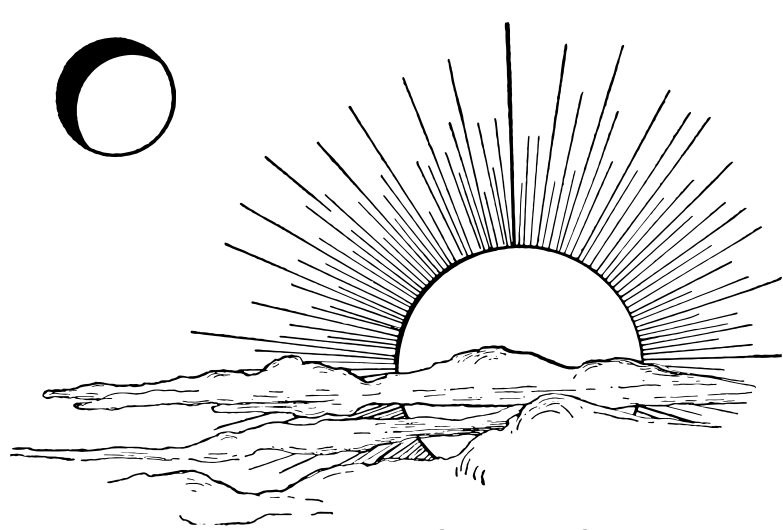
Hold the feeling of gratitude
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**"Lift the veil that
obscures the
heart and there
you will find
what you are
looking for"**

- K A B I R



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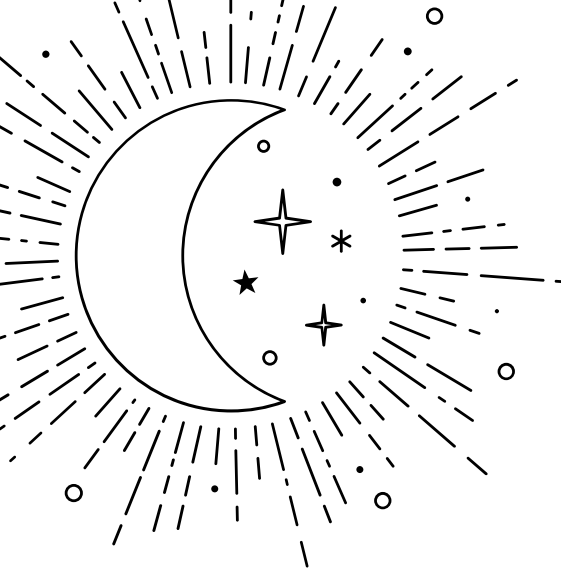
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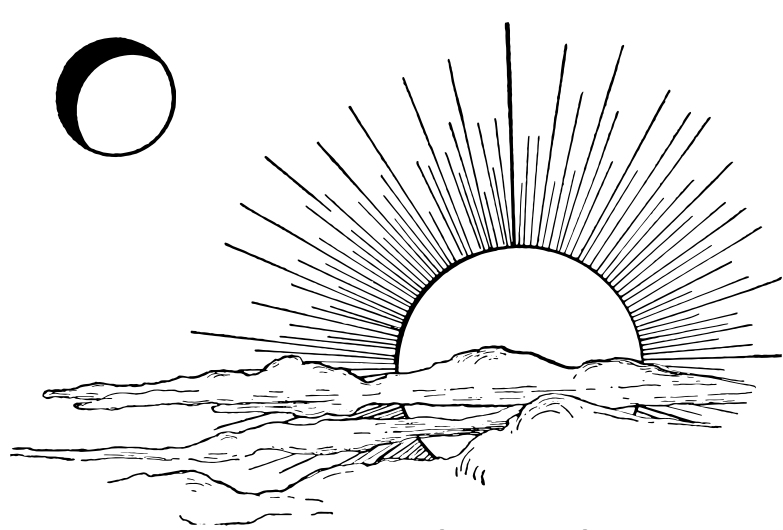
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds



**"Always grow flowers, as
that will make your way
full of flowers. Never
grow thorns, as that will
make your way thorny.
Never want to target
someone on an arrow.
You may become the
target of that arrow.
Never make a well in the
way of someone. As you
may pass by that way
sometime."**

-RAHMAN BABA



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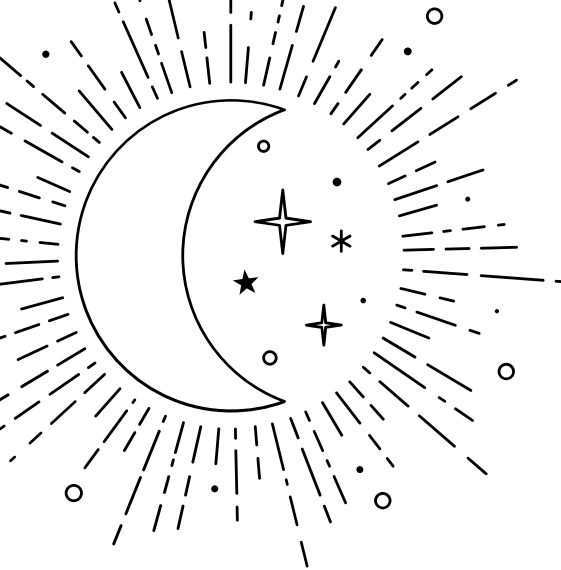
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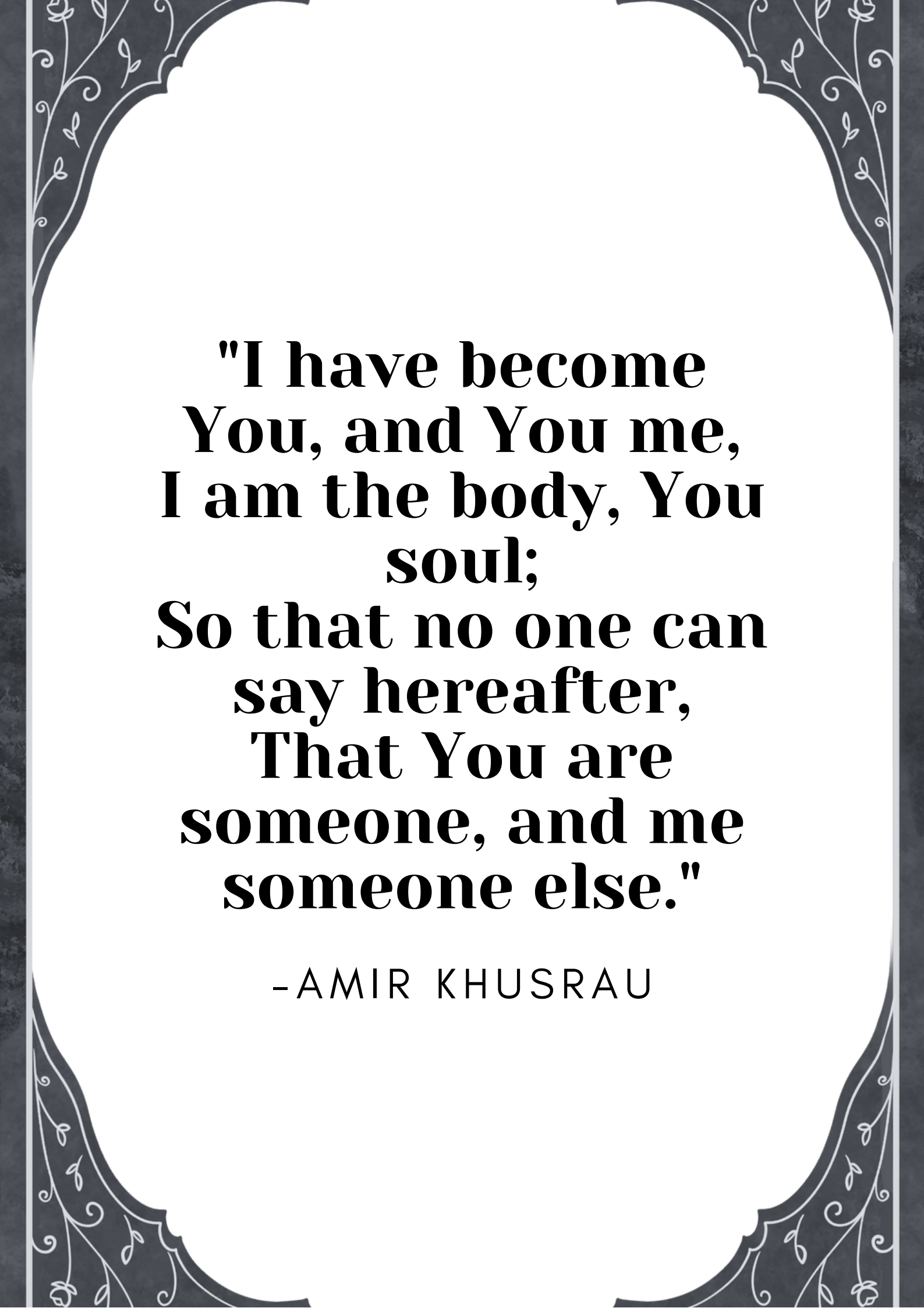
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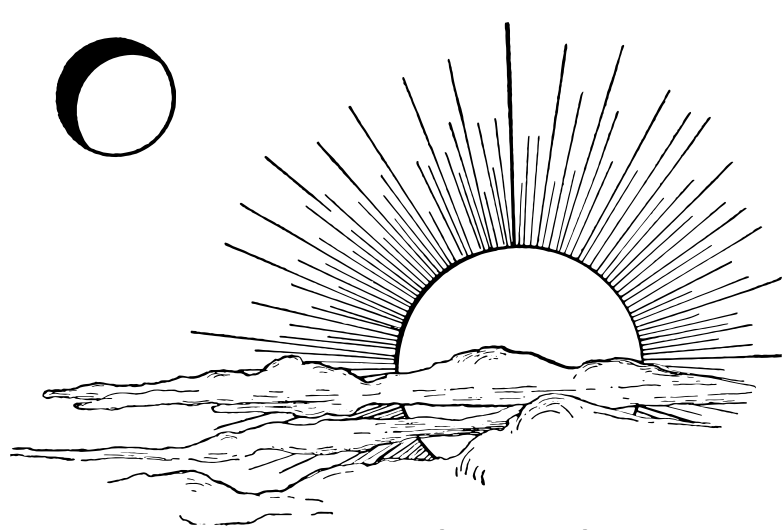
Hold the feeling of gratitude
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for a minimum of 60 seconds

A decorative border with intricate floral and vine patterns in a light gray color, framing the central text. The border is thicker at the corners and tapers towards the edges.

**"I have become
You, and You me,
I am the body, You
soul;
So that no one can
say hereafter,
That You are
someone, and me
someone else."**

-AMIR KHUSRAU



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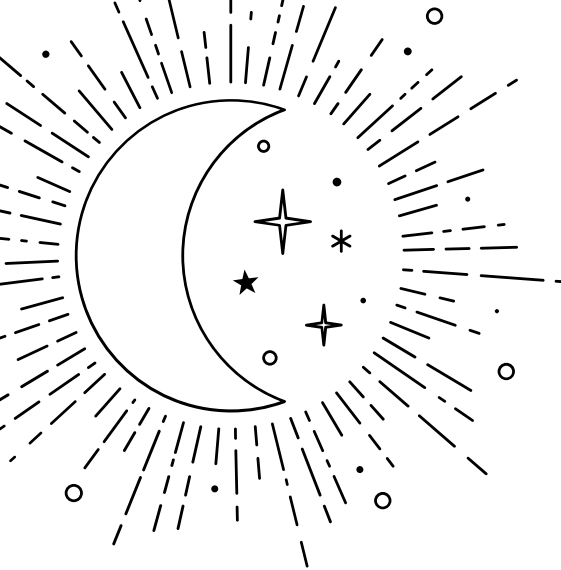
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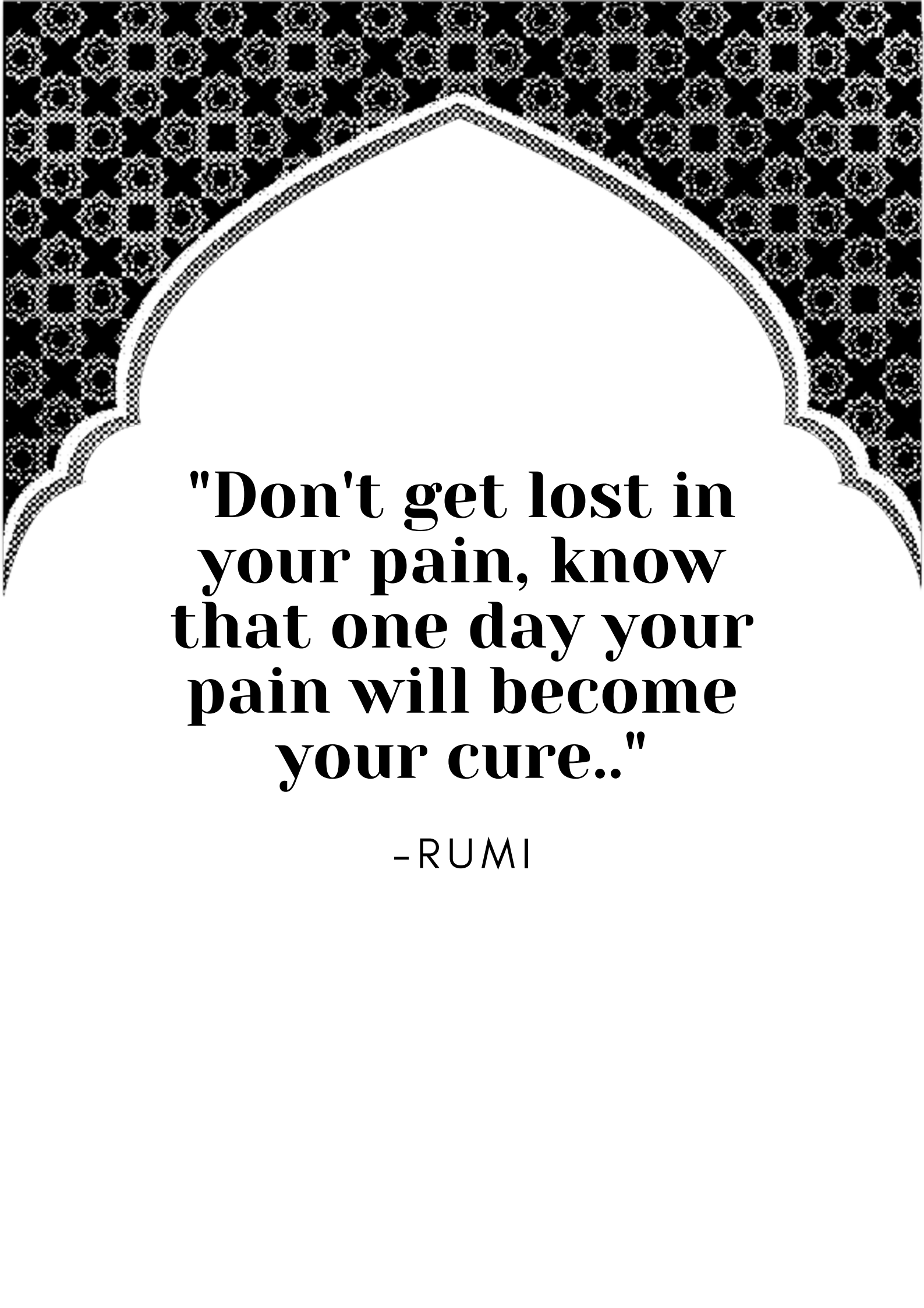
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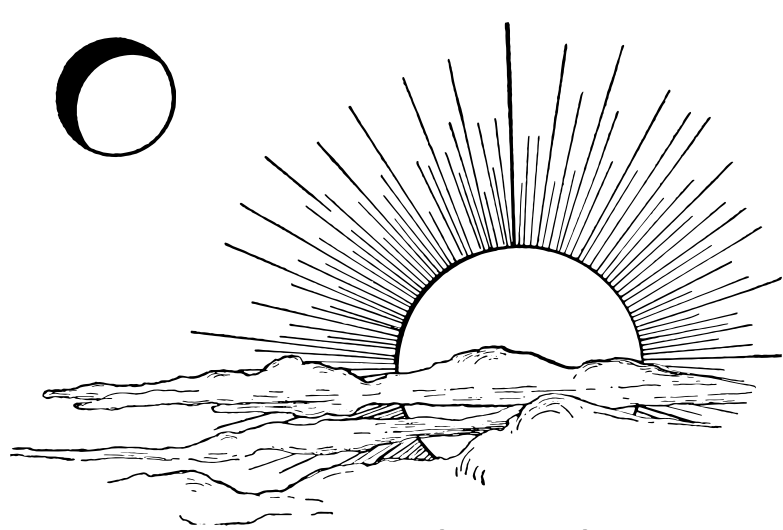
Hold the feeling of gratitude
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Hold the feeling of gratitude
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**"Don't get lost in
your pain, know
that one day your
pain will become
your cure.."**

