

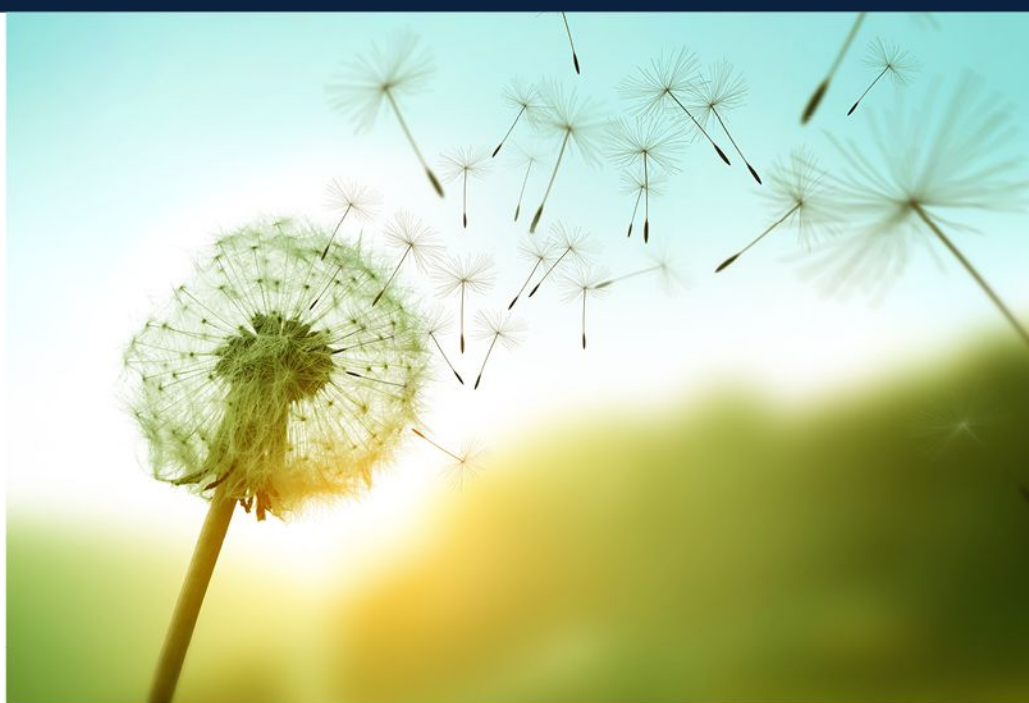


GARDEN of AYDEN

THURSDAY | 30TH APRIL 2020

RESISTANCE VS. ACCEPTANCE

The world still at somewhat of a standstill, we are given the choice to resist what is happening and feel frustration or accept the situation and watch with awareness. Can we question ourselves if we are being the best that we can be under these circumstances? We know nothing of what tomorrow will bring and we are watching so much strife. May we all be empathetic towards each other.



DUALITY OF THE WEEK

When we resist we only cause pain to ourselves and those that surround us. The choice to accept that “it is what it is” frees us to navigate differently, to think outside the box and do things in a way that liberates us from being confined in our norms and shake up our habits. We can bring joy to those that surround us, comfort to those in need and support to those who are struggling. Let’s give value to the little things.



THOUGHT OF THE WEEK

What can we do to allow ourselves to witness what is happening and be part of the change that we can create in this Universe of ours. How can we improve on our perspective to help others?



HIGHS AND LOWS

Fear creates stress in our bodies and its energy spreads negatively wide and far to affect not only us but all those that are around us. When we know we are left with no choice but to step up, miracles can occur and we let go of the “what if” questions. Speculation drains our bodies, let’s step back and look at new angles to find creative ideas, and challenge ourselves differently to become super heros.

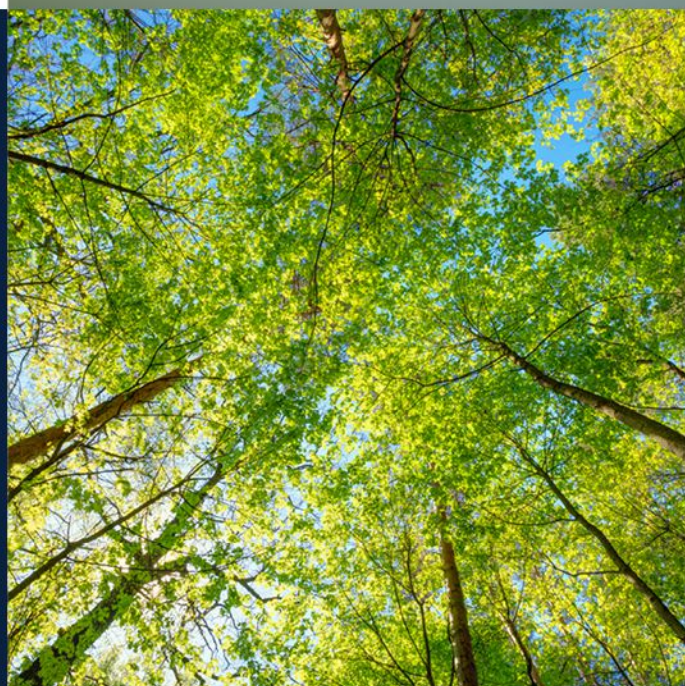
INSPIRATION

Speak to your family about which Super Hero each one of you are in this crisis and dream up what you will do to do your part to change our world positively.



REFLECTION

What did you want to be when you were a child and what do you learn from it now?



MOVIE RECOMMENDATION

A Hundred Mile Journey
– on Netflix –

About dissolving cultural barriers and working towards harmony. Children 9 years and above love it too.