

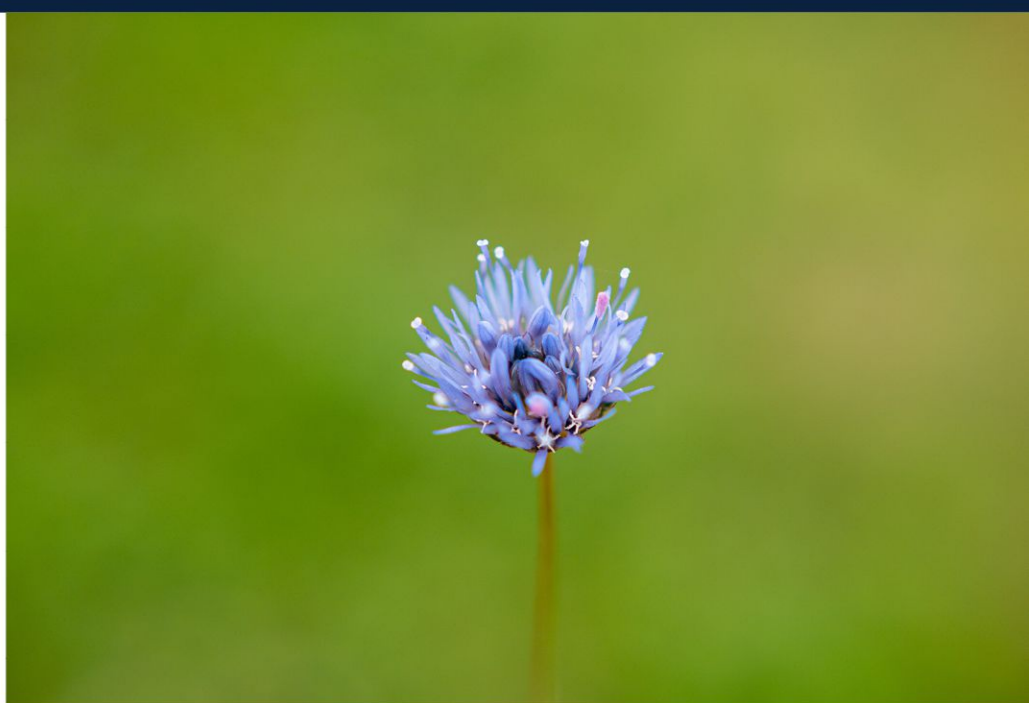


GARDEN of AYDEN

SUNDAY | 31ST MAY 2020

BELIEF VS. PERCEPTION

The world is re-opening, we have mixed messages as to what to believe about the exact situation. This may cause us to yearn to maintain our status quo as we feel comfortable in our cocoon of safety. For others it may be cause for celebration without a second thought. The key is to trust your own instincts. Only your gut knows what is best for you, don't deny or ignore it. Be vigilant and be safe.



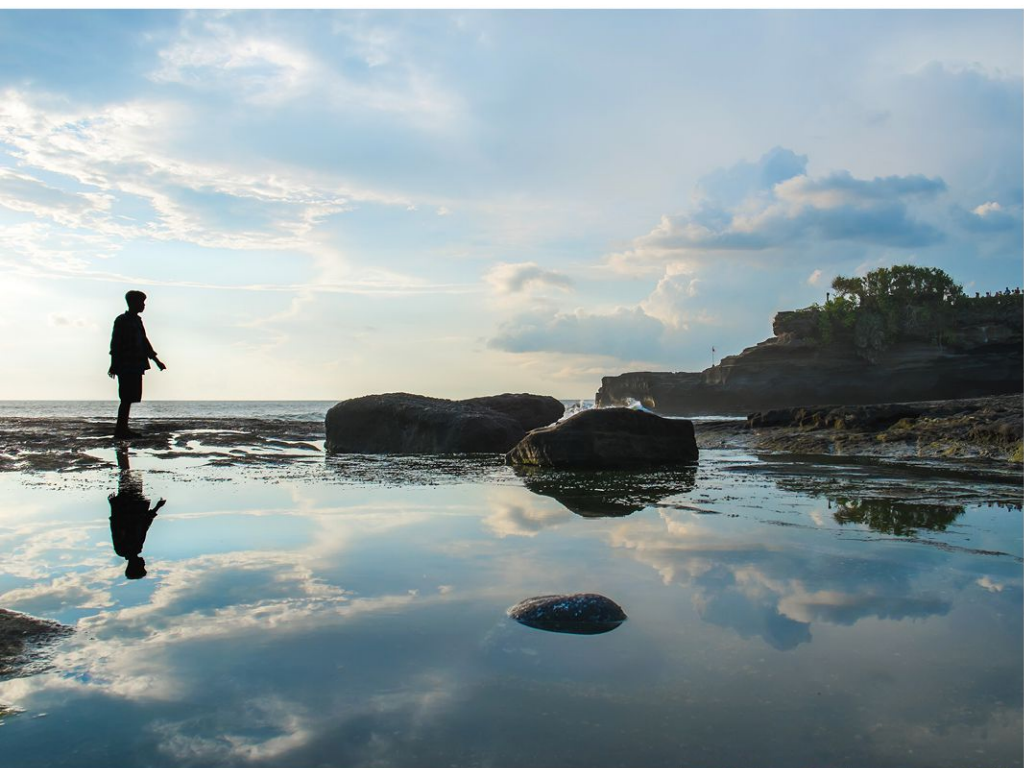
DUALITY OF THE WEEK

A belief is an acceptance that something exists or is true, especially one without proof. A perception is the way in which something is regarded, understood or interpreted. It is our ability to see, hear and become aware of something through our senses. During unsettled times, it is useful and beneficial to separate our beliefs and our perceptions to navigate peacefully, while being gentle and kind with ourselves and those that surround us. The memoirs of this time will be fruitful with wisdom this way.



THOUGHT OF THE WEEK

Do we observe the voice with which we speak to ourselves? Let's keep a cognitive eye, to listen to our thought patterns by quietly witnessing ourselves, in order to keep our words and actions aligned.



HIGHS AND LOWS

Having witnessed so many people dying all across the world during this time and for some of us, our loved ones, where we have not been able to honour the traditions and protocols, it awakens us to a void. Grasping these truths and what they mean to us invites a journey of reflection. Acceptance can be facilitated by contemplating your legacy and whether you are living to your highest and best, knowing how fragile our lives are. This breeds a sense of gratitude and appreciation of every moment.

INSPIRATION

Create notebooks for your children to structure and write them notes of moments that mean so much to you that they may reflect on later. Share your appreciation with all those you love.



REFLECTION

What can you do today to project and celebrate your own fortitude and valour?



RECOMMENDATION

Our webinar of last week on Contextual Reality and the Voice with which we speak to ourselves to assist you to reflect deeply.

www.gardenofayden.com/videos