



# GARDEN *of* AYDEN

BY SUKAIYNA GOKAL



THE MUSE



THE MUSE

Dedicated to you, Ayden, my Muse.  
Mama loves you unconditionally.

## MY PERSONAL PATH

The Garden of Ayden Muse will help me create the best version of myself.

The verb “to muse” means to consider something thoughtfully. It refers to thinking deeply, giving our thoughts the importance they deserve.

The noun “muse” refers to a source of artistic inspiration. It indicates a guiding spirit or a source of inspiration that can colour the unique expression and view of the individual.

### **It allows me to:**

Take the time to indulge in reflection. Give value to my dreams and aspirations. Maintain a dialogue with the deepest part of my subconsciousness. Breathe more easily and bring to my life all that I dream of being.

## THIS IS MY MUSE

A guide to my inner world that will encourage all that I see and encourage all I that I wish to be.

This Garden of Ayden Muse belongs to the life and world of:

## PROLOGUE

We are all blessed.

Body, mind, heart and spirit reign over us as we inhale and exhale deeply. The quality of our breath deeply affects the quality of our body.

The quality of our breath is determined by the quality of our thoughts. The intricately woven threads of our thoughts colour the quality of our heart. If we allow, the quality of our thought may be governed by our intuition. Our intuition is our inner guide, our visceral being.

If we take time every day to clear our minds of the mundane, and thus capture the essence of who we are. Our own measure of our wellbeing becomes our creative power. This helps to unfold all the treasures we hold within ourselves.

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EVERYDAY IN EVERY WAY I AM GETTING  
BETTER AND BETTER.

*Émile Coué de la Chataigneraie*



**We are the sum of the quality of our thoughts.**

If we believe in ourselves, we can model our universe.  
In turn design our world at large and live our purpose deeply.

## GUIDELINES

We know we cannot always control what life brings to us. However, what we can do is decide what we would like to achieve and how we may best cope with different situations be they calm or storms - by which we are faced.

We need to be thankful for the lessons we learn; allowing the experiences to enrich us, through the acceptance that there are gems of wisdom hidden in every moment.

We must embrace the growth that each moment brings and allow our reflections to guide the outcome within us, knowing that we have the ability to decide how we want to feel. By doing this, we are not attached to the outcome of situations but to what we feel about them.

Indeed, if we enjoy the journey, the outcome becomes irrelevant for there is a gift to be found in each moment. The results, temporarily enjoyed or regretted, merely become drops in the ocean of our being. We are whole, - unique and complete - exactly as we are. Day by day we grow, one breath at a time.

Ponder within yourself, become friends with your muse, allow the realms of possibility to engulf you. Find the different possibilities of perspective in each situation. Allow your inner guide to direct you to peace and contentment.

## VALUES



### THE ANCHOR

May we be grounded, with feet well anchored in the earth  
and engrained with a vivid spirit.



### THE COMPASS

May we be guided in the right direction and have  
our moral compass intact.



### THE GLOBE

May we feel capable to conquer the world with knowledge,  
may we protect the earth and may we be socially responsible.



### THE ORANGE TREE

May we stop to smell the blossoms and may  
all that we work on bear fruit.

## POSITIVE AFFIRMATIONS

- \* I trust myself and know that I am able to succeed at whatever I put my heart and mind to. I will not look back and now I go forward beyond the glass ceiling knowing anything is possible.
- \* I will quieten my mind in order to connect with my deeper self and understand the subtle voices of my intuition. It is the silence within me that holds my truth as well as all the answers.
- \* As soon as I am able to let go I will find the answers I am looking for.
- \* It is the light within me that brightens my day, my vision, my world.
- \* I will not judge myself nor harbor negative thoughts within me.
- \* I will not judge others and will only interact with the highest good of each person that I may encounter.
- \* It is by living my values on a daily basis that I will attract the mirror the same values that exist in each human being.
- \* I respect my past, acknowledge myself as I am and look forward with a newfound zest that is within me to overcome any obstacle that may remain in my path.
- \* I will trail blaze and not follow any of the old patterns of behaviour. I shall create a new path, knowing that it is playing with the unknown that I will challenge myself to achieve more, and differently.
- \* Persistence, perseverance and resilience are my best and most frequent companions.
- \* I witness and celebrate the old me that I have already outgrown, that has created a hunger to take the next steps now.
- \* When I leave no choice other than elegance, it will reign.
- \* If anyone plays on my heartstrings, it shall be because I allow it and love the music it creates.