-RUMI



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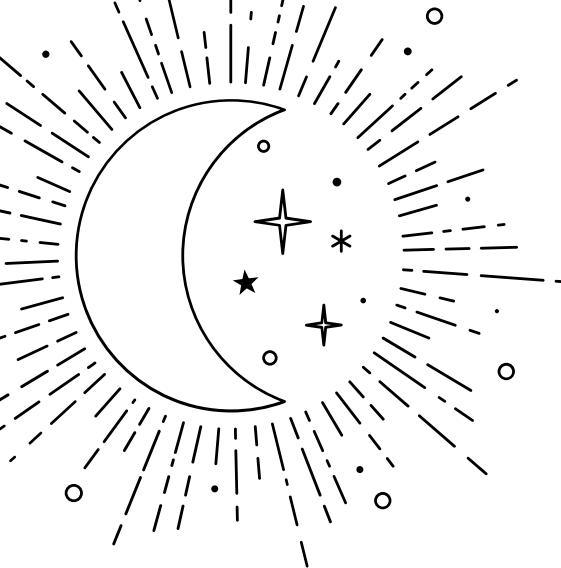
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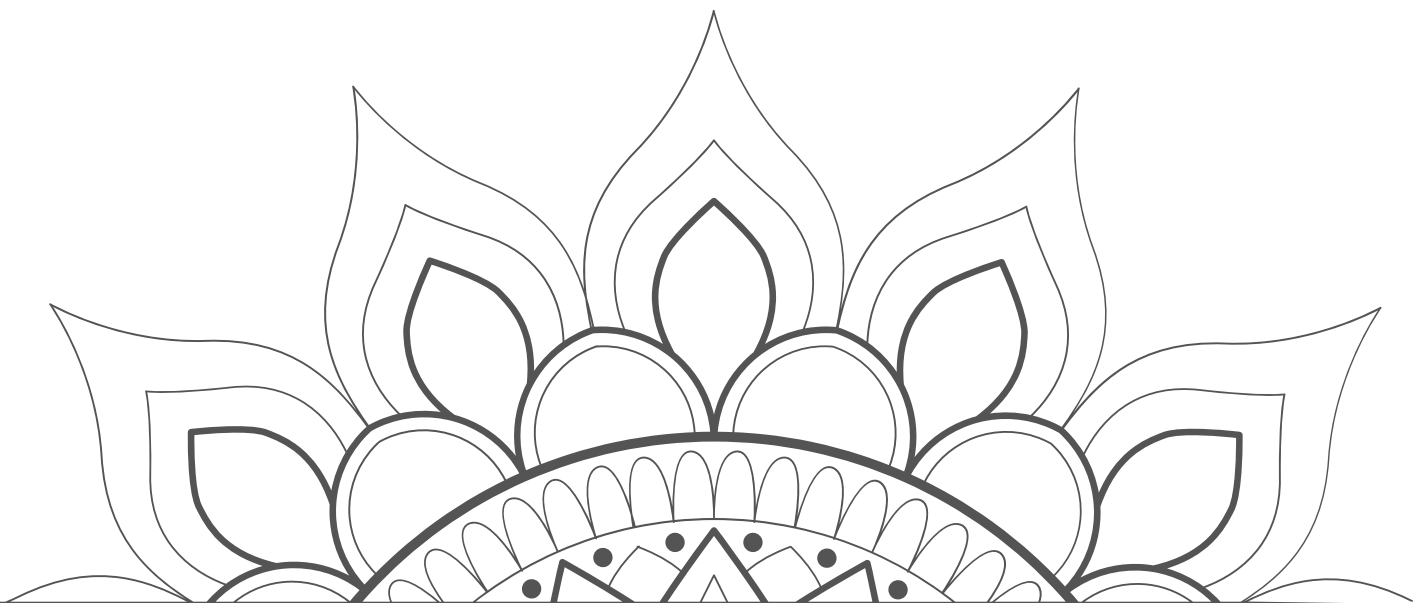
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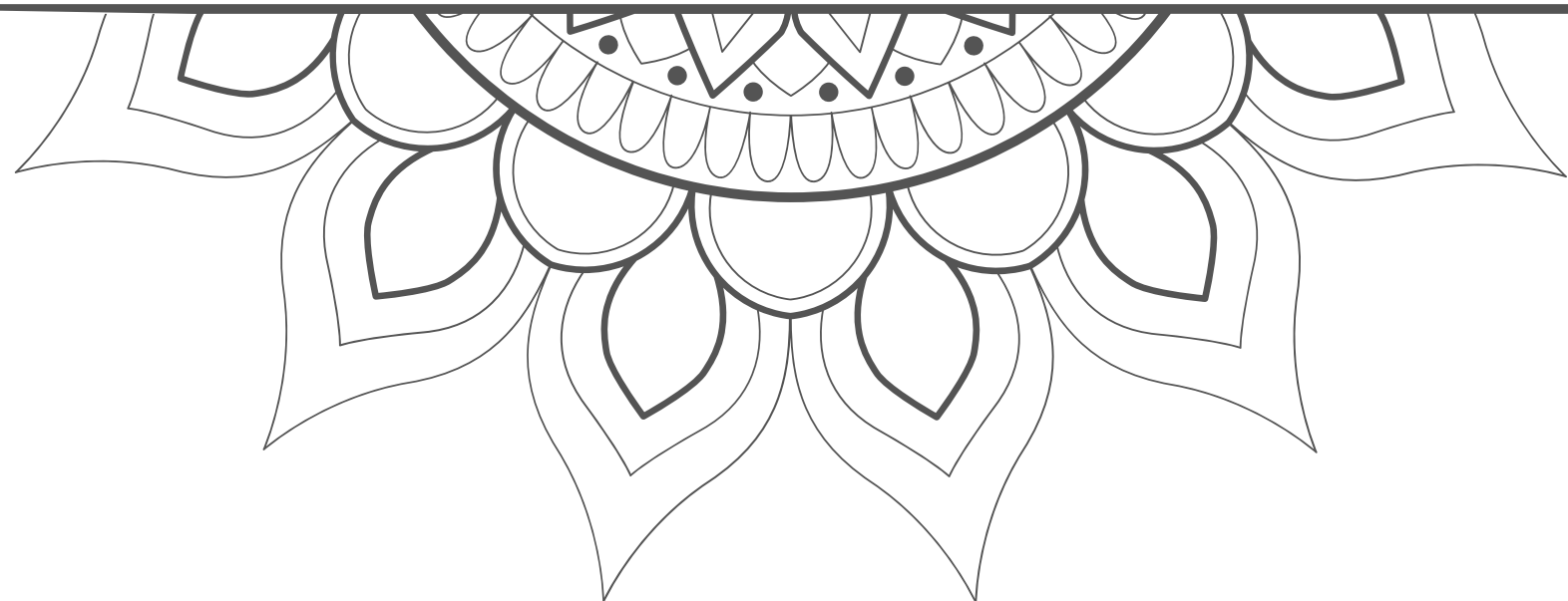
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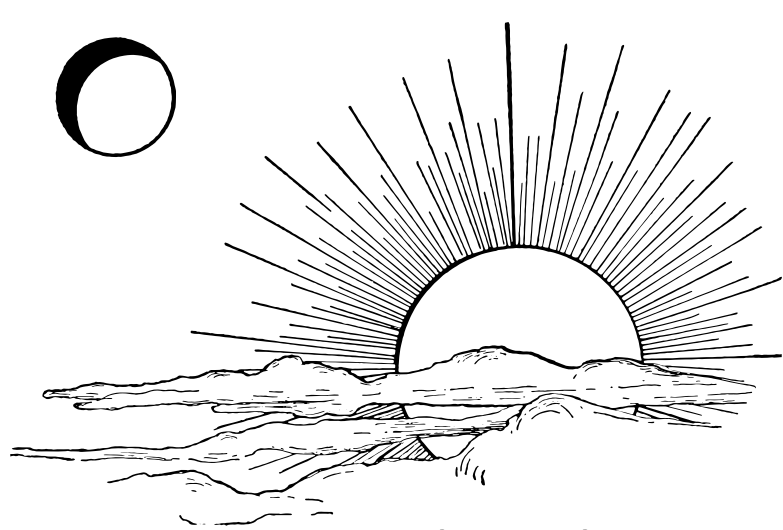
Hold the feeling of gratitude
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**"The true man attaches
his heart to none but God"**

-BAYAZID BASTAMI





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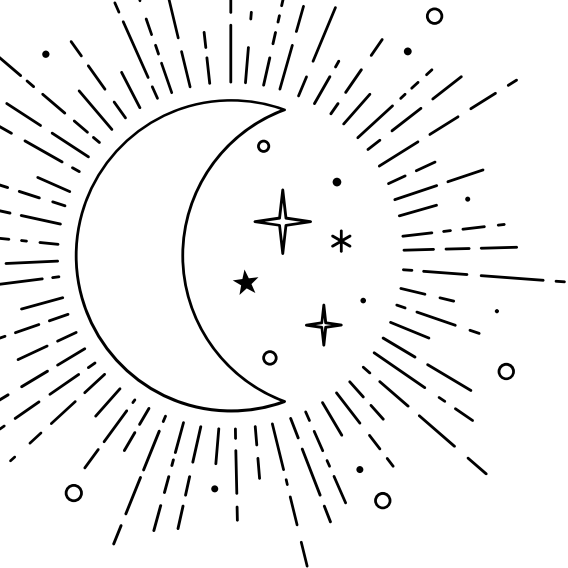
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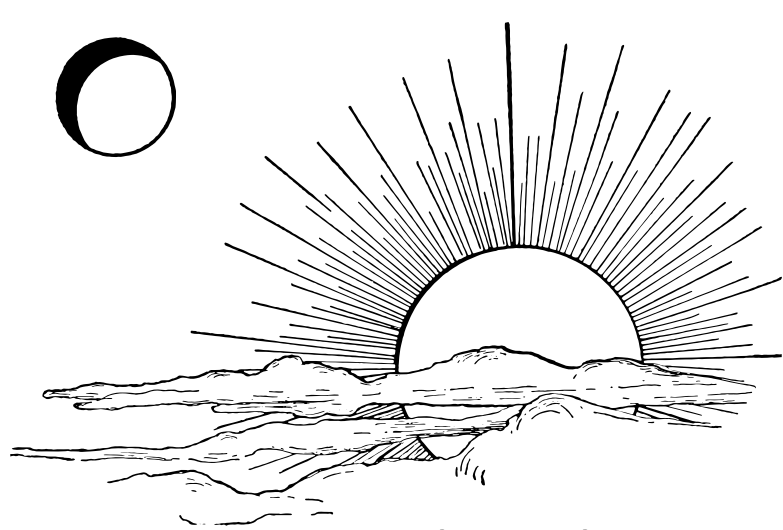
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds

A decorative geometric pattern in the top-left corner, consisting of interlocking lines forming star-like shapes. Two thick, light-gray curved lines sweep from the top-left towards the bottom-right, framing the text.

