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Introduction

Defining vision and purpose

Life vision and life purpose are used interchangeably but they relate to different aspects of the same thing. Your purpose is the big picture, mission or reason why you are here; your vision is how you implement. So your purpose is the answer to the question: “Why am I here?” and your vision could be, “How do I connect with and live in line with my purpose?”

Understanding the issue of vision can be a daunting task, let alone trying to follow through that vision. What is your vision? What do you do with your vision? These are crucial questions that beg to be answered before you can even begin to follow that vision effectively.

According to the Oxford Dictionary, vision is the faculty or state of being able to see with the natural eyes, seeing in the dream, trance or supernatural apparition. Dictionary.com goes further to expand the word to the act or power of anticipating that which will or may come to be e.g.

Prophetic vision; the vision of an entrepreneur.

A vivid, imaginative conception or anticipation e.g. visions of wealth and glory.

In these definitions the eyes are involved and these could be our natural eyes or supernatural eyes or our inner vision through the 3rd eye, that is, imaginative or intuitive.

However, it is clear that this foresight may or may not come to be. Why? Because action in some form is required to trigger the sequence of events that lead to it. Our lives are like a

game of chess where one move leads to the next in order to get a particular result. Whereas one wrong move can also lead to disappointing results, we still have to step out and follow through and act on what we have envisioned.

A visionary therefore is one who can envision the future. For some groups this can involve the supernatural (Wikipedia). So it is clear that one can actively imagine the future and create through their mind, intelligence and wisdom and yet for others it can come supernaturally without actively seeking it. A supernatural download of a vision is usually referred to as a calling and this can be perceived through dreams, imagery or prophesy. Some claim to hear voices or a voice instructing them on what to do. Whichever method the vision presents does not really matter as in all cases one is made to see into the future what could come about with their involvement.

Faced with two possibilities, that the envisioned future may or may not be- it is apparent that some action is required here. Alternatively, no action just kills the vision instantly. This is where purpose comes in as “the reason for which something is done or created or for which something exists” -Oxford Dictionary.

So let's say, you are endowed with the ability to envision an end result or state of affairs supernaturally, this would also involve you being called to participate in actions that bring about the desired result. In other words purpose does not show up without a vision. So when you say, “my purpose is to take care of orphans”, there has to be an end result that is envisioned e.g. to bring about a harmonious world in which the poor and marginalized are nourished.

Even where the vision comes intellectually or through one's wisdom, there is purpose for the one envisioning. If you are a visionary in business, you are able to see future possibilities and in order to actualise them (your purpose), you have to take certain actions and put together structures.

Where does desire come in? Desire is a strong feeling of wanting to have something or wishing for something to happen, (Oxford Dictionary). Hence desire accompanies purpose since the desire leads to action toward a certain goal. If you are called to act in a certain way but you do not desire to do it, a conflict arises and this is when you abandon the calling.

However, in most cases purpose is the result of a desire for a vision to materialize in the natural. So you hear many people saying, my desire is to put smiles on people's faces or my desire is to make you happy. What they mean is that their purpose is to do things or act in a way that makes you happy, that is what they were created for. At the end of the day it fulfils the happy world vision or happy relationships vision.

Everyone has a unique and special purpose in life, but vision can be shared. Your life purpose, your part to play, can be a tiny component of a bigger vision. Once you realize the part you play, your purpose, it will change your life immensely. You can live your life authentically. David Steele in his conscious living book lists the following benefits:

- You gain enlightenment
- You feel better, do better and be better
- You can focus your life by making choices that are in alignment with your purpose and vision
- Some problems cease to be problems but opportunities
- Reduced fear, stress, anxiety, worry etc
- Have more confidence
- You begin to make a real difference in the world in your own unique way
- Gain genuine long term happiness and personal professional fulfilment.

So let's take the journey together, shall we?

Chapter 1 Understanding and embracing your vision

Are You Part of a Bigger Vision?

Does it mean that some are part of a bigger vision without knowing it? Yes, not everyone knows their purpose and not all are conscious of why they were created. Knowing requires a process of waking up and remembering the mission and this is a topic worth discussing on its own. Yet some people, are born fully aware or with a strong sense of what they have to do. They only need a little nudge and they take off.