ON THIS DAY,

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as I begin my journey with my Muse, I know that, as I put pen to paper, I will seek, in both my deepest thoughts and my intuition, for the path to lead me in the direction best suited for myself.

If I am to describe where I am right now, be it in my mind, my heart or physically... be it in words, script, poem or scribble, be it about how I am feeling, what is happening or goals that I wish to achieve, this is what it looks like.

These are the goals I set for myself today on this date:

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I set these goals towards my vision, which I will bring to life by:

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Notes



I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLETIES.

Notes

I know that in order to clarify my thoughts, I must free my mind of daily trivia that I hold unnecessarily in my mind, for they prevent me from experiencing the full joy of the here and now.

I hereby free myself of these trivialities that pre-dominate my mind by listing them here.

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.



## Notes

In order to combat the negative thoughts I have listed, I list here the antithetical responses to the thoughts. In this way, I remind myself that I can become the best version of myself only by identifying these positive beliefs.

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.

## Notes

To be able to create my perfect world, I will try to visualise it. After closing my eyes for a few minutes, I shall listen to the Garden of Ayden Meditation on [www.gardenofayden.com](http://www.gardenofayden.com) and after creating the world of my choice in my minds eye; I shall hereby define it, allowing myself to include texture, sounds, as well as scents and tastes.

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.

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To create constant abundance I must express gratitude for all the beauty and things I take for granted in my life.

Below is the list of all the things I am grateful for, and from here on I shall write words of gratitude every day in the back of my Garden of Ayden Muse.

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.

Notes

To create constant abundance I must express gratitude for all the beauty and things I take for granted in my life. Below is the list of all the things I am grateful for, and from here on I shall write words of gratitude every day in the back of my Garden of Ayden Muse.

Multiple horizontal lines provided for writing notes.

I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.



Notes

To cultivate my perfect garden I must remove any lingering weeds that prevent my perfect blossom. I will forgive the weather of the storms and hereby let go of any unnecessary wilted flowers I have held on to for no good reason.

I list the things I must reject below:

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLETIES.

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I will also forgive myself as I know forgiveness of myself will liberate me to breathe easier and to cultivate my strongest ally: myself.  
I forgive myself for the following ideas, thoughts and feelings irrespective whether they were conscious or unconscious.

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.

## Notes

I know that I will maintain positive thought processes from here on, with discipline, on a daily basis, in order to turn the discipline into a habit with practice. I shall diligently practice positive self-talk and feed myself with the following positive affirmations every day. I can create my own now or write those that I love from my favourite authors.

*NB There is a list of positive affirmations at the front of my muse that I can refer to and read daily as a practice.*

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.

## Notes

To live my purpose with positivity, I know I must surround myself with positive people from whom I feel I may learn. I will encourage relationships with those whom I am encouraged by, who accept me as I am, and allow me to grow and stretch myself. The people I appreciate as positive influences in my world are the following, including descriptions of the values by which they live:

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLETIES.

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I am liberating any fears that used to sabotage my growth and prevented me from stepping out of my comfort zone. They are:

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLETIES.



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I can now breathe easy as I have certain undeniable truths that I witness about the beauty of my life which are:

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.

## Notes

Synchronicity surrounds me and I may smile, be tickled by the Universe with each little sparkle of magic that I witness and have witnessed as below:

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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.



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The values and virtues that I set for myself as guidelines are:

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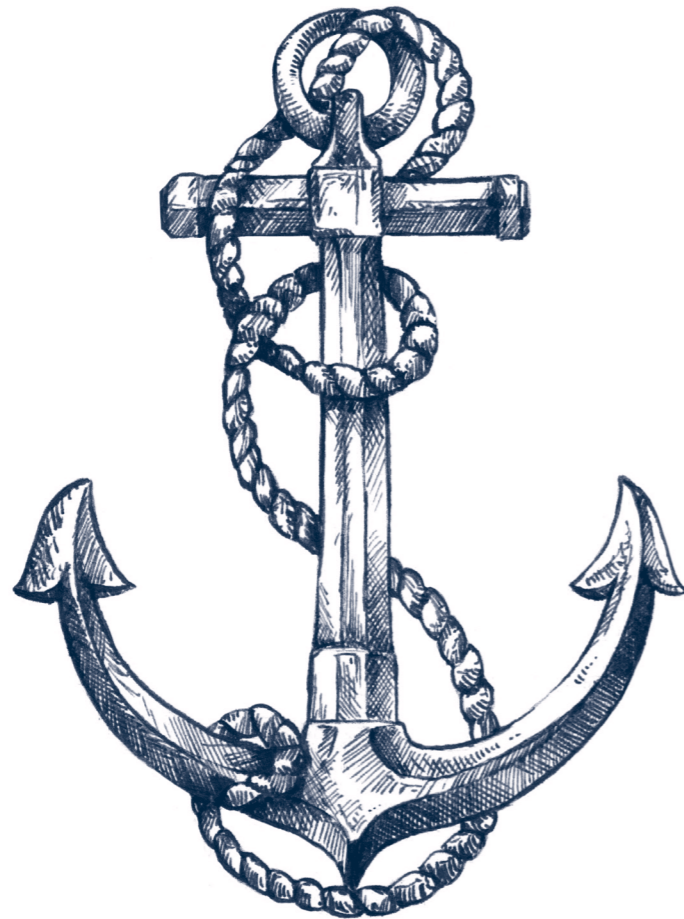
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I ACCEPT MYSELF EXACTLY AS I AM,  
WITH ALL MY STRENGTHS AND SUBTLITIES.



THE VALUES OF THE ANCHOR

Thoughts that positively come to mind when I consider the following values of The Anchor:

SPIRITUALITY

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LOVE

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CONFIDENCE

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SELF-ESTEEM

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HAPPINESS

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NATURE

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INTENTION

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BELONGING

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I now allow myself to muse Garden of Ayden's Values of The Anchor.  
I will refer back to my own thoughts and contemplate the importance of these values.

## SPIRITUALITY

Thank the Universe each night for all the beauty, love and fortune that encompass your world.

The conscious mind may not always notice how many joyful things there are in life. Take a moment to allow your subconscious mind to surface and help you recognise these truths.

## CONFIDENCE

You are capable to whatever you set your mind!  
Have confidence in yourself. It is possible to achieve anything on which your heart, mind and soul are set.

Focus on what you want to create. Imagine it. Live it within your mind: feel it physically. Remember that feeling within you every day. Allow it to accompany you on your journey.

## SELF-WORTH

At the onset of each season, evaluate yourself. Write yourself a card to express your thoughts about the person you have been in the season that is coming to an end and address some well-formed goals that you would be proud to accomplish in the coming season.

You may have already started to notice the changes in you as you remember all that you have experienced. From these observations, begin to use these new learning and understanding that will build more of what is good for you in the days and weeks ahead.

## LOVE

Recognise how much people mean to you and how much you mean to them. Let them know how you feel.

See yourself now through the eyes of one who loves you. Step into that person and see what they see, hear what they hear, feel what they feel. Then, step back into yourself and bring all that new understanding of love with you.

## SELF-ESTEEM

There many different versions of ourselves: our family, our colleagues, our friends as well as absolute strangers, all perceive us differently from each other and from how we see ourselves. Self-perception is what matters most. Are you your best friend?

Your conscious mind may be aware of the different roles that you play in your life but your subconscious mind knows who you really are and that all the resources you need are already within you.

## HAPPINESS

Make a list of the various things that make you happy. Everyday add to your list. There is an infinite number of people, places and things that make you happy. Find them and cherish them.

Only when you begin to notice just how many reasons you have to be happy, will you begin to realise that happiness comes from the universal acknowledgement of its existence. Your awareness of your own happiness will help others to become aware of their own happiness.

## NATURE

Go outside. Soak in the sunlight. Place your bare feet on the grass or sand. Recognise and appreciate the beauty of Mother Nature. Protect Her.

You may have already started to become aware of your deep connection with the earth. In the days and weeks ahead, as you experience that connection becoming even deeper, you will realise the necessity of guarding the nature around us.

## BELONGING

"Home is a mind-set. Through the establishment of love and self-worth we can find a peace within ourselves that we belong. A home, a safe haven, void of the troubles of the world."

Once you accept yourself exactly as you are, you will start to notice how comfortable and content this makes you. Wherever you are, you feel "at home."

## INTENTION

"Each and every action you make should be approached with intent. The intention that you have is the important factor. The outcome stems from that."