**"Kindle the candle
of intellect in your
heart and hasten
with it to the world
of brightness"**

-NASIR KHUSRAW



This morning I am grateful for

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Hold the feeling of gratitude for a minimum of 60 seconds

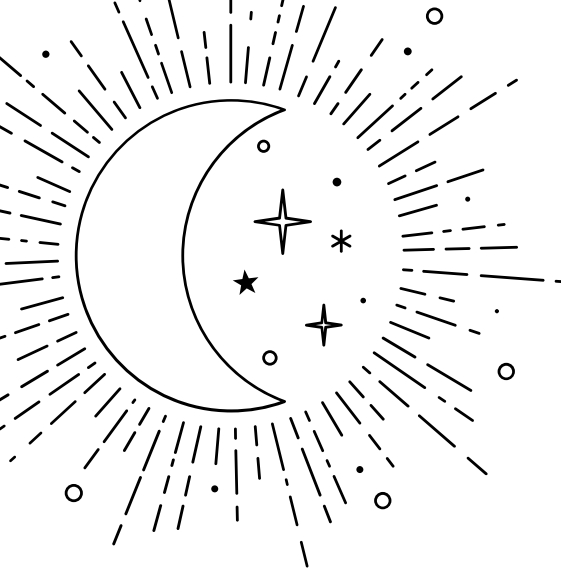
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Tonight

I am grateful for

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for a minimum of 60 seconds

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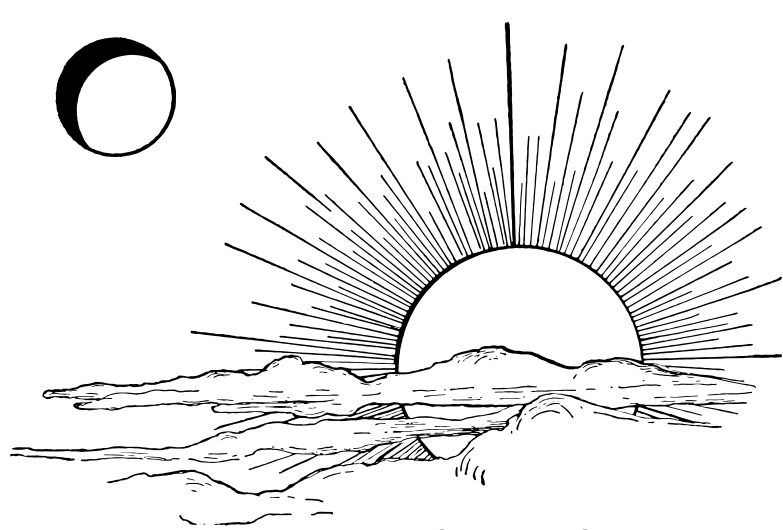
Hold the feeling of gratitude
for a minimum of 60 seconds

Hold the feeling of gratitude
for a minimum of 60 seconds



**"Ever since
happiness heard
Your name, it has
been running
through the
streets trying to
find You.."**

HAFIZ



This morning I am grateful for

.....

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Hold the feeling of gratitude for a minimum of 60 seconds

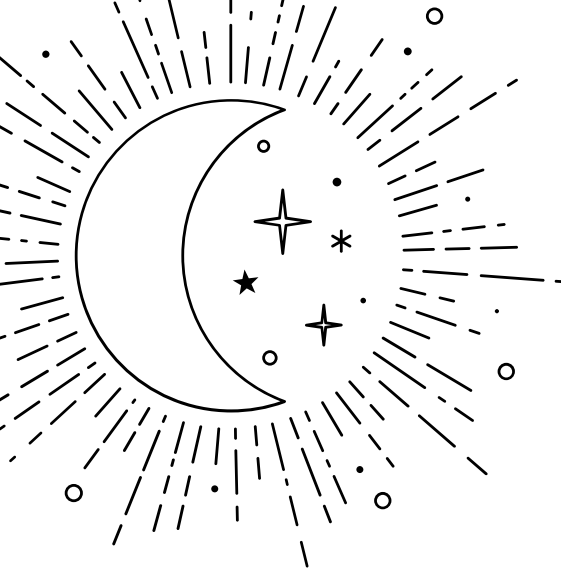
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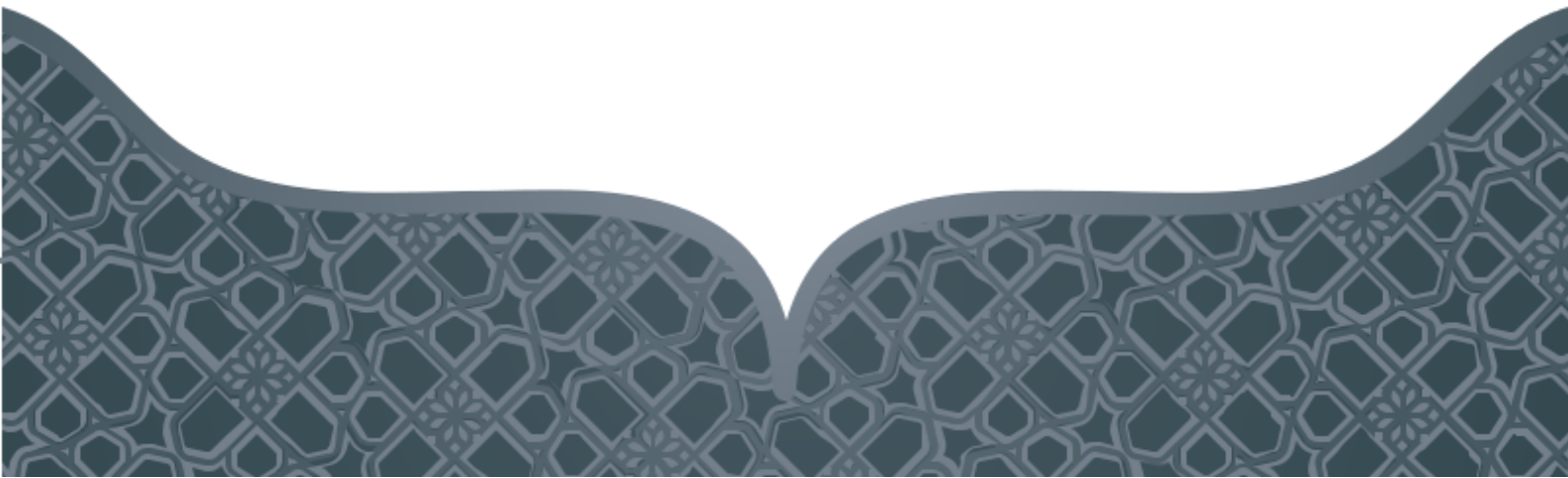
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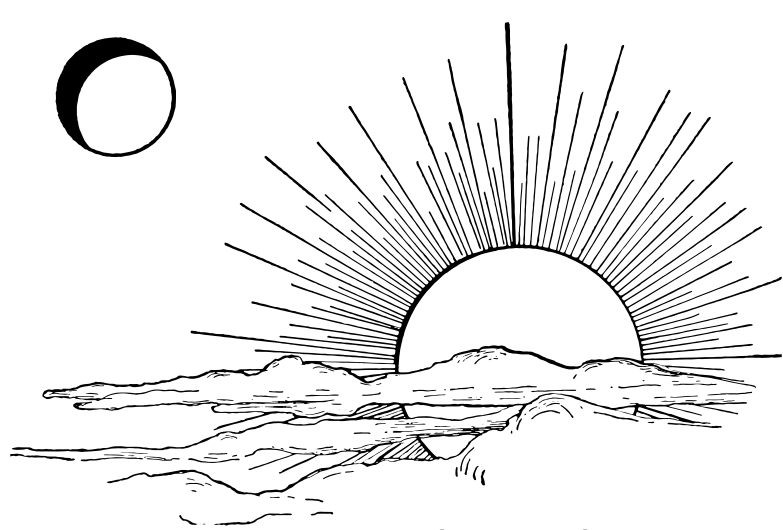
Hold the feeling of gratitude
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**"Have patience. All
things are difficult
before they
become easy."**

- SAADI





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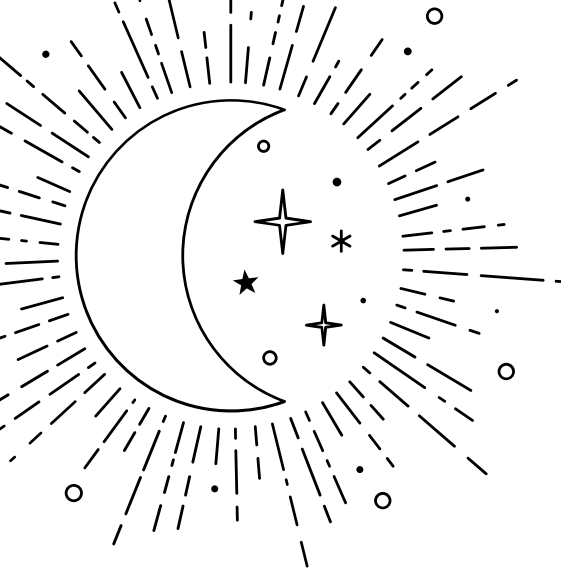
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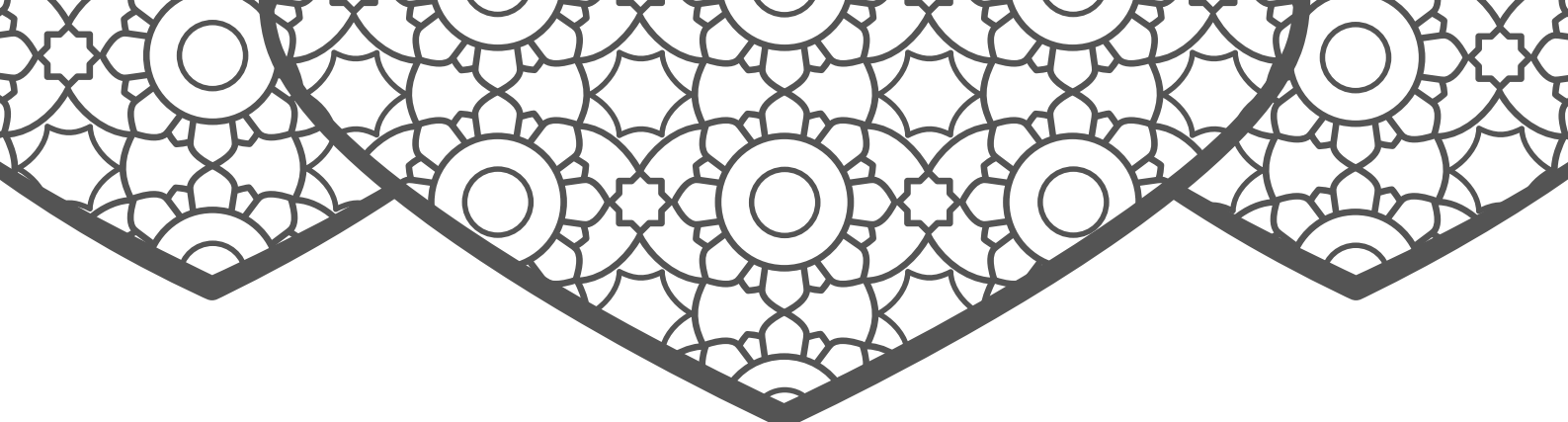
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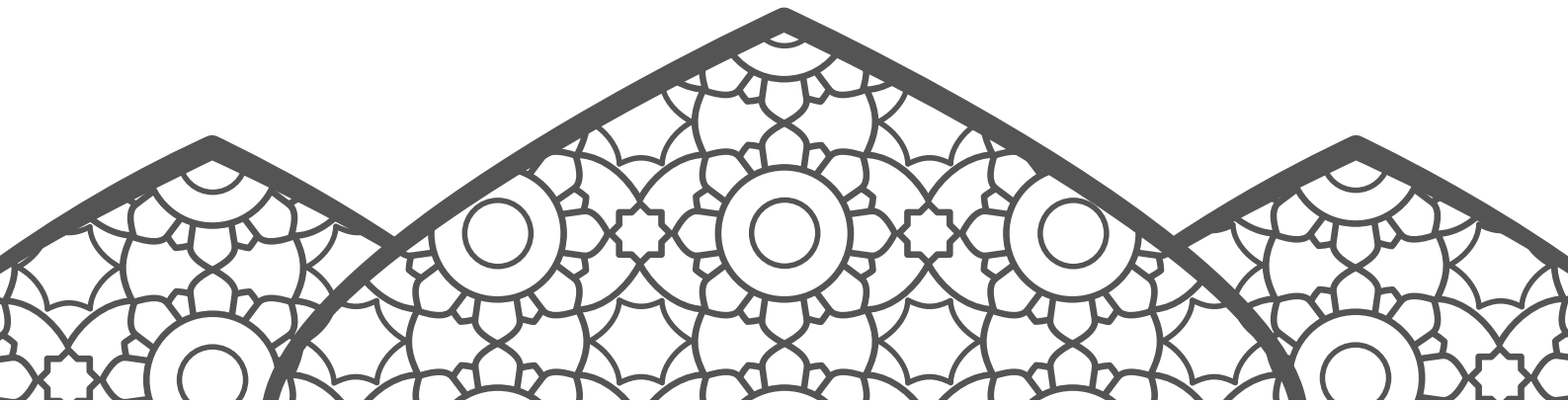
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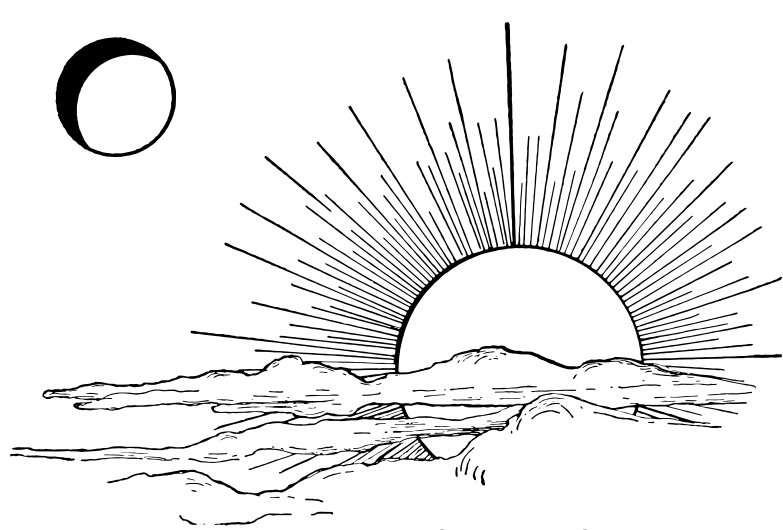
Hold the feeling of gratitude
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**"What you seek is
seeking you. The
true reality is right
in front of you,
though hidden. You
need only to turn
on the light of
awareness, banish
the illusions, and
find peace in
wisdom."**