An example is when someone reads an inspiring article, attends a seminar, listen to a speaker, preacher or takes a course which opens their mind to full consciousness. But still some require a big push like experiencing a disaster, crisis etc. before they wake up to their purpose. We usually hear of someone surviving a fatal accident, losing a child or experiencing a rare illness of a loved one and then starting a cause or movement.

It is also possible for some people to die without embracing their purpose or run away from it until they are too old to do anything about it. In these cases, one thing is common and that is, these people may claim to be happy but inner joy eludes them as they do not experience real success through accomplishing what they were really created for. Imagine buying a car and parking it in the garage until all parts are consumed by rust and it breaks down without being driven. What a waste!

My Story

When I discovered my calling/purpose in 2007, I was deep in the mud, in the midst of strife. My marriage was breaking apart, I was being abused and what I held dear seemed to be my source of endless pain. As I sat in my living room one night crying and asking God why all these things were happening to me, I heard a voice answer me. I can't say for sure where the voice came from but it felt like I was talking back to myself but in a more powerful voice saying, "do not cry about what you are going through as you will use this to help other women going through the same".

The voice within subsequently and on other occasions went on to announce that I was going to work with women going through similar challenges and this both startled and confused me since from where I was, there was no way I could help anyone. I had many questions about the how and when but I did not get an answer. The voice simply said, "You are going to build centres for women ". I'm sure I must have laughed kkkkkkk..., the Zimbabwe version of LOL! I wondered how on earth I would do this.

Both fear and anxiety gripped me as I realised this was a tall order from where I was at the time; wounded and broken. I did not even know what I know now that a purpose manifests in three ways; in our personal lives, profession or business or in the global sphere. A vision has a global purpose that is; encompass a world where there is love, .peace and harmony. It involves a professional or business purpose where one engages in activities that bring about this global impact and yet create prosperity for the individual and to support the vision. This further trickles down to the personal purpose that is; to have a healthy body, blossoming, knowledgeable and in harmony with nature and the world.

The vision I was being called into was bigger than me and my limited understanding. The anxiety arose from not knowing the details of how this would be accomplished. The fear was mainly around failing to carry out the mandate. However, I resolved to write it all down and pray about it. My prayer since then has been to ask the creator and owner of the vision to show me how to execute. Even though I did not fully understand this vision, the right thing I must have done was to trust the source and wait for the time when the seed would germinate.

In the meantime I made sure to allow light and to water the garden so that the seed would germinate. In other words I received the vision (downloaded) and allowed it to germinate within me (upload) before I could implement it. In the years that followed for almost 7 years I

continued to receive insight, revelations and inspiration. Sometimes I wondered whether I heard correctly and as the years passed with no show, I became more intense in my search for truth. I went on the internet, read books, researched and embarked on a spiritual journey to find who I really am and what I am here for. Every direction I went seemed to confirm the original message and I was left convinced that I must be on the right path.

Chapter 2 Fear of what this path may entail

Why is this so scary?

If you have a vision or are part of a vision, considering the magnitude of the task or the extent of the impact can be scary. This is the reason why many simply fight, freeze or try to escape this reality and find distractions. The story of Jonah in the bible is one case in point. From Sunday school we learn that Jonah was sent on a mission to another country or city to deliver a message rebuking the inhabitants of that city. Instead, he developed cold feet when he considered the magnitude of the task vs his stature, class, education level and whatever you may think of. He felt so small and intimidated to the extent of making a detour along the way and tried to escape.

After the Lord pursued him and caused trouble for the ship he had boarded, he asked to be offloaded the ship at sea. I think his intention was to commit suicide and put an end to it all or perhaps he thought he could cross over and find a cave in which to hide, maybe later change his identity so that he would start a new life away from it all. What he did not know was that this was a supernatural calling to perform a natural task with a supernatural vision.