People who take responsibility for their own experiences are happier, more successful and more fulfilled: they understand how to fulfil their intention.

## ENTHUSIASM

Learn to positively reinforce yourself! Do what you love and love what you do. This way waking up in the morning will come easier. Build up your enthusiasm to reach constant joy in your endeavours.

You are here for a reason. You have a purpose and the way that you think about your purpose now will enable you to experience yourself in a new way in which the pleasure of learning is always present in everything that you do.

Thoughts that positively come to mind when I consider the following values of The Compass:



THE VALUES OF THE COMPASS

DIRECTION

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WILLPOWER

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INTUITION

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WISDOM

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EQUALITY

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PATIENCE

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RECOGNISING POTENTIAL

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OPENNESS

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RESPONSIBILITY

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I now allow myself to muse Garden of Ayden's Values of The Compass.  
I will refer back to my own thoughts and contemplate the importance of these values.

## DIRECTION

Anything is possible. Be clear, precise and sure of what you wish for. Steer diligently and relentlessly towards it. Picture yourself already there.

Once you really focus on where you want to be, then you can begin to realise that somewhere inside you are already there. It is this knowledge that will propel you in the right direction.

## INTUITION

Instinct and intuition are abilities that develop over the course of time from experience and exposure to life's events.

Be in tune with your intuition. Recognise when reactions come to you naturally. Listen and remain true to your inner voice.

How quickly are you able to look within yourself and respond to a distinct moment of learning? Learn to realise that your instinctive and spontaneous reaction is often the right one for you?

## DEPTH

The inner voice of your soul speaks to you when you allow your mind to be quiescent and allows you to look beyond the superficiality of the physical and immediate. Regard the depth beyond what meets the eye. Appreciate the full depth of a person's mind and soul

Isn't it good to know that just beneath the surface beyond the face and behind the eyes of yourself and everyone you meet, there is an instrument with a million strings, which you can tune with your mind?

## EQUALITY

Forget the labels. Often, we are too ready to denigrate one another: race, religion, age, gender. We are each of us equals. Allow your heart to receive the hearts of others. Remember this so that the humanity that lies within each one of us can persist.

It's so easy to notice the differences between people; yet, equally, it should be easy to recognise the similarities. The more you do this, the more you become aware of the similarities. The ease with which this can be achieved emphasises the fact that there is a place within our hearts where we are all the same.

## RECOGNISING POTENTIAL

Be your own best friend and cheer those who look up to you and those close to you. Give them the wings to achieve their best.

Isn't it nice to know that in the days and weeks ahead there will be a constant stream of opportunities for you to support and help those for whom you care? Perhaps you have already become aware of how easy it can be to do just that.

## RESPONSIBILITY

To be rooted: hold on to your beliefs and morals. Understand, nurture and adhere to what you hold as being your highest standard.

What are you like when you are at your best: when you know exactly what is important to you?

## WILLPOWER

We have been given both the will and the power to make choices in our lives. Allow your conscience to determine the difference between right and wrong.

What's important to you and what steps will you take to know when to change and when to stay exactly the same? Consider what may happen when you do.

## WISDOM

Without experience it is impossible to learn. Within you exists wisdom. Learn from others and they too can learn from you.

Learning and understanding come from all your experiences. They can guide your actions and help you through sharing your experiences with others.

## RELATIONSHIPS

Throughout our life, people come and go. Fortify your bonds with others. Let them know they matter. Always. Relationships can be fluid: it is up to you to make them lasting.

Discovering and creating new relationships is as natural as the ebb and flow of the ocean.

## PATIENCE

Good things come to those who wait. When times are rough, stand back and allow Time to make the necessary evaluation. Never feel the need to make rash decisions. Gradual development is the only way to reach permanency. Thank the Universe each night for all the beauty, fortune and love that encompass your world.

Whilst there are patterns in life, it is not always necessary to react to them immediately. Sometimes, waiting for a personal meaning to emerge from particular patterns can lead to the creation of that which is best for the individual.

## OPENNESS

Be open with others and, more importantly, with yourself. Allow yourself to feel. Don't bottle things up: they will only weigh more heavily on you. Understand yourself and others will understand you too.

When you are open with yourself then it is so much easier to be open with others. To share the things that are important to you with those who care about you allows your heart to lighten.