- SHAMS TABRIZI





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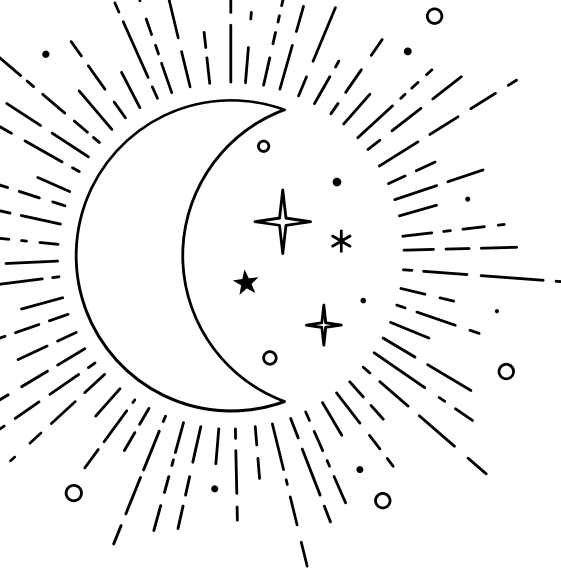
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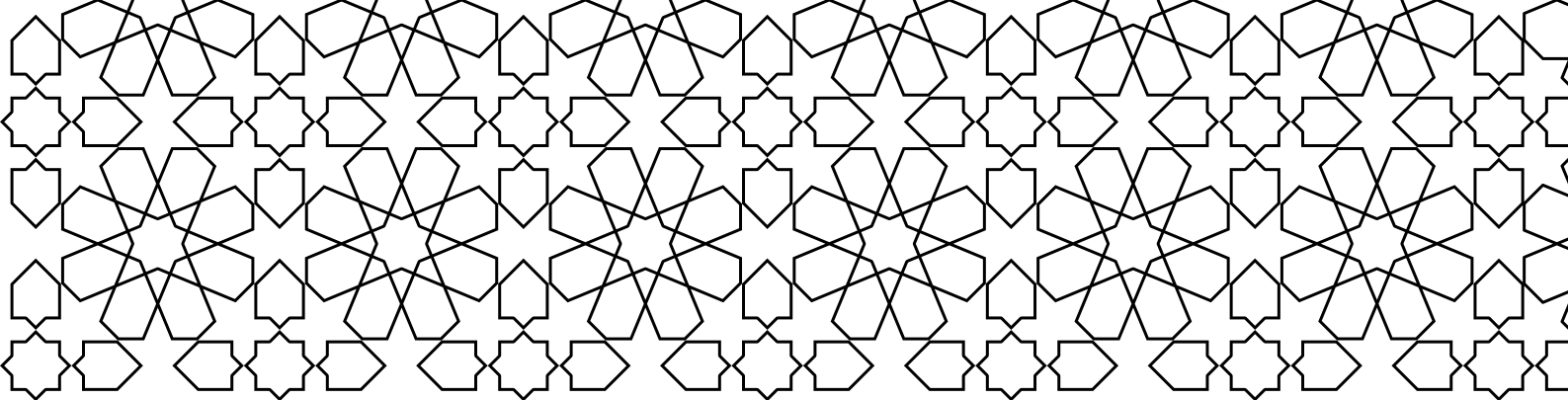
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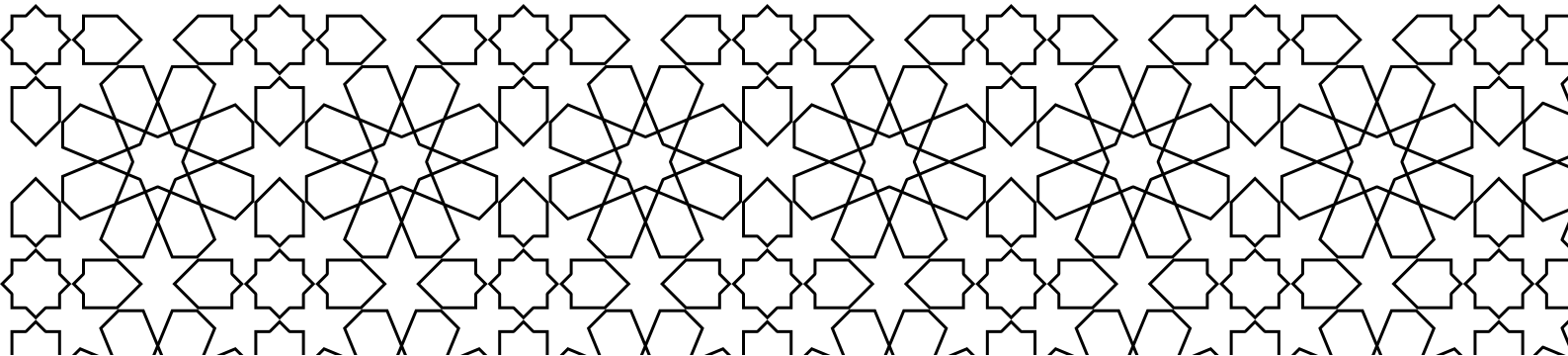
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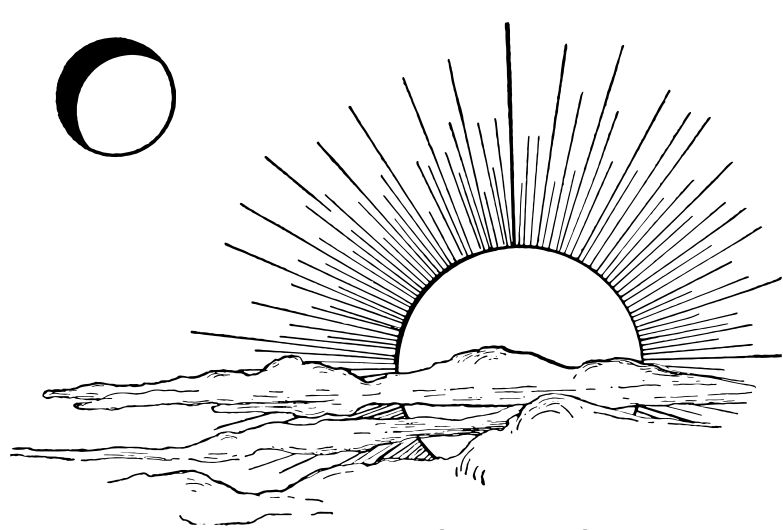
Hold the feeling of gratitude
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**"God is in the water of
the lake; he is also in the
cracked bed of the lake
when the lake has dried
up. God is in the
abundant harvest; he is
also in the famine that
occurs when the harvest
fails. God is in the
lightning; he is also in
the darkness when the
lightning has faded."**

MANSUR AL HALLAJ





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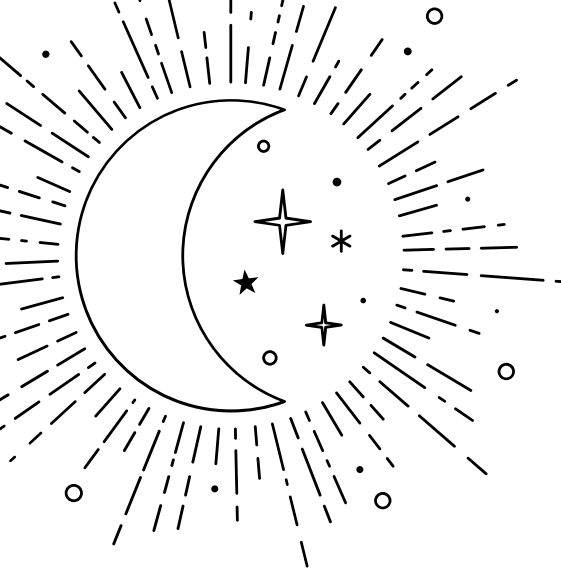
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Tonight

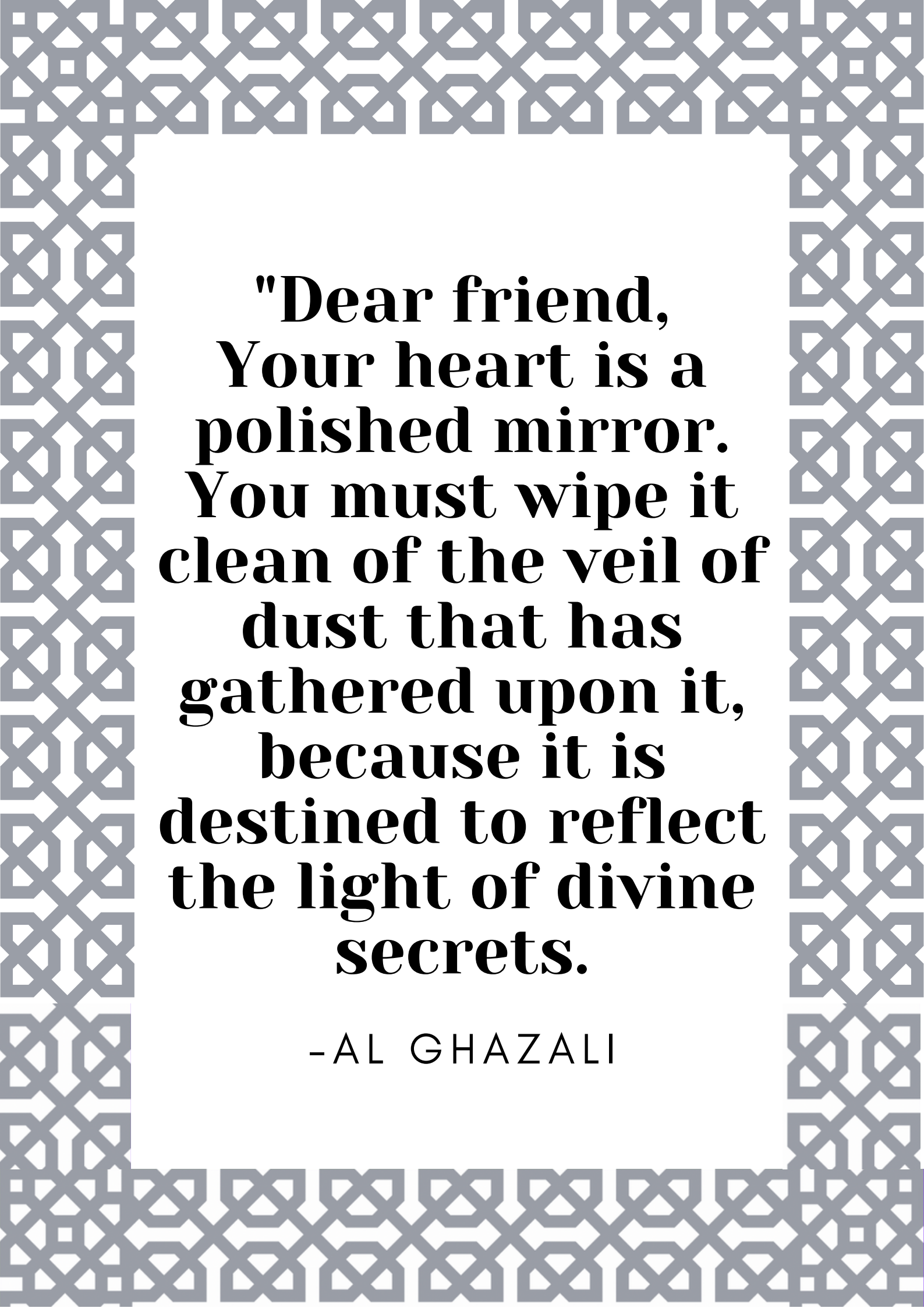
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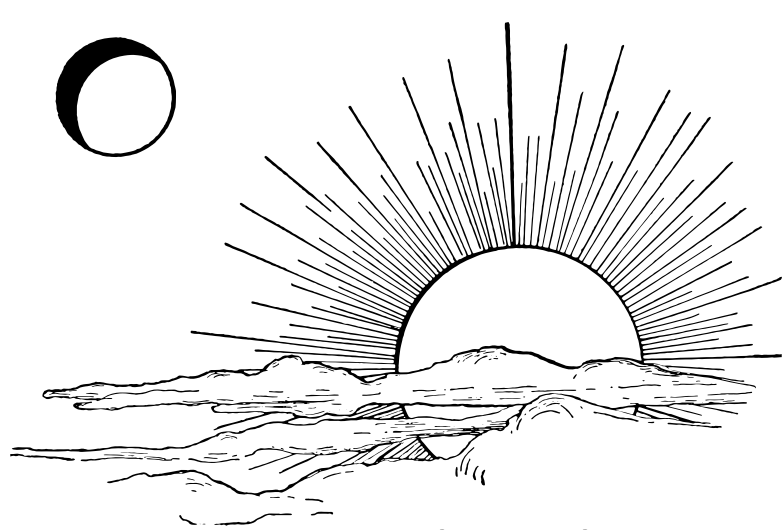
Hold the feeling of gratitude
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**"Dear friend,
Your heart is a
polished mirror.
You must wipe it
clean of the veil of
dust that has
gathered upon it,
because it is
destined to reflect
the light of divine
secrets.**