Hence his purpose was simply to be a messenger, carrier or vessel to carry and deliver an instruction after which the results were beyond his control. In his mind he must have thought that since he was born with a stammer it would not be possible for him to effectively relay the message or since he was too short, the guys in that city would simply overpower him and put

him in prison etc. Since he was afraid of the call on his life and tried to escape, life became very miserable for him. When you are the chosen one and you deny this, life can be very challenging and miserable.

So many visionaries are afraid to embrace their calling due to such fears and in the process, fail to understand that their purpose is to take one inspired action at a time and the rest is out of their control. Fear of what people will say or fear of losing friends and relatives is also a big one which prevent many from stepping out. The need to conform and be accepted in society is so great that it overshadows the impact of the vision held. This is similar to what Jonah must have felt before he decided to jump ship.

My Fears

My greatest fear as I said was failing to accomplish the task. I did not want to disappoint but at the same time, I did not want to execute in my own wisdom and power and thus create something not rooted in this vision. So I must have also frozen with fear and spent many years thawing and shedding the ice. Fear of what the path entails is real and can literally cause one to freeze and not do anything about the calling.

I was not sure if this meant putting myself in front of people and making my life an open book or whether I would lead a religious movement or not. At the same time that I discovered about my purpose, my spiritual gifts began to manifest. For example, I would pray for sick relatives and friends and they would recover, or I could sense someone was going to die. In other instances when I prayed for some, demons would manifest. All this made the whole mission scary as I feared stepping out with my gifts, only to be declared a fake or fall short of people's expectations. I feared being ridiculed and being judged, so I did not have the courage to step out during the 7 years that I was nursing this vision.

Hence, all I did was to engage in soul searching, research, learning from others who had come before me and taking baby steps, utilizing some of the gifts that were showing up at the time. I was a member of a Pentecostal church and so I felt safe trying out some of these gifts during home group meetings. At least this felt like a safe space, however, I must say what kept me going was my connection to source. I kept seeking this connection through meditation and prayer and trusting source since I was not in a position to trust myself yet. The fear of failure and judgement really kept me in hiding for a long time.

Some things happen in miraculous ways in order for the vision to actualize. Jonah was swallowed by a big fish which carried him in its belly for the remainder of the journey to the original intended destination. Imagine being swallowed by a movement that just carries you along and brings you right where you need to be to accomplish the mission.

In the era we are living there is such a phenomenon happening across the world where women are rising up and starting a movement based on collaboration that carries many female visionaries. It starts them on their journey where they have to pick up and complete their mission. One such community is the Braveheart Women Global Community (www.braveheartwomen.com). It is a community of women who are collaborating on a greater vision to bring harmony to the world. Each member connects with their specific purpose and shines individually, while also rising together with the other members. Being part of such a community can bring about vast individual transformation and provide tools and support system that is required on one's mission.

My breakthrough came when I got connected to this Braveheart Women community and decided to start taking inspired action. With so much support from women from different backgrounds who are pursuing the same vision; it became easier to emerge from my hiding place and declare myself to the world. I found my tribe which is cheering me on as I emerge, one petal at a time. The courage to step out does not come naturally and has to be learnt and practiced.

There are tools and activities that help you to be grounded and focused while developing a high self-esteem. Having a daily ritual really helps this process along with the support of other women who are on the same path promoting and sharing experiences. Apart from the global community, women visionaries meet regularly in local groups to share tools that specifically help them release blocks and get clarity on their purpose.

Replicating the community concept

Propelled by this support, I decided to start a local community to replicate this concept in order to deal with issues in the context of our cultural setting as well as our norms. I would not have stepped up to this initiative, had it not been for the support from my global community. Hence, I am convinced that women visionaries need community and support in order to shine and overcome fears that grip many on this path.

Chapter 3 Lack of knowledge

How to Step out and be heard or seen

You may be wondering how you should step out and be seen or heard and yet it's not so much about the individual but the message you carry. So even if you are still a work in progress yourself, the purpose /mission is a road travelled by many amateurs. You can learn as you go and have a great impact. So really, lack of knowledge is not a good excuse as there is a vast resource to tap into for ideas and revelation. The only requirement is to have a teachable spirit and a desire for knowledge and the rest falls into place naturally. A passion for books for instance can open a whole new world for the reader and the same applies to the internet as a vast library of resources that if tapped into can bring priceless knowledge.

