



# GARDEN of AYDEN

ENRICHING LIFE'S JOURNEY

**INSTRUCTIONS:** Date the document and put a % of how much you believe each one to be true. Review your answers at the end of the Course and put a new %.

## THE RULES

- 1. The power of the mind and thoughts has direct consequences on our bodies.
- 2. We create our own reality. It is known as the law of expectancy.
- 3. We have a feeling mind; hence reason can never win over the effects of our emotion on our imagination. Yet, imagination is the language of the subconscious. This is known as the law of conflict.
- 4. We cannot negotiate contrary ideas (double standards) within our subconscious mind. It creates a conflict in our nervous system. This is referred to as 'cognitive dissonance', which means fighting two contrary beliefs within us at the same time. This is a major cause of neurosis and dysfunctional behaviour. It helps to untangle what we really believe.
- 5. If we wish to change our actions, we must change our thought patterns. The subconscious does not change the ideas of its "mind" easily. With practice, anything is possible.
- 6. This is quite a scary rule. More than %70 of human ailments are 'functional rather than organic'. In other words, we create the disease in our body from the dis-ease in our minds.
- 7. Once a self-suggestion has been accepted by your subconscious mind; if you keep practising it, it will get easier to do and to act upon them. This is known as the rule of compound suggestion.
- 8. Have faith in your belief and expectation system, and everything is possible. Develop positive mental expectancy.