-AL GHAZALI



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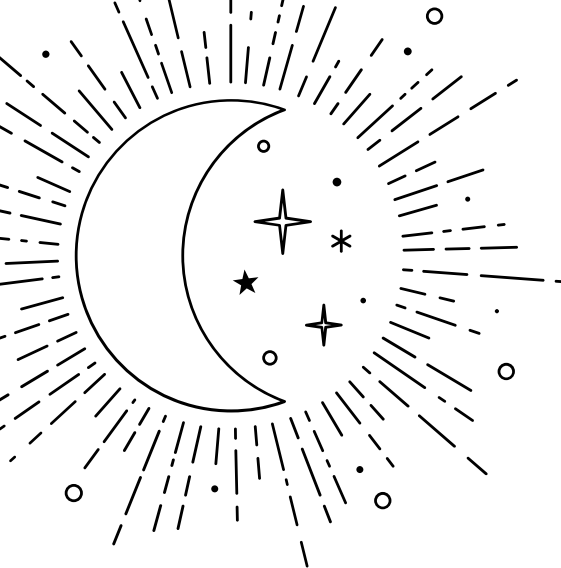
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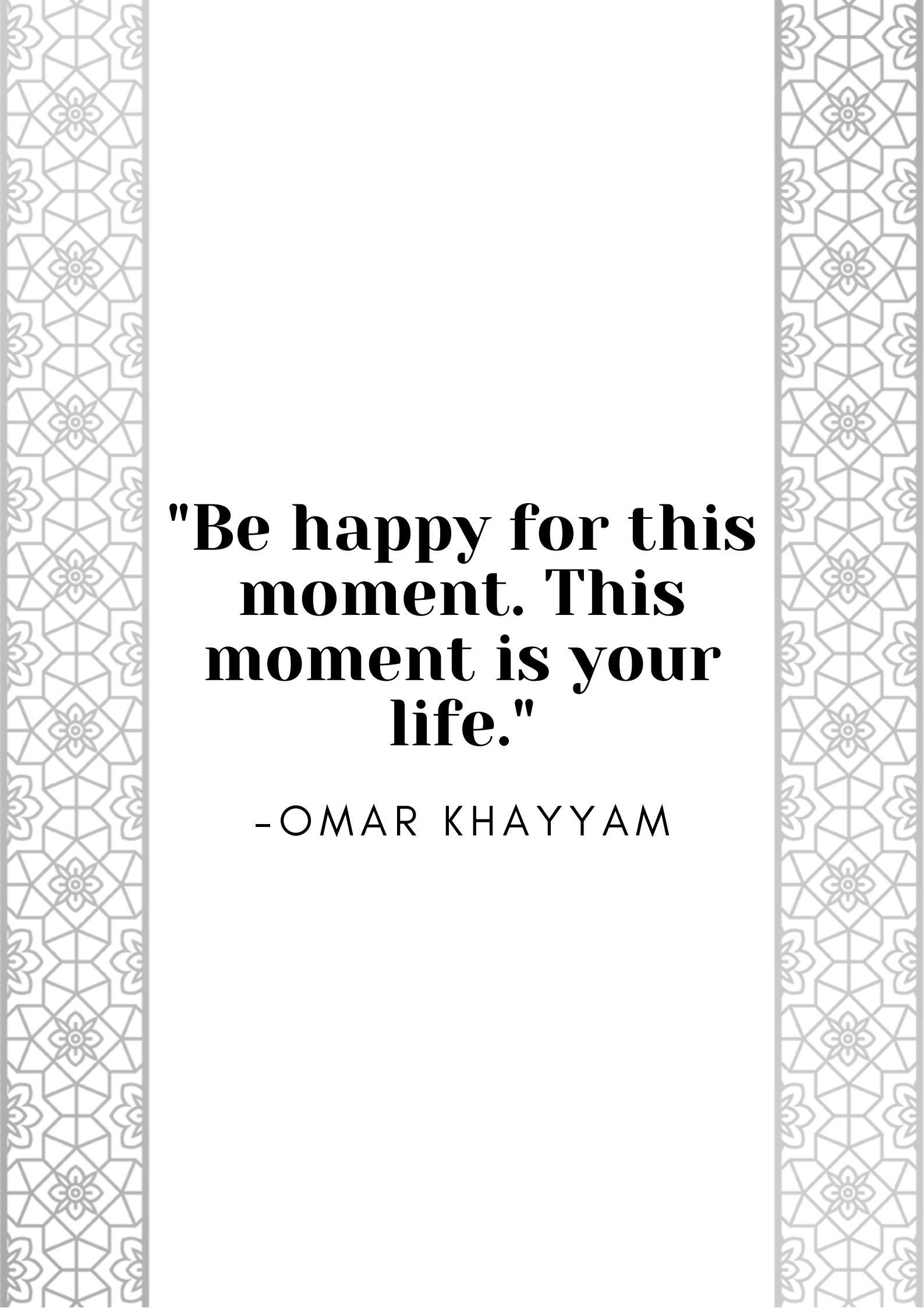
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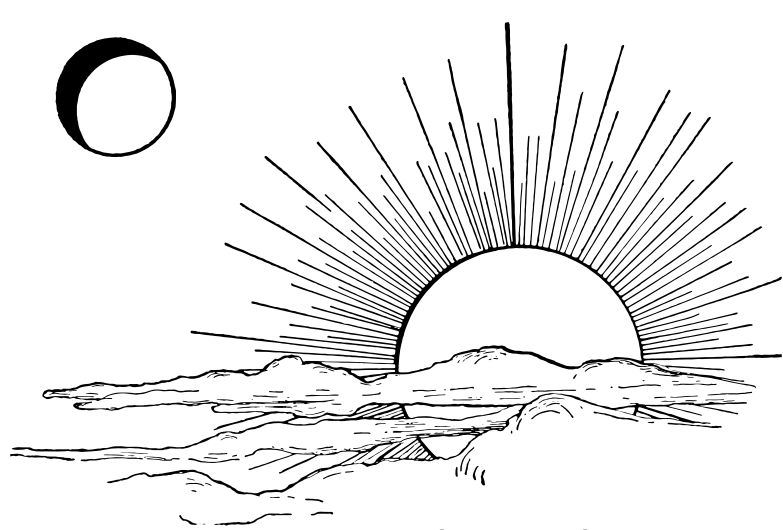
Hold the feeling of gratitude
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**"Be happy for this
moment. This
moment is your
life."**

-OMAR KHAYYAM



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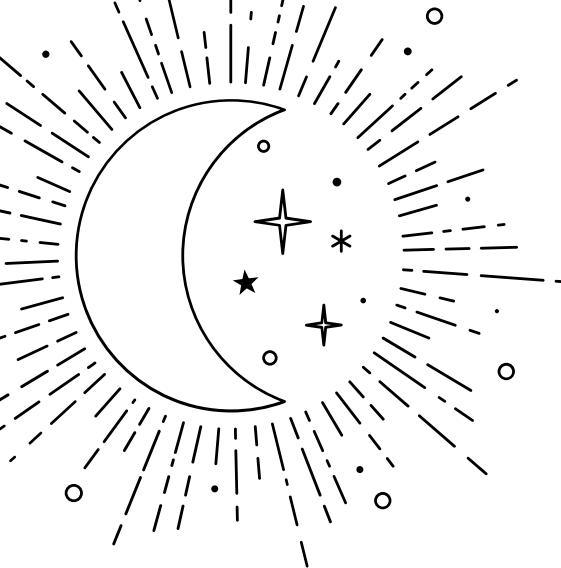
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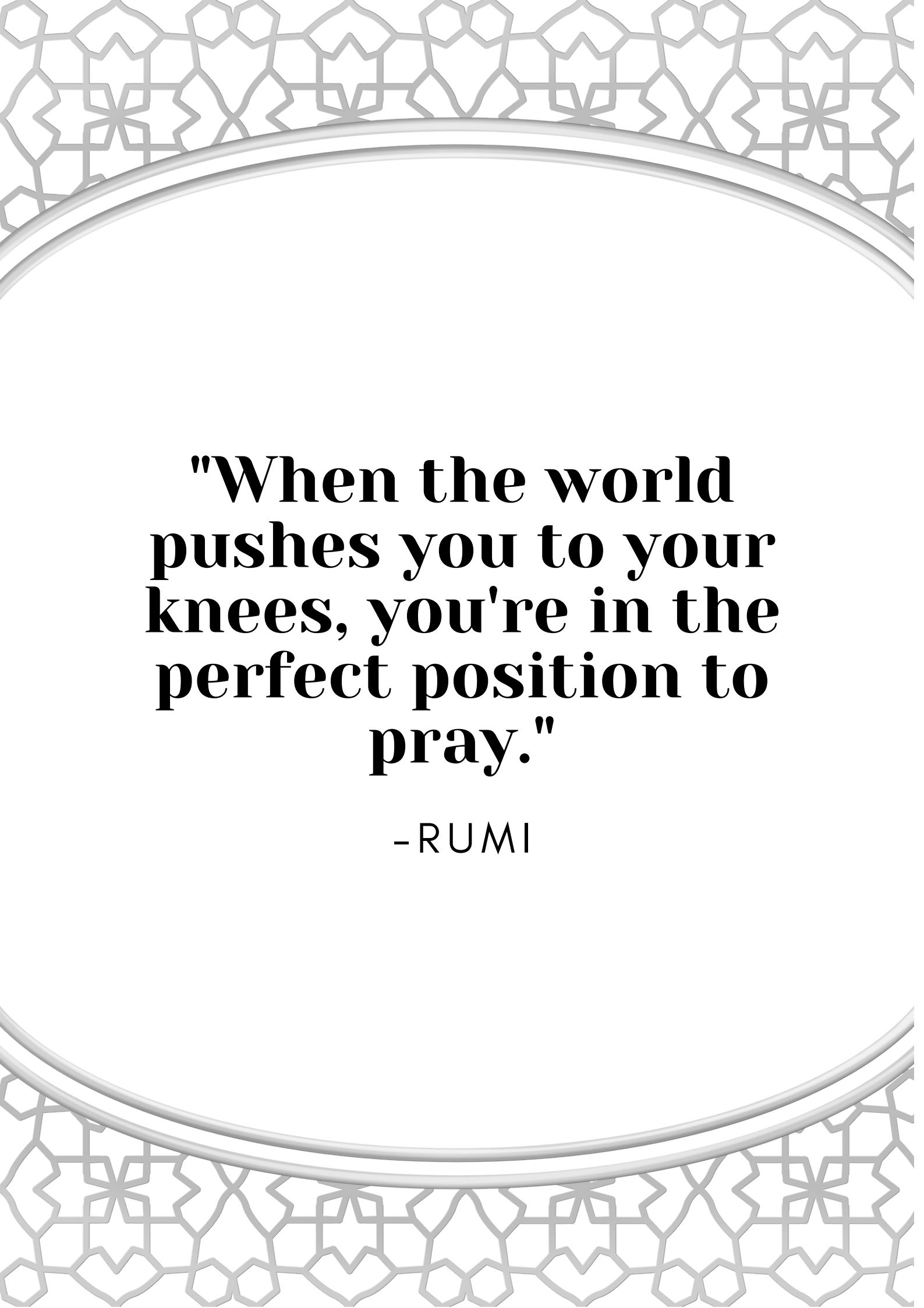
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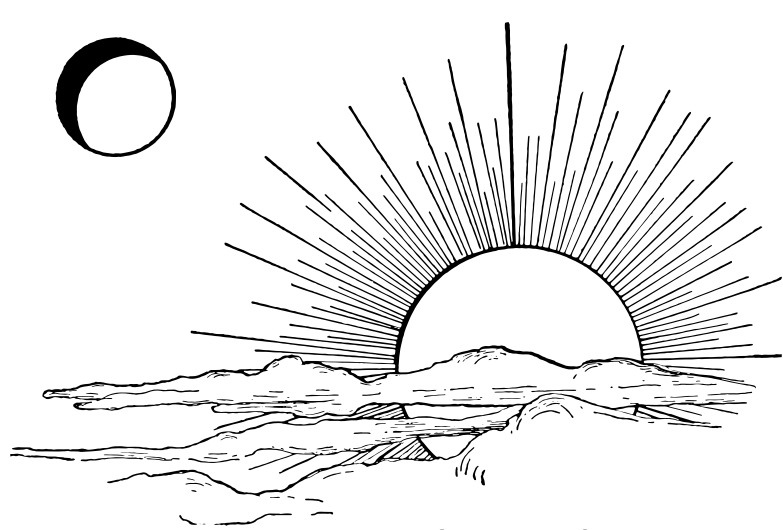
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**"When the world
pushes you to your
knees, you're in the
perfect position to
pray."**

-RUMI



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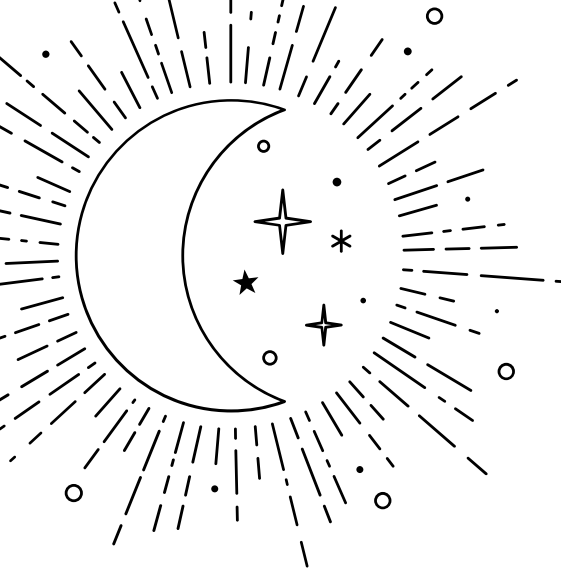
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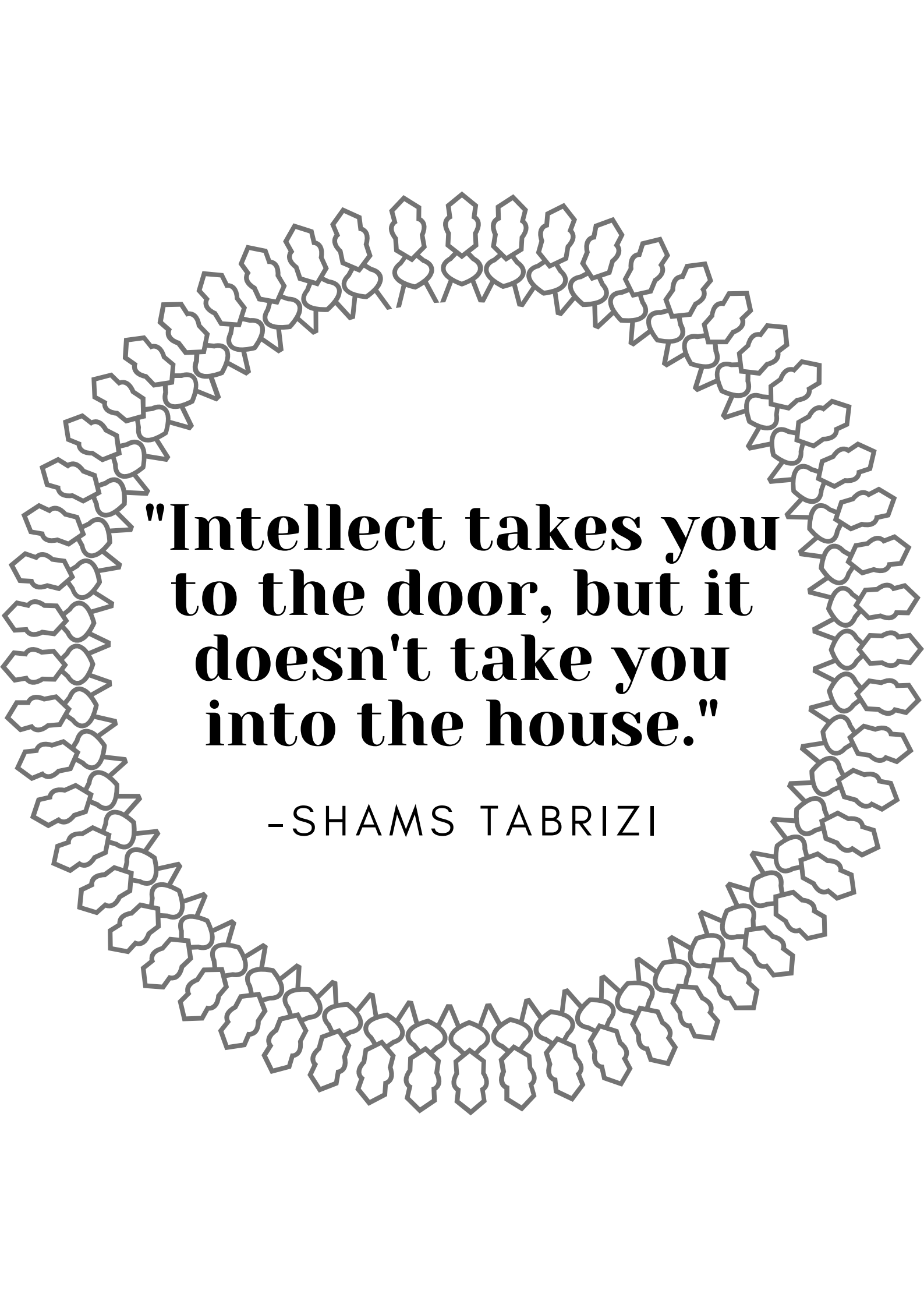
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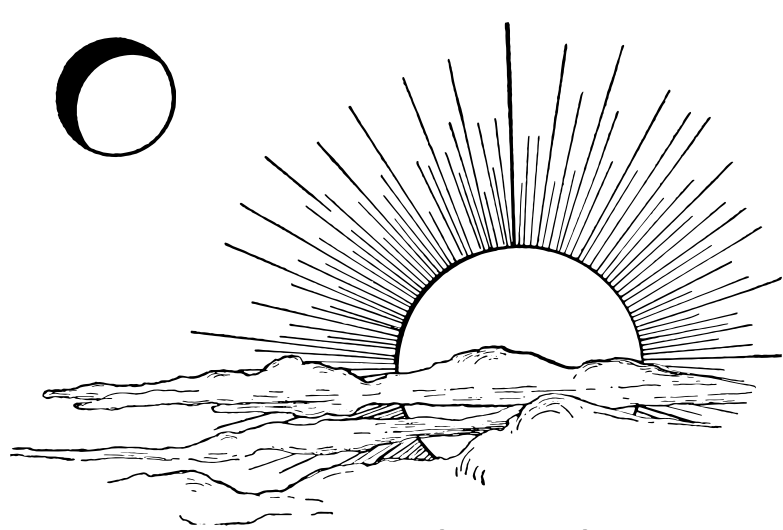
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**"Intellect takes you
to the door, but it
doesn't take you
into the house."**