THE VALUES OF THE GLOBE

Thoughts that positively come to mind when I consider the following values of The Globe:

INDIVIDUALITY

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UNITY

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EMPATHY

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COMPASSION

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DIVERSITY

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PRINCIPLES

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KNOWLEDGE

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SAFETY

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COURAGE

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EMPOWERMENT

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CONCENTRATION

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ASPIRATIONS

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I now allow myself to muse Garden of Ayden's Values of The Globe.  
I will refer back to my own thoughts and contemplate the importance of these values.

### INDIVIDUALITY

Embrace your individuality. The quality of your personality is invaluable and should be treasured.

Each individual is unique, and therefore special. Remember that

### UNITY

We are all unique. At the same time each of us is an integral part of the larger society in which we live. Embrace the unity to be found with every other individual. Ignore the differences and strive to focus on the similarities.

The novelist, E M Forster made this meaning clear in his novel, 'A Passage to India': Only connect....

### EMPATHY

Consider how others may feel. Truly listen to them. Can you feel what another is going through?

Can you share and understand the situation of another? If so, you will know exactly what to say and do to ease their need.

### COMPASSION

If we are open enough to feel the experiences of another person, our realisation can make a world of difference to our behaviour.

You become aware of the realities of another's life. Thus you are able to reach out and give true support.

### DIVERSITY

Be curious, interested and open to different cultures, foods, rituals, thought processes and beliefs.

The awareness of differences allows you to find perspective of yourself. The fact that you are aware of differences means that you can begin to appreciate the individuality of yourself and others.

### PRINCIPLES

Determine your personal principles. Endeavour to adhere to them as much as possible. They will keep you centred and balanced.

It's easy to do the right thing when you understand the values that are important.

### KNOWLEDGE

No one can ever take away your knowledge or your education. Relish this; constantly continue in the pursuit of knowledge. Your knowledge is your power.

Everything that you have ever learned has the potential power that you will be able to use when the appropriate situation occurs

### SAFETY

In the turbulence of an ever-changing world, the discovery of your real self creates a sense of safety within you.

The knowledge of our own resources and abilities creates the feeling of safety necessary for creating confidence.

### COURAGE

There is nothing to fear in this world. Mysteries may appear but will all eventually unfold. Have the courage to question. Tackle each challenge with courage.

Only by finding the courage to discover all that is necessary to know, can you begin to realise all that will enable you to tackle the future with confidence and contentment.

### DISCIPLINE

Maintain a sense of self-discipline. Exercising self-control should not be seen as self-denial.

When you have mastered the benefits of self-control, you can understand all the good things that it has brought you in the past and realise all the good things that it will bring you in the future.

### EMPOWERMENT

If you decide you are capable, you will be. If you are aware that there are all the possibilities and solutions available you will always find many options.

Whatever the question, let your inner strength guide you at all times.

People are always able to do more than they think they can because they are always so much more than they think they are. Once you realise that you can tackle anything, you have then found your empowerment.

### CONCENTRATION

When undergoing any task, maintain focus. Centralise whatever it is you are doing and get it done. Consider first about what has to be achieved; and then examine and plan in detail how it can be done.

When you focus you achieve so much more. The details are important.

### ASPIRATIONS

Absolutely anything is possible. Believe it. Discipline yourself and turn your every dream into a reality.

The world is yours to claim. Claim what you will. There are no limitations to what you can achieve.



THE VALUES OF THE ORANGE TREE

Thoughts that positively come to mind when I consider the following values of The Orange Tree:

CULTIVATION

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APPRECIATION

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PASSION

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CARPE DIEM

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LEGACY

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LAUGHTER

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I now allow myself to muse Garden of Ayden's Values of The Orange Tree. I will refer back to my own thoughts and contemplate the importance of these values.

### CULTIVATION

Read a book. Go to a Museum. Paint a picture.  
Bake a cake. Cultivate the essence of your mind.  
Never allow for idleness to set in. Constantly grow.  
Learn and blossom into the best version of yourself.

What happens when you begin to grow? Think of how you will feel when you see the results of your efforts and taste of the fruits of your labour. Perhaps you have already noticed the flowering of some of the seeds that you have already planted.

### APPRECIATION

"Appreciate the little things in life for they are a reflection of the important things. Enjoy and acknowledge. In appreciation will come greater understanding."

You may begin to notice certain good feelings. As you focus on the details of your experience, you sense increasing pleasure in all aspects of your life.

### PASSION

"Be passionate and proud of the people and things you love."