However, there is also an element of overwhelm that can stop you from benefitting from these free resources. You need a lot of discipline as, even spending time on Facebook can be crippling as you can get lost in the myriad of entertaining news and articles thus abandoning the original purpose. Some may even get carried away by the likes they get and overrate their impact or effect or step out in a distorted egoist and unsustainable manner; this also distorts the message and has the wrong impact. You may need to join a smaller specific group where you can benefit from mentoring and support. I prefer having both online and offline support.

You definitely need coaching and mentoring if you are to effectively step out. This is when someone who is more mature and has travelled the road, takes your hand and guides you

through. This is effective because the mentor/coach can point out potholes and ditches on the road as well as short cuts to get to certain milestones. This is a tried and tested success method from time immemorial. For example, Elisha of the Bible was mentored and coached by Elijah. Jesus had disciples that walked with and learnt from his experiences and teachings. Many spiritual men and women have spiritual fathers (mothers) and even out there you can have a role model that you carefully follow and learn from.

Pursuing Knowledge

I have been and still continue to pursue sources of knowledge on how I can best step into my purpose. I have had to learn about technology, websites, and social media etc. in order to support my mission. I hear often, women underrating themselves as far as technology is concerned. Though it may temporarily look cool professing lack of knowledge about technology, this is just a fleeting compliment. The real issue is that in this day and age, it is important for any female visionary to be aware of and understand the various technological tools that can be used in spreading the message of your mission or else you will not reach the intended beneficiaries and have an impact.

I am not suggesting that you take a web design course but that you should know enough about websites to be able to outsource with clarity and vision about the look and feel of your website. It is also important to hang around people who are already succeeding at what you are trying to do. Spending time on useful Facebook groups and WhatsApp chats to grow your knowledge is a good investment of time and energy. Let's face it, we may spend hours laughing over a YouTube video being circulated but have you ever wondered how much effort someone has put into creating that video and what the purpose of the video may be?

So learning to do your own videos for spreading word about the gifts that you are offering is not farfetched. It both motivates and educates you on what is working or not working. It is however crucial to note that knowledge will only come when you actively seek it. So stop complaining and start seeking now.

I use google to learn about many things, even meanings of words, concepts, current trends that have a bearing on my vision as well as learn about others who are living their life purpose. The Bible can be a very good source of knowledge and truths that can ground you as you learn firsthand and can get revelation as you read through. There is a lot of information that

gets distorted through interpretation of the Bible. Hence, lack of knowledge can be a flimsy excuse if confronted with the vast opportunities for learning and growth that present themselves in the life of a female visionary.

At the Women's Healing & Empowerment Centre ([WHEC](#)), for example, one can choose to take some empowerment courses, healing courses, join discussion forums as well as have access to tools and resources that they can use to empower themselves. Investing in your self-growth is a demonstration of how you regard yourself, are you worth it? What is required therefore is a willingness to seek out that knowledge and to invest your time and money to acquire it.

[Chapter 4 Getting Rid of Fear](#)

What does it look like to be afraid of failure?

As a female visionary you can be crippled by fear of failure, “what if I fail?”, “I am afraid that I will be embarrassed or ridiculed etc.” and yet others are actually intimidated by success when it begins to appear. They are afraid of the limelight and prefer to stay hidden away from cameras. These are serious self-worth or self-esteem issues that block individuals from blossoming. If left unchecked, you can exist in an illusion thinking that, this is your reality, when in fact it is a visceral block which can be removed. For example you may have grown up with a belief that something good will always happen to other people and not you because of their heritage or color of their skin etc. This becomes a self-serving prophesy and what appears like failure begins to manifest.

There is also a belief in some sections of society that a woman cannot succeed beyond a certain point. These are limiting beliefs that seriously need to be questioned and challenged as some of these beliefs are sown as seeds of doubt from childhood due to experiences in the home environment. It started with ancestral history where women were marginalized or relegated to the less glamorous tasks of cleaning the home and fetching firewood while men had to hunt. Then when a woman showed signs of success in farming and raising the standard of living for her household; this success was attributed to the husband.