-SHAMS TABRIZI



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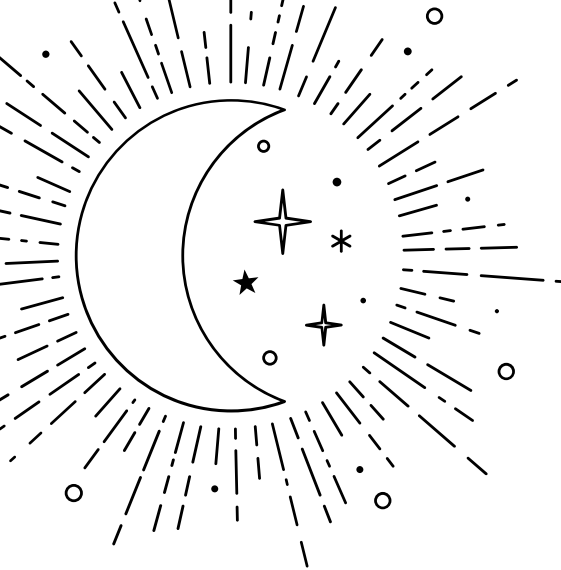
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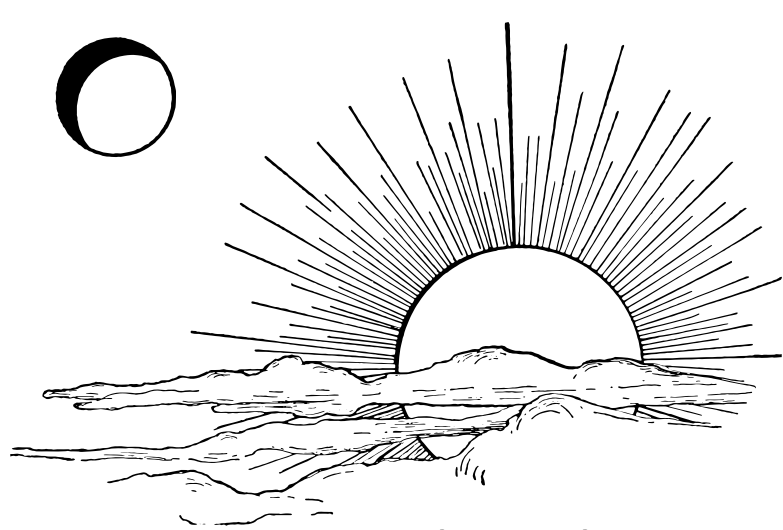
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**"The rose and
the thorn, and
sorrow and
gladness are
linked
together."**

- SAADI



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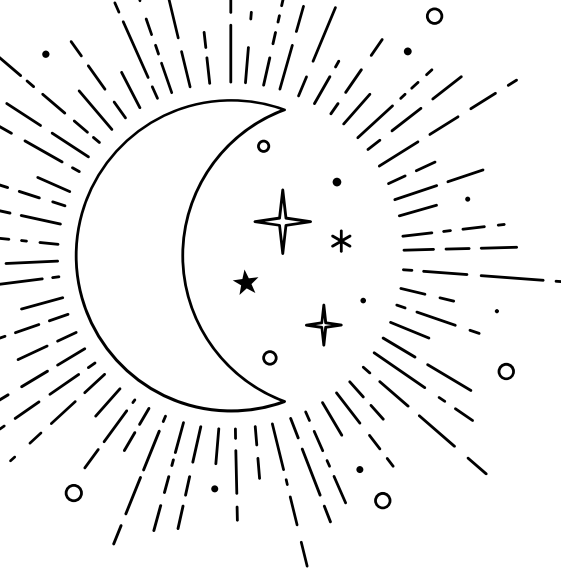
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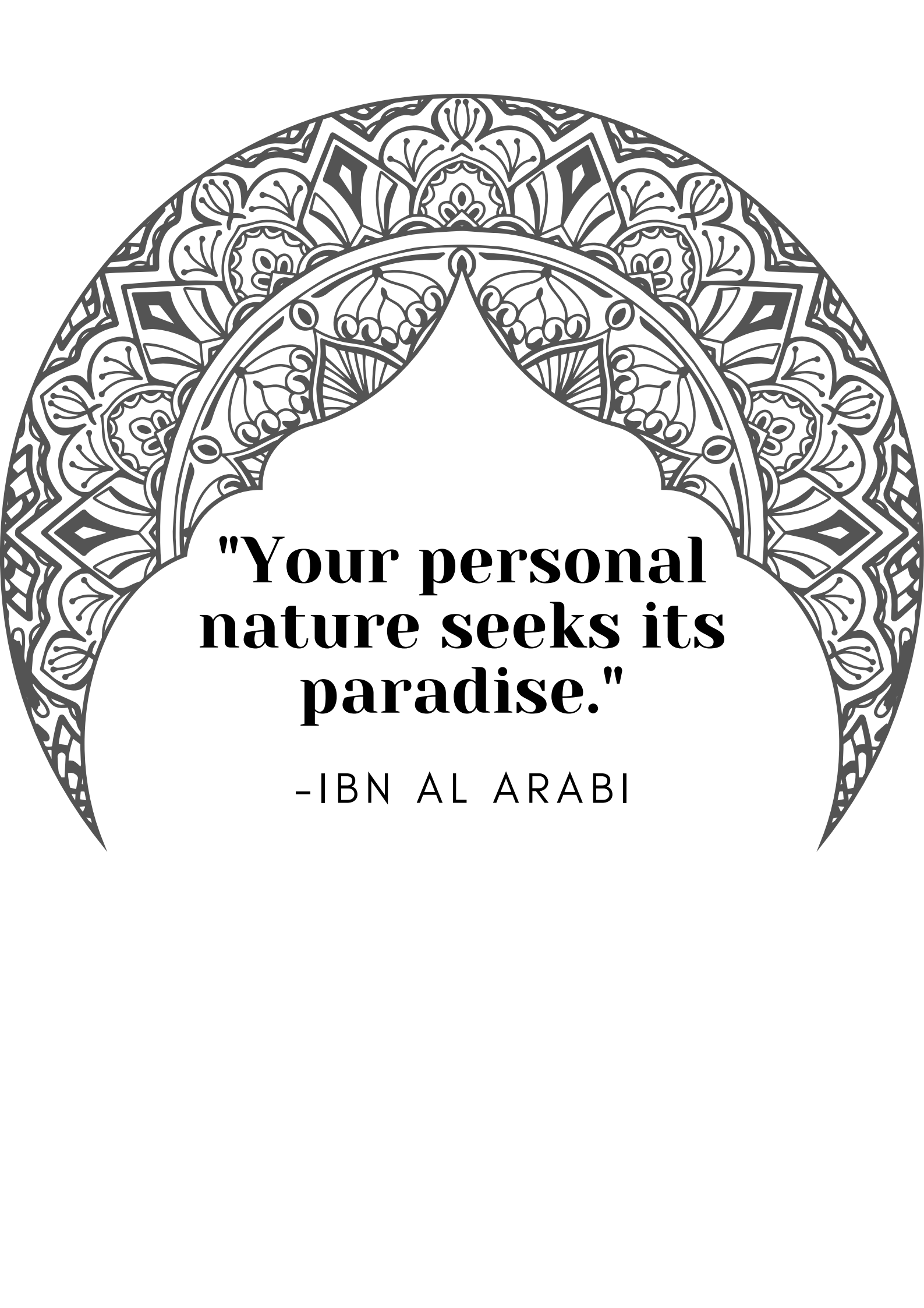
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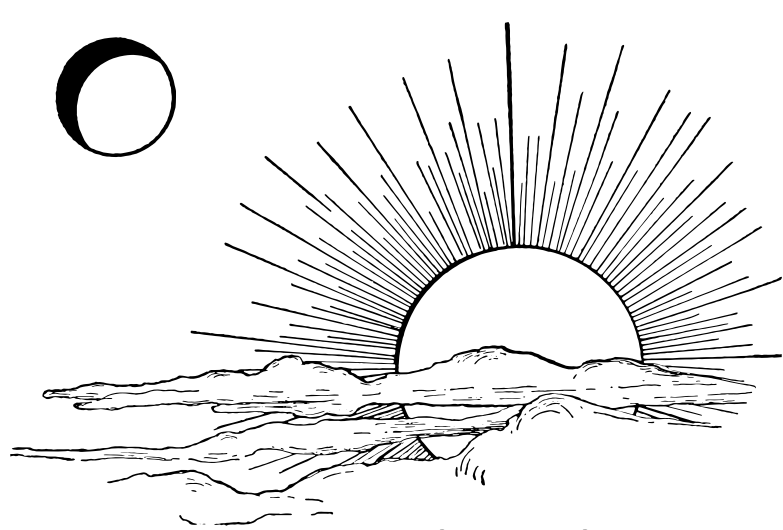
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**"Your personal
nature seeks its
paradise."**

