



GARDEN of AYDEN

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INSTRUCTIONS: Review each statement and mark with a tick (✓), a cross (✗), or a wave (≈) based on your current experience. This exercise is meant to help you understand your level of freedom and make discoveries about yourself. There are no right or wrong answers. After you've finished the course, review your responses to see how they may have evolved.

HOW FREE ARE YOU?

YOU ARE WELL ALONG FREEDOM'S PATH WHEN:	✓	✗	≈
You have no desire to change places in life with anyone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You step over setbacks without stopping and looking back.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You accept and appreciate praise, but never take it to heart.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You don't overeat or feel driven to diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You meet and do what's true without fear of the consequences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You really don't want anything from anyone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You stop thinking about how much money you may or may not have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You don't carry any upset from the last moment into the present one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You have no interest in old resentments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You start spending more time alone and start enjoying it more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You stop dreaming of the perfect vacation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You stop making deals with yourself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You dress for comfort, not for compliments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You lose all interest in trying to win mental arguments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You don't blame anyone else for the way you feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You forget what it was you didn't like about someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You're awake to and spontaneously considerate of the needs of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You see the beauty in life where you could never see it before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your life gets progressively simpler.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You see where you're wrong, sooner or later, and stop defending yourself faster.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOU ARE WELL ALONG FREEDOM'S PATH WHEN:	✓	✗	≈
You do what you need to do (but don't want to do), and you do it with a lighter spirit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You're not afraid of having nothing to say or do if that is your true condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You can take criticism without cringing away from the truth it may hold.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You have no concern for what others may think of you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You stop trying to make others see life in your way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You enjoy the sound of silence as much or more than the tone of our own voice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You see the same unpleasant traits within yourself that have made you shun others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You say what you want, and not what you think others may want to hear you say.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You enjoy hearing about the good fortune of someone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You see more and more just how unfree you and others really are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your moods are fewer, lighter, and move on much quicker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You see that society is not perfect, and the only solution is self-change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You can listen to others without the need to tell them what you know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You don't find a thrill in any kind of fear.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You know that forgiveness of others is the kindest thing you can do for yourself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You realise that the world is the way it is because you are the way you are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You'd rather not think about yourself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You can't come up with one good reason why you should ever be anxious or frightened.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

There's one important point to bring to your attention;
 Never be discouraged over where you are in your journey right now.