The husband basked in the limelight standing on the woman's shoulders. This continued to the next generation but with a different twist and girls were not supposed to get an education as they would never amount to anything. They would end up enriching their husband's family anyway. Instead it was the boy who could do it all and push the family agenda forward. Affirmations flowed generously toward the boy child while the girl child was relegated to the periphery where they were supposed to prove their worth in the kitchen.

So the seed of doubt germinated again in the present generation where some strides have been made to free up women to be able to use their gifts. It presents in the form of malicious competition among women, bringing each other down and fault finding. So even if you were to try to step out and use your gifts, it is your own female counterparts that block you and try to bring you down. The fear of being embarrassed and having your dirty linen exposed in public becomes real and causes you to retreat and become invisible.

It feels safer to be mediocre because you could face ridicule from other women if you stepped out and failed, and malicious gossip goes round with questions such as; "who does she think she is anyway? What does she know? "she wanted to show off that's why she failed etc." On the other hand if you were to succeed, then it means you could be in the spotlight where you are not used to be and it can be very uncomfortable.

My Fear of Success

The fear I grappled with or still fight off to this day is the fear of success. Having fear of failure mingled with fear of success is such a dilemma and catch 22 situation. However, fear of failure appears normal and fear of success so abnormal because everyone dreams of success and would like to succeed in life, right? I tried to imagine what could happen if I succeeded at what I was doing or my new found "ministry". Does that mean that I would become a celebrity and have my life open to scrutiny and criticism? Will I be able to handle the fame? How about my friends and family? Will they be able to keep up with me? Who am I to want to shine?

I read books by women like Joyce Meyer, Paula White and Juanita Bynum as well as listened to stories of such visionaries like Ellie Drake (www.elliedrake.com), to better understand what they went through. What scares me the most is that success seems to come with exposure. All my hidden skeletons have to come out of the closet and I need to go through fire as if in a cleansing ceremony.

I thought I have to be vulnerable to attack and criticism from your “enemies”. This is the time when vultures descend and I get torn apart. It is so scary but at the end of the day what remains is a purified soul that would be able to accomplish the task at hand. Our souls know what needs to be accomplished but we are tainted by our experiences, perceptions and egoistic considerations. This can set us back and put us into self-destruct mode each time we are about to breakthrough. Even though success is sweet sounding, it is not an easy target and you need to remove your blocks around it so you can be free to reach your true potential as determined by your mission.

Some people may envy your success and make you a target of their malicious attacks. Rumors and scandalous gossip have destroyed a lot of successful women and this can be scary. Just thinking which of my skeletons could be dug up and thrown to the world! Also when you think you are unworthy of any success or any good thing, the default is to try and remain small. Who am I to succeed? Let other people do it, not me, but then why not? How will I handle success? “My friends and family will feel intimidated by my power and abandon me”. Fear of rejection even by those close to us is a big issue.

It is therefore important for you as a female visionary to recognize these factors and begin to unravel them and get to the root cause of your fears. Slowly and continuously taking steps to release the blocks through a ritual usually works better than a rapid but rigid process. There is danger of relapse into old patterns after being exhausted by the process. Releasing fear and restoring your confidence and self-worth continuously will restore the power within, that is the power to be able to recover from failure when it happens. Failure on the road to success is not failure at all but a learning curve.

It is also important to realize that success is not the demon but how we handle success is. So you may need coaching and mentoring to be able to shift from ego to essence, to shift from being sub-consciously driven to consciously making choices that enhance your soul’s highest expression. Your success will motivate the next person to reach their potential too. Success actually empowers the female gender, you will begin to tap into your power and thus influence the world and bring harmony.

[Chapter 5 Developing your message to the world](#)

Creativity

Now that you are certain that you carry a vision or are part of a vision, how do you communicate this to the world? Some visionaries compose music and sing their messages through using the gift of voice. Others have become published authors and yet others have started organizations and set up systems that are serving the world in various niches. There is an abundance of creativity and style which can be intimidating to someone starting out.

