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sai-sankalpam

A Temple Gateway to Health, Happiness & Prosperity.



## "Calm The Mind – Heal The Heart 7-Day Reset For Overthinking & Relationship Healing"

### **Calm the Mind – Heal the Heart**

7-Day Reset for Overthinking & Relationship Healing

A gentle inner reset to release emotional overload, mental noise and relationship pain.

Guided by

**Dr. Ravindranath G**

Pediatrician | Mind Trainer | Founder – SaiSankalpam

Ask Swamy

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Ask Swamy



## **Why this 7-Day Reset?**

Most emotional suffering today does not come from life events — it comes from repeated thinking about the same pain, same fear, same memories and same expectations.

Overthinking slowly weakens your emotional balance, decision making, relationships and inner peace.

This simple 7-day practice is designed to help you:

- Reduce mental over-activity
- Understand emotional triggers
- Heal reactive patterns in relationships
- Develop calm response instead of emotional reaction

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Guided by Dr. Ravindranath G – SaiSankalpam



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## **Day 1 – Awareness of the Thinking Loop**

Today your only practice is to observe.

Whenever your mind starts repeating the same thought again and again, simply notice:

- What triggered this thought?
- Is it happening right now or only in my mind?
- Does this thinking help me or exhaust me?

Do not try to stop the thought. Just observe it calmly like a witness.

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Reflection: What situations triggered most thoughts today?



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## **Day 2 – Understanding Emotional Triggers**

Every emotional reaction has a hidden trigger.

Today notice:

- Which words hurt you quickly?
- Which behaviour of others disturbs you deeply?
- Which situations make you anxious or angry?

Triggers are not your weakness. They are indicators of unhealed emotional memories.

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Reflection: Write one trigger and how you usually react to it.



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## **Day 3 – Pause Before Response**

Your power begins in the pause.

Today practise one simple rule:

- Do not respond immediately when you feel emotional
- Take three slow breaths
- Respond only after the body settles

This single pause slowly rewires emotional reactivity.

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Reflection: Did the pause change your response today?



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## **Day 4 – Relationship Awareness**

Relationships suffer mainly because of expectations and unspoken emotional needs.

Today reflect on:

- What do I expect from this person?
- Have I clearly expressed it?
- Is my expectation realistic?

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Reflection: Which expectation caused emotional discomfort?



## **Day 5 – Emotional Self-Responsibility**

Your emotions are created inside you. Others may trigger them, but they do not control them.

Today practise:

- I am responsible for how I feel
- I choose calm over control
- I choose understanding over blame

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Reflection: Which situation needed emotional responsibility today?



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## **Day 6 – Healing Inner Dialogue**

Notice how you speak to yourself internally.

Replace harsh inner talk with:

- Gentle self-support
- Patience towards mistakes
- Acceptance of learning

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Reflection: What did your inner voice say today?



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## **Day 7 – Inner Reset & Commitment**

Today is not an ending. It is the beginning of emotional maturity.

Make a small personal commitment:

- I will pause before reacting
- I will respect my emotional [health](#)
- I will nurture calm in relationships

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Personal commitment: Write your one-line promise to yourself.



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## **Special Bonus – Sacred Success System**

As a special gift for you, I am offering full access to my complete **Sacred Success System** – a holistic life transformation program designed to bring balance, clarity and purpose across all areas of life.

This bonus program is normally valued at ₹10,00,000 (Ten Lakhs), and is being given to you absolutely **FREE** with this 7-Day Reset.

### **Bonus 1 – Free Access Course**

Access the complete Sacred Success course here:

<https://my.coursebox.ai/courses/126415/about>

### **Bonus 2 – Sacred Success System Download**

Download the Sacred Success System resources here:

<https://sacredsuccesssystem1.lovable.app/>

This bonus is provided to support your deeper transformation journey and long-term emotional, relationship and life balance.

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Bonus provided by Dr. Ravindranath G – SaiSankalpam



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## **A Final Message**

True healing is not dramatic. It is gentle, consistent and deeply personal.

May this simple practice bring clarity, peace and emotional strength into your life.

With blessings,

**Dr. Ravindranath G**

SaiSankalpam – A journey towards conscious living.

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