-IBN AL ARABI



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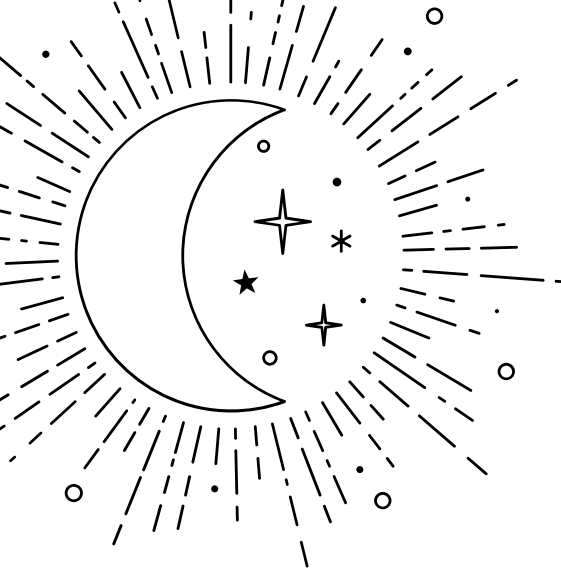
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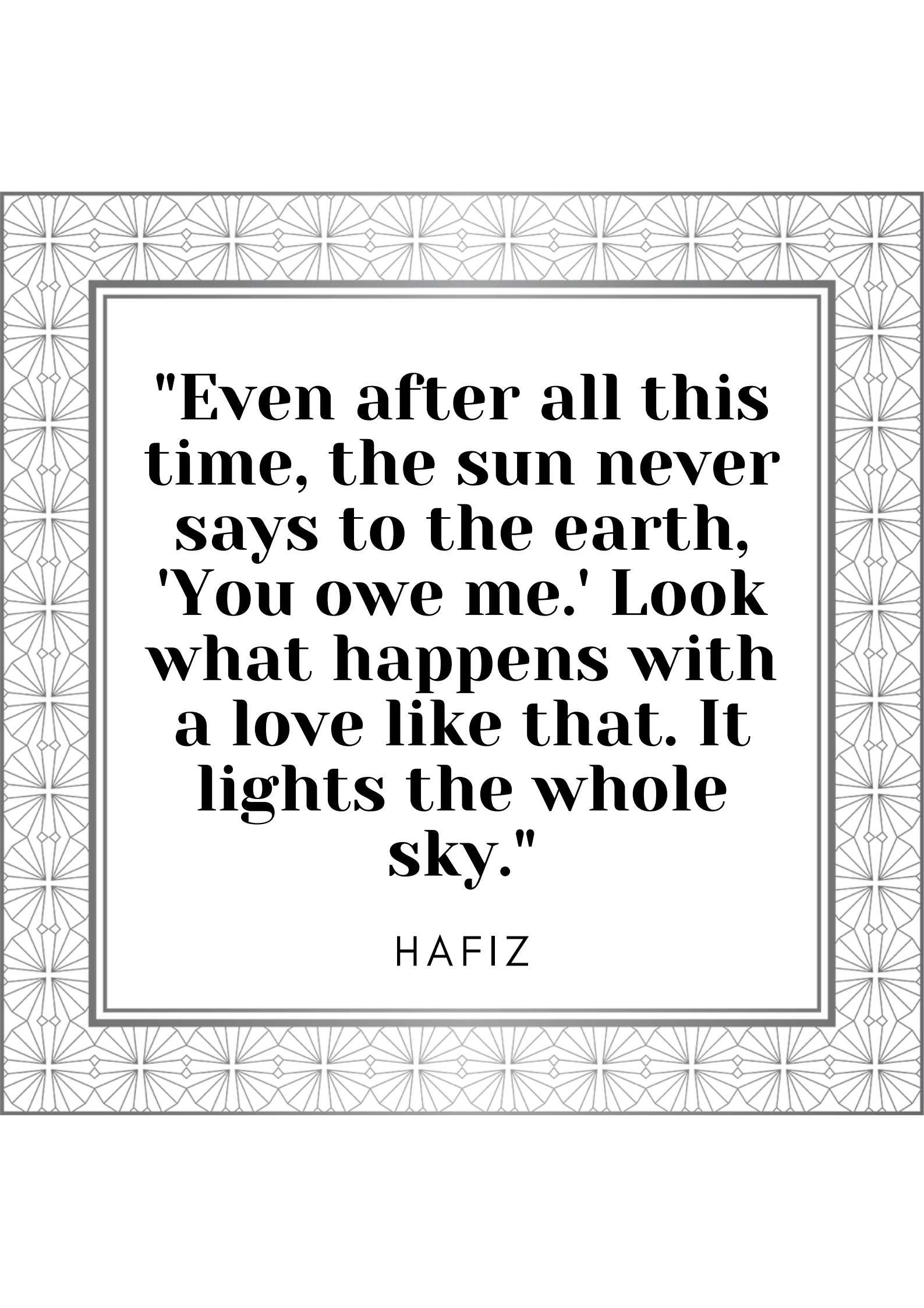
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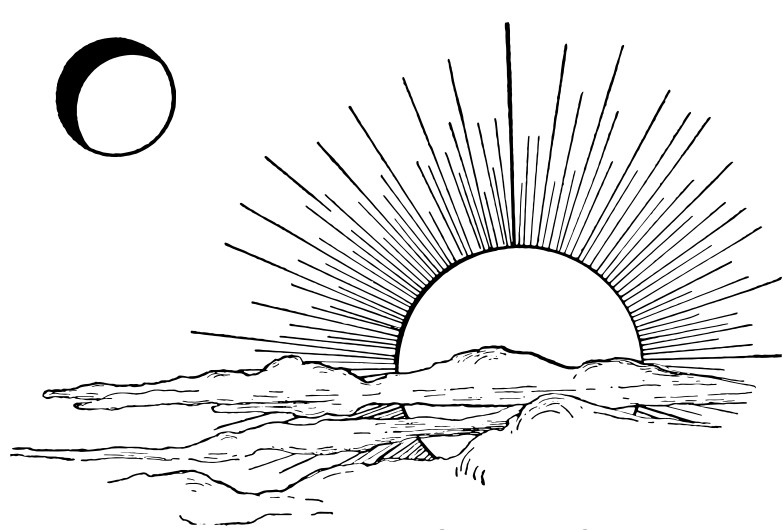
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**"Even after all this
time, the sun never
says to the earth,
'You owe me.' Look
what happens with
a love like that. It
lights the whole
sky."**

HAFIZ



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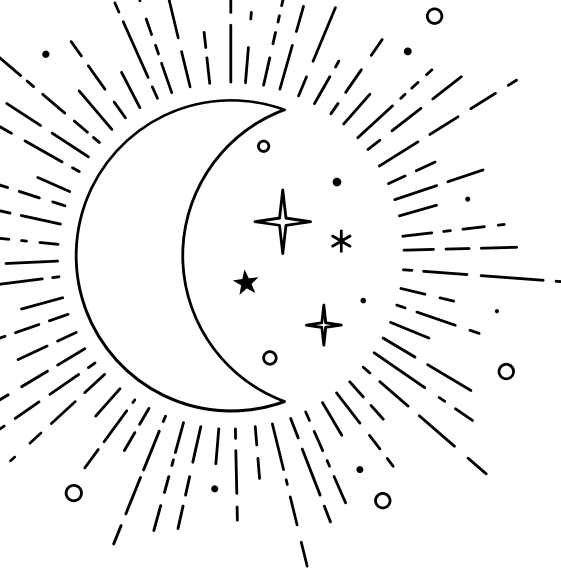
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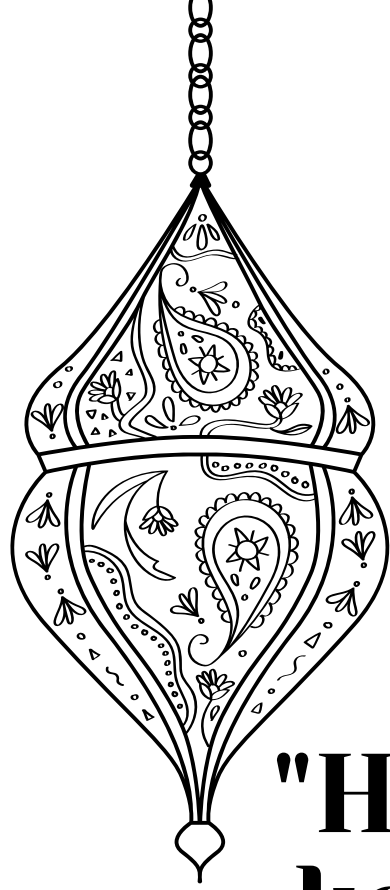
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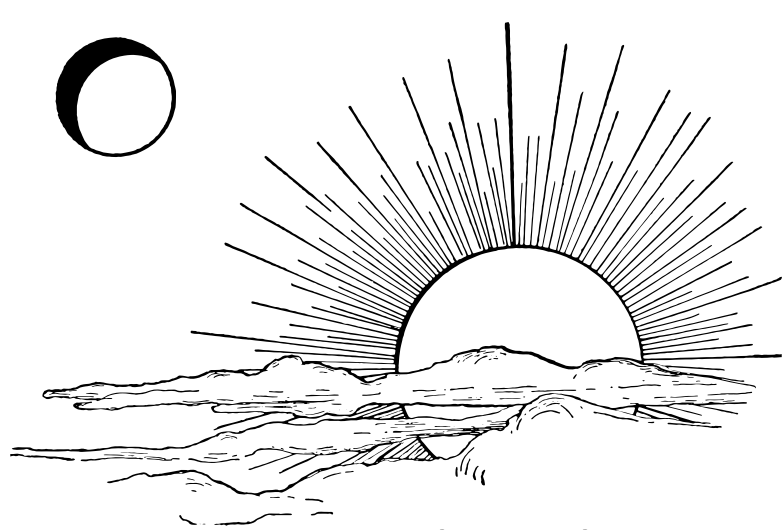
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**"How long will you
keep pounding on
an open door
Begging for
someone to open
it?"**

-RABIA BASRI



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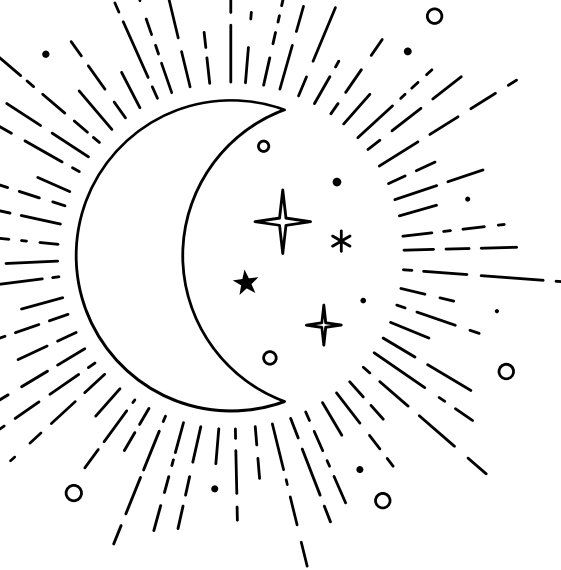
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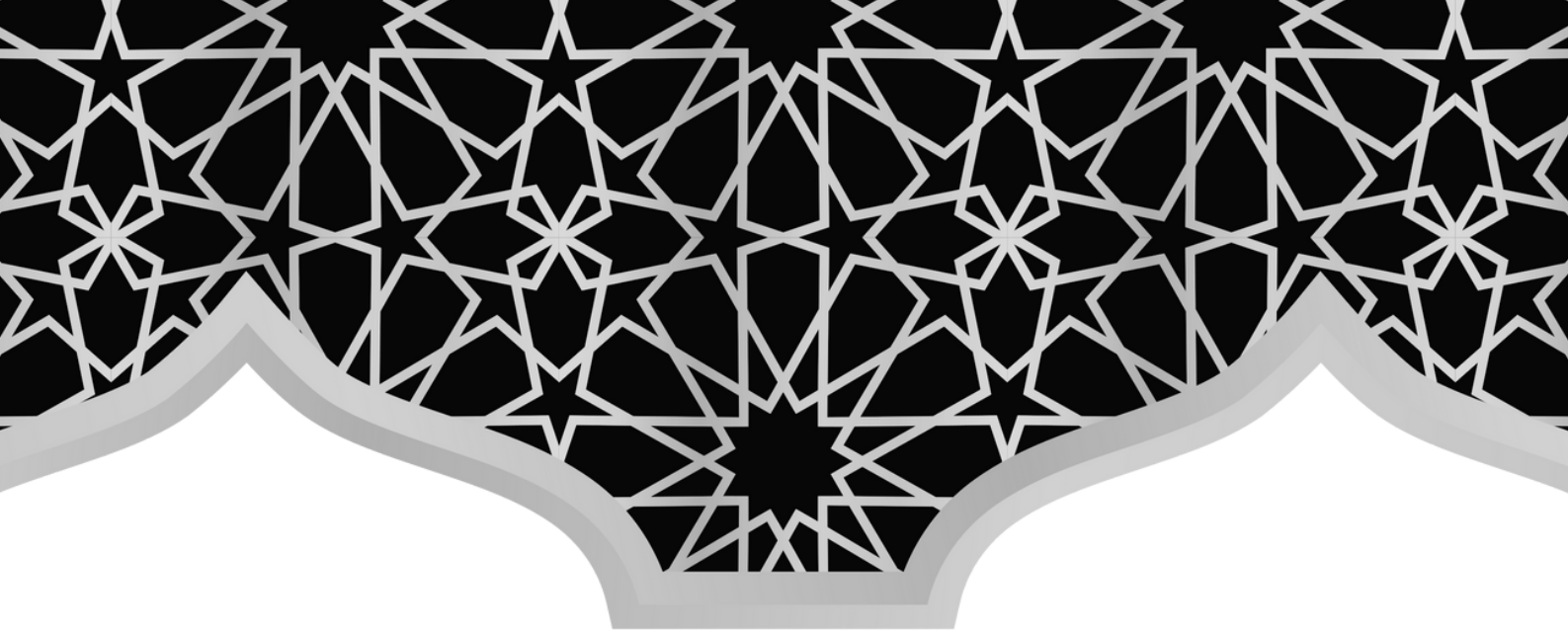
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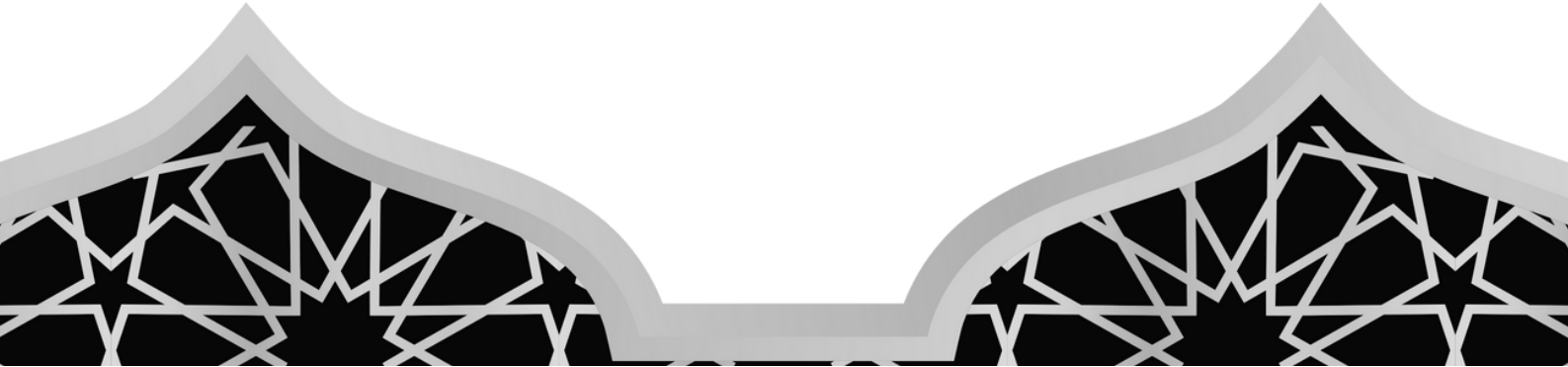
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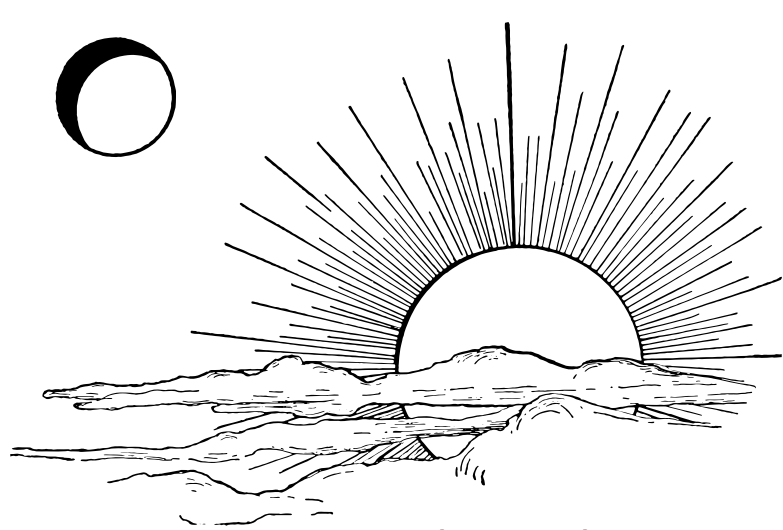
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**"Oh, Lord, nourish
me not with love,
but with the desire
for Love."**