Simplicity is the way to go in everything. Genuinely and simply stepping out with a message is more powerful than wrapping it up in complicated and expensive packaging. Of course there is competition for audience out there and you have to be creative to appeal to your target audience. However, you can still use simple systems and methods to do so.

There are many women working on the same vision as the work requires many hands to accomplish the end goal. So, you can feel like you will not get the space and the platform to showcase your gifts and talents. This could be complicated by a desire to be heard coming from ego and not essence. When that happens it becomes cut-throat competition which leads to all the other fears cropping up. Yet, the best and recommended way to go about it is to remain humble, identify your gifts and present them without attachment to the outcome.

The message needs to be genuine and coming from the heart and that carries a lot of weight. Copying or plagiarizing other people's work will always backfire as it cannot be sustained beyond a certain point and will fail. When you are passionate about what you are doing, you seldom get tired and can keep going for a long period of time. A writer will spend

days holed up inside their studio or office until the manuscript is complete. A musician will rehearse over a long period of time until they get the correct tune. But take a musician and switch roles with a writer and the two cannot withstand the boredom and frustration even though they can try and stick it out for a couple of days. It is just not their reality and so each one should stick to what they know best.

Be authentic

When I started out I was stumped and yet before that I was a prolific writer. For some reason I began to doubt my creativity. Why? Because I was comparing myself to other people and undervaluing myself. The “I’m not good enough” block had gripped me. Each time I would try and copy someone else’s style, I could not sustain the energy. I looked at other people’s work and thought I could model my message along the same lines but no sooner had I started than I would reach a mental block. For a long time, I struggled with packaging my message so I could thrive and not merely survive. At the end of the day, it all boiled down to being my authentic self and keep improving that rather than start somewhere and not being able to keep up.

I mentioned earlier that when I discovered my calling, I did not know how it would all work out. So getting my message together was very difficult since I was not sure which direction my ministry would go. Whether it was going to be based on any particular religion or whether it would be all encompassing. I was not sure whether I would step out by showcasing my gifts or not and also not sure whether I should announce or remain quiet.

It took me a lot of soul searching, praying, meditating and simply asking for guidance from God and my angelic guides until some signs started emerging. I would jump onto something the moment I felt inspired only to face a closed door or disappointing results or I would grudgingly put up a message on social networks that I did not feel very comfortable with and receive a lot of likes. It was quite confusing but I kept creating and fine tuning until I got a message that I was comfortable with and at the same time it was well received. So really, it is important to stay authentic to yourself in order not to be swayed by what’s popular and yet not resonating with you.

Collaborate on Content

Collaboration is the buzz word these days and it helps to connect with and share gifts with others to complement and support each other's efforts. My strengths will make up for someone else's weakness and vice versa. It is recommended for female visionaries to join other women in community to collaborate on ideas and projects. Even the press have clubs where journalists meet occasionally for a drink while exchanging ideas and tips of their profession. Starting with your local community, find others that resonate with your ideas and then expand to the global community. Ripple gatherings are spreading to many locations and it is imperative to find one and dive in.

Of course, your coach/teacher/mentor can identify a hidden talent in you and it is up to you to pursue it. Coaching is a vital element for any visionary stepping out with a message. A coach will push you in the direction of success by supporting and cheering you on where it seems difficult to cross the road.

Chapter 6 Attracting Prosperity

What is Money?

Over the years I have been striving to raise my children and giving them a good education so that they could become independent individuals. This has meant a lot of commitment of time and money. I have been in survival mode for a long time with fear of lack always lurking in the background. Money is a big issue and we have to create a healthy relationship with it. I have always believed that money is there to facilitate exchange so that we get the things we need. However, when there is not enough of it, this creates a space of lack and so you may need to maintain a close budget and monitor expenses. This does not feel good as it causes blocks around pursuing your vision.

