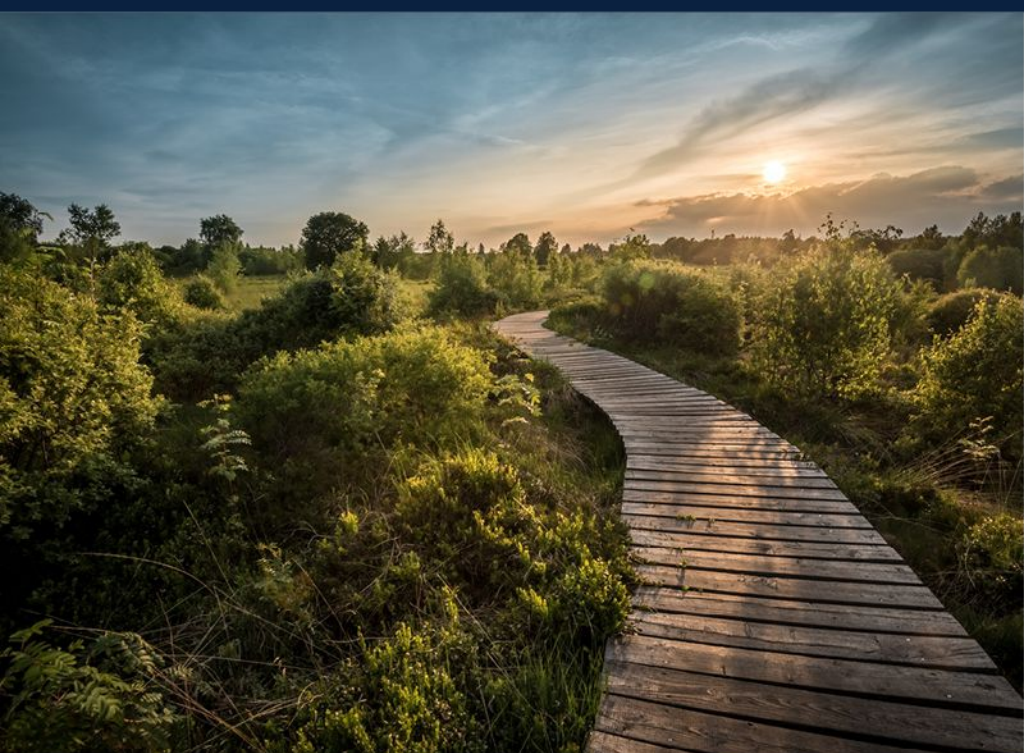




GARDEN of AYDEN

TUESDAY | 30TH JUNE 2020



CIRCUMSTANCES VS. WORTHINESS

Our worthiness is defined by our sense of self-worth and our courage to cope with anything that happens. We are not defined by our circumstances. If you feel like a the victim of circumstantial trauma due to the current world stage, it is imperative to remain vigilant in the knowledge that this has no reflection upon who you are, nor what you deserve. Know that you are not alone and this shall pass. We must all step up to take responsibility for what we carve as our paths. Victims we are not.

DUALITY OF THE WEEK

There is a sense of urgency to navigate this time peacefully. That is an irony in and of itself. We used to believe that we controlled our lives and have learnt that in fact we control nothing. Are you feeling as though the unknown is a mountain to climb or are you inspired to forge a new path? Are you spending time worrying about things that you know you cannot change or are you using the time to re-invent yourself? There is beauty in joining forces with others to make a more powerful difference.