People who have already decided to give their all, to that which they love, agree that commitment creates energy.

### CARPE DIEM

"Every day brings an opportunity to conquer a challenge and reach a goal. Seize the day!"

How quickly can you take the actions that will lead you to your goal? Action creates momentum.

### GRATITUDE

"Thank those that care and those that are there. Be grateful for the gifts of life and love that you receive on a daily basis."

The more you say thank you, the better you will feel for you are becoming more aware of the positive, good things in life.

### LEGACY

"What defines you? For what would you like to be remembered? What traits have you inherited that you would like to pass on to your children?"

Awareness of the gifts of heritage begins with the awareness of all that is good in your family's history. Such inherited memories, cultivated and refined through growing understanding are bestowed on those who follow you.

### LAUGHTER

Laughter is the greatest remedy and cure for any ailment.

What happens when you laugh? The intake of oxygen-rich air stimulates the heart, lungs and muscles. Laughter releases good chemicals (endorphins) into your system, revitalising the body and the soul.

### HUMOUR

We all make silly errors and mistakes. Learn from them, laugh at them: and then move on.

Having a sense of humour helps to lighten an encounter with a challenge. It allows the creative inner sense to relax and calmly search for a solution.

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CONGRATULATIONS

*My congratulations and celebratory speech to myself.*

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ACTS OF KINDNESS I WILL DO FOR STRANGERS  
AS OFTEN AS I CAN TO CREATE A BETTER WORLD

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## THE FINALE



### SET THE LEGACY, WALK THE TALK.

Live by way of example, with high standards, and yet being low maintenance.



### SET THE BAR OF SELF-ACCOUNTABILITY HIGH.

Your happiness depends on you, not on others. You create your own reality; no one does that for you.



### THE STORM IS TEMPORARY

Remember the most beautiful seeds that were planted and forget the storms.



### PRESSURE MAKES DIAMONDS

Moments of adversity carved the subtleties of your person, and whispered the poetry that bred you.



### DARE TO DREAM

Shout your truth from rooftops, learn to dance the tango, dare to dream and create the best version of yourself with absolute abandon, you know it's about the creation and the stretch and there is no other measure.



### FIND YOUR HAPPINESS

If you are content with the results, it doesn't actually matter what anyone else thinks, or feels.



### THE ONLY WAY IS UP

From here on forward, I am my own best friend and I shall cultivate all the beauty that is within myself to create the best version of myself and celebrate the beauty of my life and my world, knowing that I can cope with any challenges that life may hand me to deal with.

I know I am strong, capable to face it with grace and confidence.

Here I celebrate myself knowing I can refer back to this, my muse, whenever I need some time to reinvigorate myself.

I can see what I see, hear what I hear and feel what I feel.



### FOLLOW YOUR PURPOSE

If you can help a lonely soul to find a glimmer of a smile, you have accomplished your purpose.



### CELEBRATE YOURSELF

So long as you sleep well at night, have faith in the sunrise, and know that your best efforts will breed unimaginably brilliant results, you are your brightest cheerleader and you need none other.



## ABOUT THE AUTHOR

Sukaiyna identifies as an omnist, viewing herself as a child of the universe rather than defining herself by any specific origin or country of birth. She believes that our journey of growth and self-realization is not bound by where we are born or where we die, as we all ultimately share the same origin and destination.

For Sukaiyna, her religion is humanity first, and her nationality is being human, embodying a universal love and compassion that transcends borders. She is dedicated to fostering a global community of care and understanding, where everyone is seen, heard, and valued equally.

Sukaiyna's journey, amidst both challenges and comfort, inspired her to embark on a path of self-discovery. She believes that true luxury lies in nurturing our inner selves—our mental, emotional, and spiritual growth—for a peaceful life, not just for ourselves but also for our future generations.

In 2012, Sukaiyna founded Garden of Ayden, influenced by her studies in psychology as well as eclectic cultural and religious teachings. This platform embodies universal values aimed at empowering individuals to navigate life's obstacles with diligence, dignity and determination.

Sukaiyna maintains a global perspective in her approach, having travelled, lived and worked across the globe, aided by the knowledge of eight languages.

Her purpose, through Garden of Ayden, is to establish a global common language of ethics, that is understood by all. She personally guides individuals and families toward being balanced and empowered, while being centered in a mindset of peace and prosperity.