Associating money with lack has a negative impact. It becomes difficult to open up and ask for it or charge what your services are worth. There is always this fear that if I do not have enough, then the next person may not have enough as well and asking sounds selfish and greedy. Thus female visionaries coming from a background of lack may not want to charge for their services at all.

This is further justified by the distorted notion that the gifts we are using were given freely so we should share with others for free. I would like to dispute that statement, an example in the Bible tells us that one man failed to make a profit from his talents and had them taken away from him. So our gifts and talents are supposed to multiply our fortune so that we can take care of our needs and the needs of others. Now that is ministry!

Money is a necessary tool period. Expecting too much of money has caused a lot of frustration and anger for most people because it becomes elusive. The more you seek it, the

harder it becomes to have it. Why? Simply because we place many conditions on money which in turn create blocks on our path. Have you ever felt like you had to jump from the top of a bridge in order to make money or you had to completely transform yourself and pretend to be someone else?

Yet, looking around you find that it is ordinary people going out there and making lots of money by doing stuff that you would think is silly. Some just embrace their unique features and offer them to the world in exchange for money and yet many visionaries are scared to take that simple step. Just the mere act of showing who you are to the world is frightening to the core. We would rather pretend to be someone else and that is the most repelling aspect which stops us in the track of creating prosperity.

In my locality, there is a contest to choose the ugliest man and guess what, only one guy stepped out and proved to the world that unique features are worth a lot of money. Now more men are stepping out and joining the contest. Many times we spend a lot of money in order to attract money and that does not seem like wisdom. Especially when there are wasters and suckers out there just waiting to take advantage of our desperation. It seems surreal that money can just fall from trees. But it does, figuratively, that is.

All you need is clarity

First of all you need to be clear why you need to make money and what you will use it for. Without clarity you can feel guilty the moment you handle a large sum of money or when you try to put a price on your product or service. Have you ever heard of the belief that there are services which should be rendered for free? When one charges for helping or healing people using divine gifts, many people expect this to be free and yet the one using the gift needs money for their livelihood. Female visionaries with spiritual gifts struggle in this area as they fear being labelled selfish and greedy for charging for a gift they received for free. Thus they end up not able to support their vision and to impact many more people due to lack of resources.

Start creating money

If organizations like churches, associations and even clubs need money to survive and serve their members, then any vision out there should embrace money in order to be realized. Thus the fear of money becomes a stumbling block and a recalibration of the mind is required to

free yourself and begin to attract money. You need to go a step further and start creating money so that it keeps flowing. The difference between attracting money and creating money is that; with attracting, the flow can stop once you have attracted a certain amount perhaps through a donation or single act; but with creation, the money keeps flowing as long as the wheels of creation are moving.

It is thus imperative for visionaries to work on changing their mindset and this can be done through targeted exercises such as Dancing Your Buts Off (DYBO)which addresses the stuck emotion around money .Taking courses dealing with creation and handling or managing money is also useful. This develops confidence which in turn eliminates the fears and blocks around money.

Chapter 7 The Power of forgiveness and healing

Getting Rid of Past Pains and disappointments

As I was growing up, I would often hear my mother talking repeatedly about past hurts and disappointments. As a small child, I could feel her pain but as I grew older and kept hearing the same story, I became hardened and could not stomach it. Of course she is my mother and I should feel sorry for her and hate those that hurt her but somehow I felt something was off. My mother had not moved an inch the baggage that came with her past experiences. On one hand it acted as a push for her to want to succeed to prove her detractors wrong. On the other hand there was a big pull backwards on her progress, as the burden weighed heavily and distracted her from reaching her true potential.

In other words, she was doing things out of anger not out of power and true essence. So she was limited to impacting a few individuals instead of impacting the community or the world. She is an intelligent, spiritually connected woman but all those years went down the drain. It was only in recent years that she woke up and realized her folly that she began to forgive and connect with who she is. Boy, has she not done great things in her community? People come to her for advice, prayers, healing sessions etc. and she looks and feels lighter even to us her children.