-IBN AL ARABI





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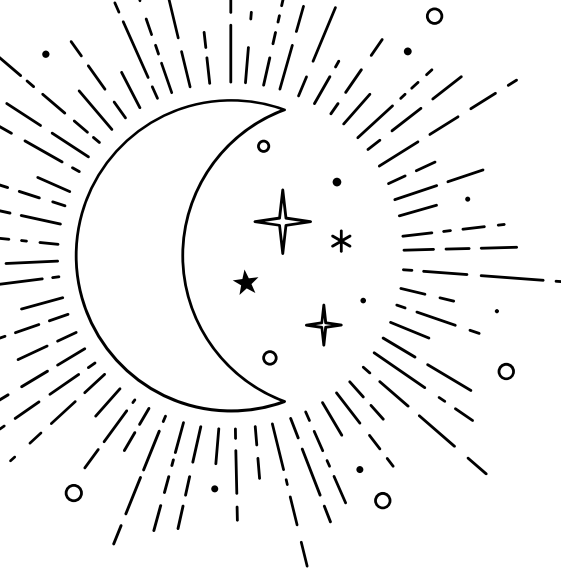
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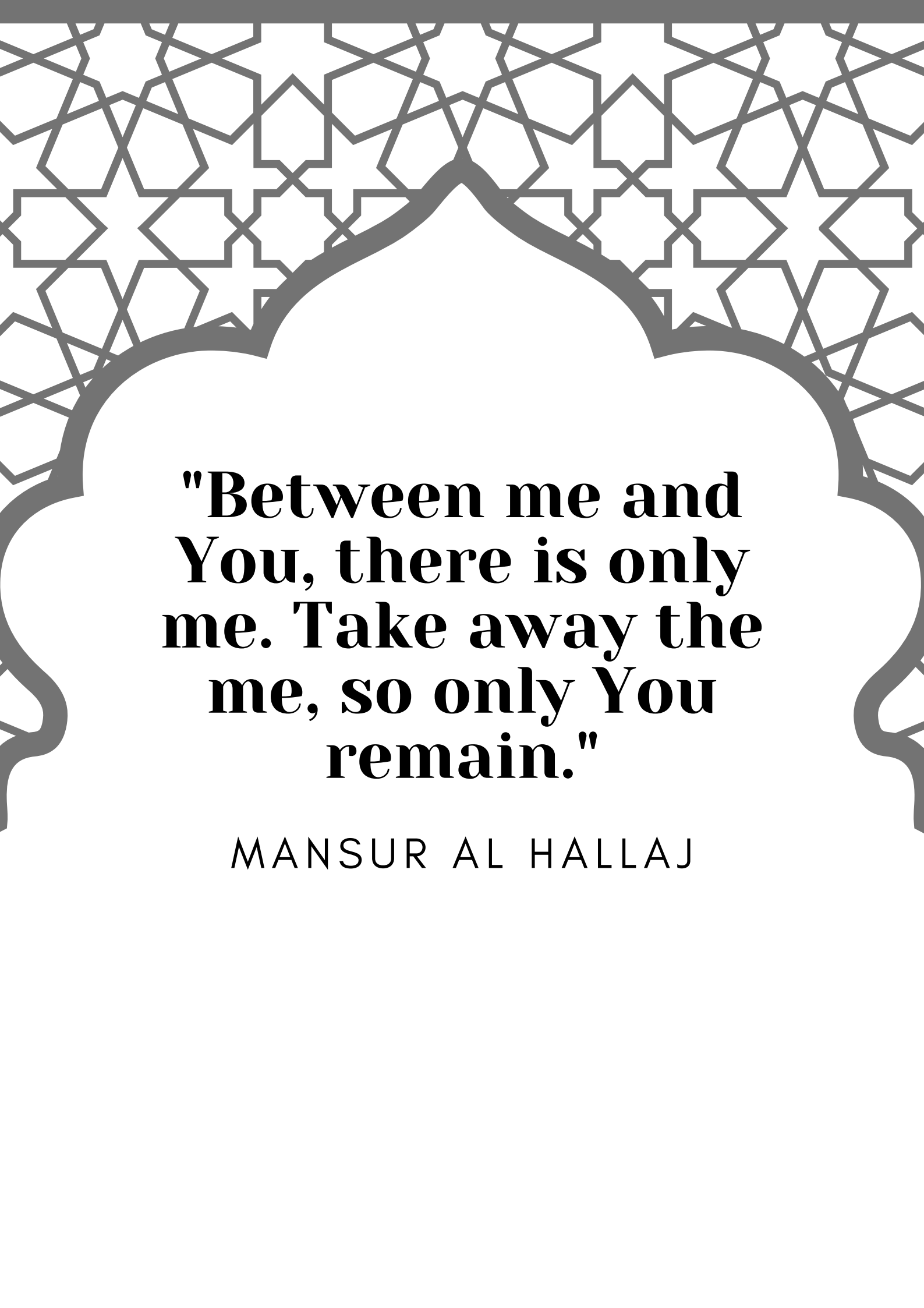
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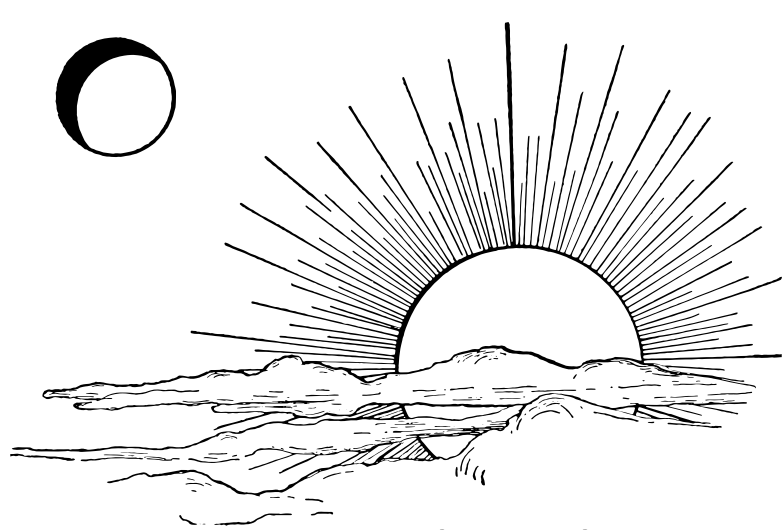
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**"Between me and
You, there is only
me. Take away the
me, so only You
remain."**

MANSUR AL HALLAJ



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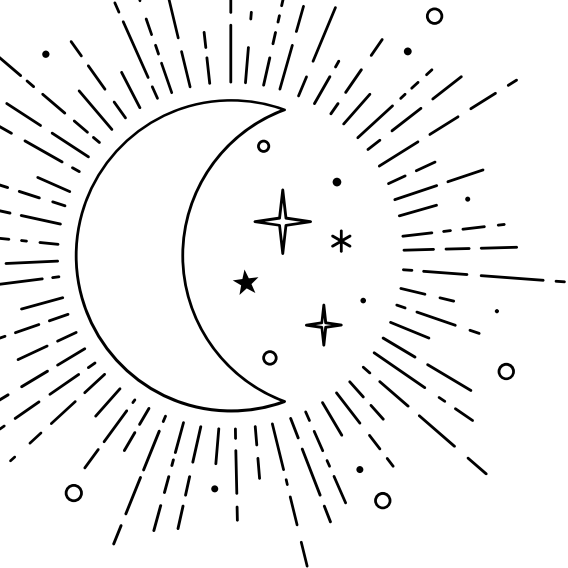
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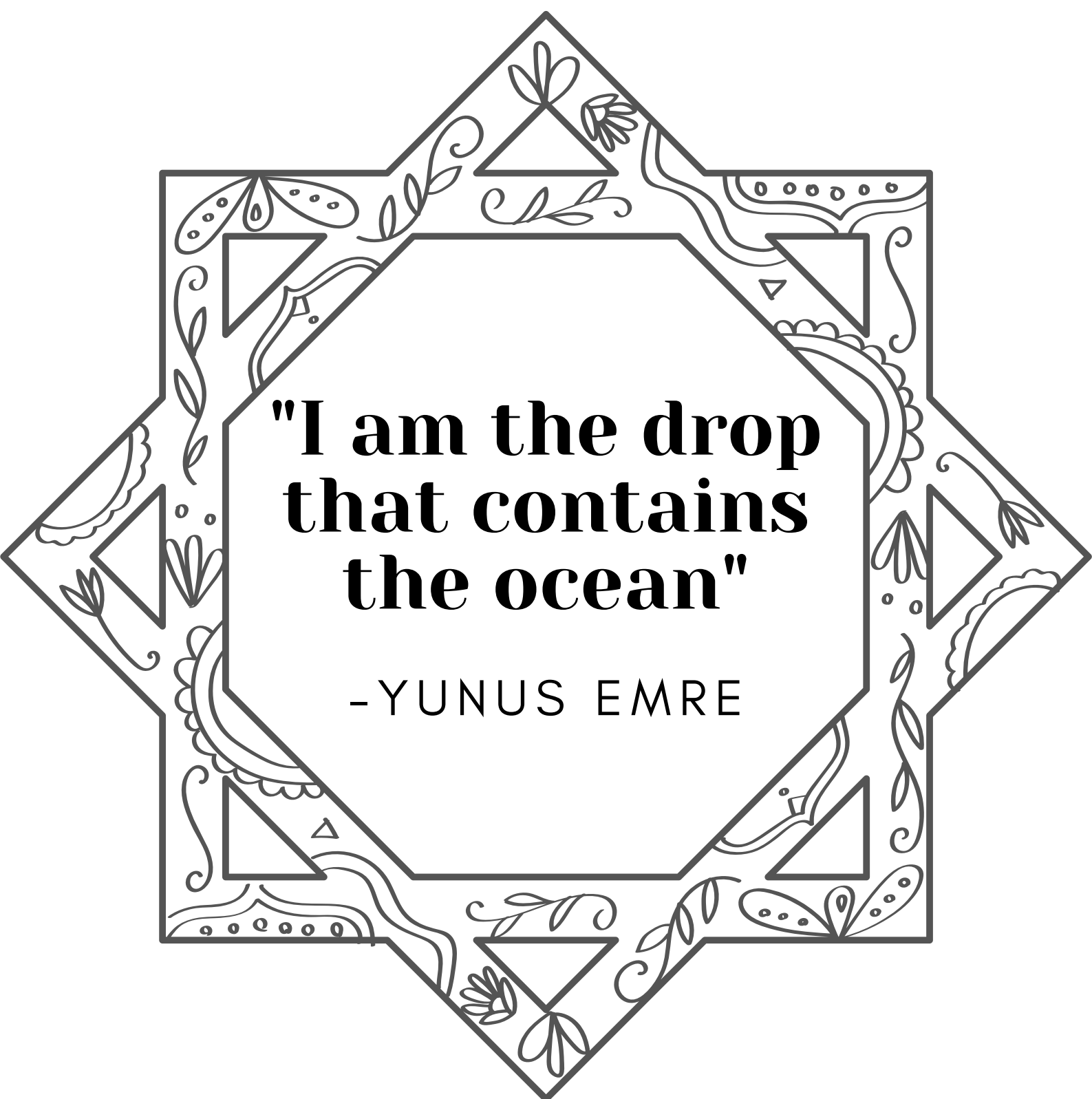
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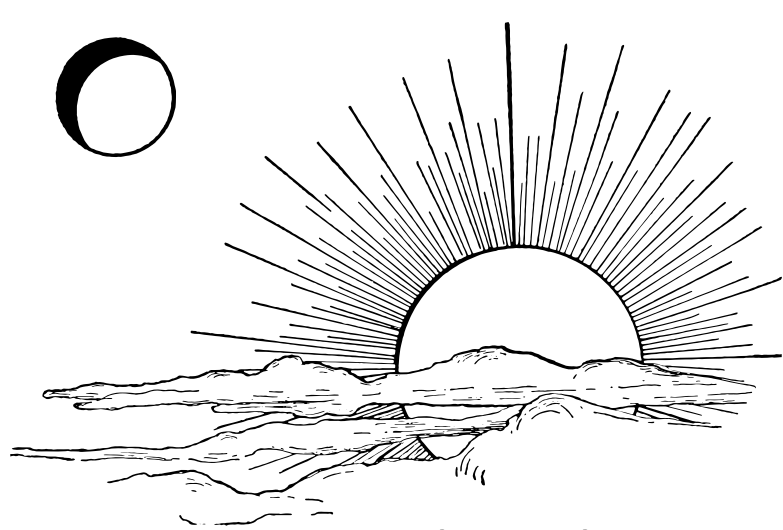
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**"I am the drop
that contains
the ocean"**

-YUNUS EMRE



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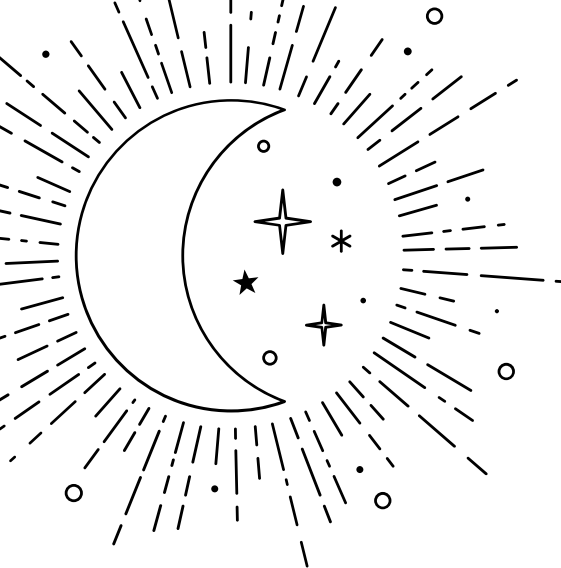
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