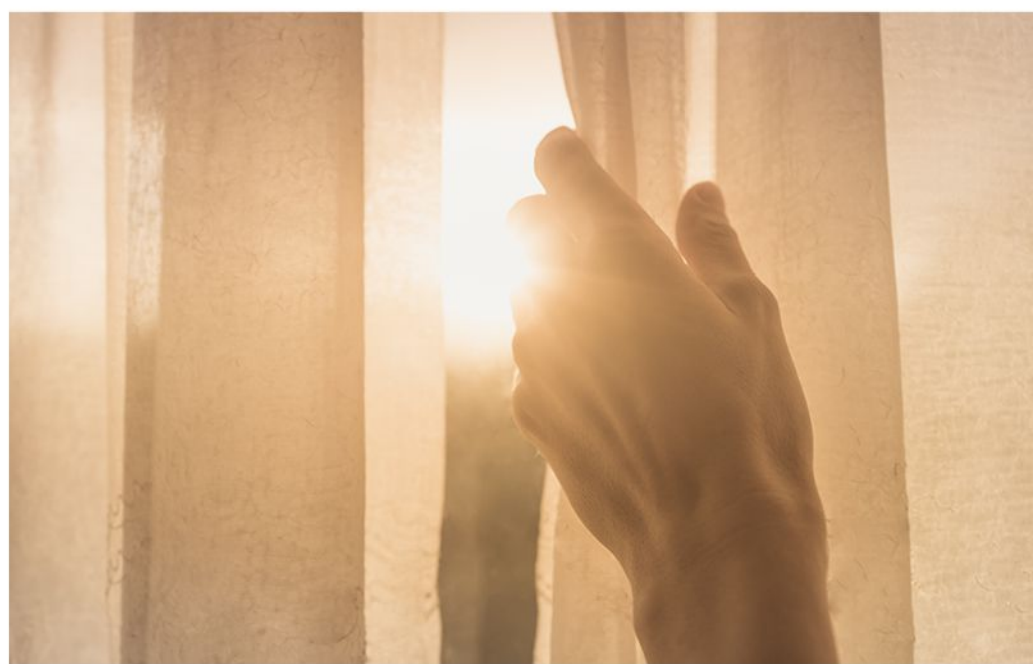


THOUGHT OF THE WEEK

It is time to stop defining ourselves by what we may have or not have. It is time to shine a deeper light upon what we aspire to create. Let's create impact. Let's better the lives of all. Create your Legacy.

HIGHS AND LOWS

Retrospect allows us to view today differently. What were the unconscious habits we had and how has your inner eye changed? Can we shine brighter today with more wisdom after a few frozen months? Are you witnessing yourself joyfully or are you hesitating to take your next steps? Will you go back to life as normal or has your world forever changed? We all need to trust our tomorrow.

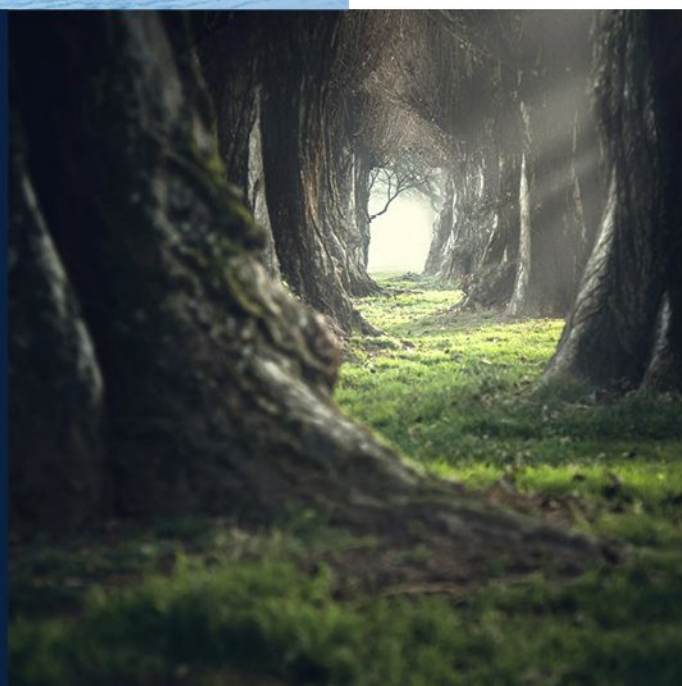


INSPIRATION

Every morning close your eyes and recall an incredible moment that whispered beauty to you. Know that any vision of any place is no further than behind your eyes. Imagine. Inspire. Intuit.

REFLECTION

What seeds can you plant today that will breed a wondrous inner journey for you?



RECOMMENDATION

Be inspired by great leaders and fear not. Read our first co-collaborative article with a new Partnership that Garden of Ayden has formed with Bridge Institute to make wider impact.

<https://www.linkedin.com/pulse/fring-vs-caring-sukaiyna-gokal/>