My church Pastor once said that, if you do not forgive and release those that hurt you, the burden is on you as you carry them on your back everywhere. Meanwhile these people are going about their lives freely. When I heard this message I was convinced that I would stay blocked if I did not forgive those that had caused me pain including my husband who had inflicted a lot of pain in our relationship. I made a mental list of people from my childhood and still more from my interactions as an adult. I realized that in order to step into my purpose I had to go through the healing process. This revelation came through as I was on a flight from a work assignment outside the country.

So the moment I got home, I summoned my husband and told him my revelation and what it meant for me to forgive him. This was the happiest day of our lives as we embraced, talked about the pain we each had caused and asked each other for forgiveness. The no-holds barred conversation opened the door for genuine remorse and forgiveness and was the first step towards healing.

Be empowered to own your voice

The years that followed saw me working on issues as they arose because, the trials persist even when you have forgiven. But now I am more conscious and make choices on how to handle each situation as it arises. I can safely say, where I am right now, I have completely healed such that I am able to talk about past issues without feeling hurt. I am so empowered to choose the life I want to live and see my husband as my partner who mirrors my weaknesses rather than my enemy out to attack me. My interactions with relatives and colleagues are stress-free as I am conscious most of the time.

This process of healing and forgiving which I extended to other family members and colleagues opened the door to the next stage in my life. I can see clearly what I need to do to embrace, connect with and live my life purpose. Had I not gone through this vital process I would still be a wounded visionary, forever blocked from realizing the vision which had been seeded in me. I realize that many female visionaries are struggling and are blocked due to past hurts and disappointments that are clouding their vision. It is difficult to have clarity when you are dealing with unresolved issues.

It is thus important for female visionaries to get rid of any past pains and disappointments as this tends to weigh us down. You want to step out and open your heart, BUT, you always have these BUTS stopping you. But I have been disappointed before..., but I may be ridiculed or hurt...but I have done it before and it has failed...my heart was broken etc. These BUTS keep you in a space of fight, flight or freeze. What it means is that by living a stressed life, you produce more of the hormone adrenaline which causes you to run away from the vision or not do anything about it for fear of being hurt.

Therefore, as a female visionary you need to start processing up, not down. You need to let these past fears, hurts and disappointments go so you can be free to choose a fulfilling life. However, it is not easy and you have to make conscious decisions and work on yourself. By

dancing the BUTS off that keep you in a space of fight, flight or freeze, you can begin to recognize, unravel and release. You can combine with prayer as a very strong tool that can ground you as you take the steps to forgive and heal.

You can be part of a community of women dealing with similar issues. Supporting and sharing is an amazing concept that can help you get started. It is the vision of WHEC to see women healed from past pains and disappointments, some of which were inflicted on our mothers and grandmothers but we carry them viscerally. Women can only be empowered when they can step out with no fear or baggage but their own voice.

Chapter 8 Clearing blocks

Blocks to success

Everywhere you go these days you hear about blocks, energy blocks, what really are they? My definition of a block is something solid, impenetrable that sits in the way obstructing a smooth flow. Imagine a stream that has water flowing down smoothly, then take a tree that has fallen and is lying with its branches across the width of the stream. The moment the water hits the leaves, it slows down, takes a detour or pushes through, then hits the log and it cannot pass. Thus it has to find another way and ends up washing over the banks and creates a side passage. The log diverts the flow of water and unless it is removed, the flow will never be the same. Rather it will painfully meander. Perhaps it also explains why the stream meanders on its path as there are many blocks that it has to navigate and it is unable to physically remove them.

My analogy of a river, paints a picture of how our lives are affected by blocks. These blocks can be your belief system, emotional pain, grudges, disappointments, fear, ego, low self-esteem etc. Anything that stops you from following a smooth straight path to your success is a block. It could even be a person or disability. If you are unable to remove these blocks, you begin to meander and may end up going in the direction you never intended and even derail your mission.

Many times you find yourself stopping at the edge of a breakthrough because of a block, maybe you get scared of what success may entail. One of the most scaring aspects of success is being seen, suddenly you are thrown in the limelight. So you may doubt your ability to handle it. You fear that any skeletons you may have in the cupboard will be exposed or that you will lose the things or people you have developed comfort in. You may even lose your closest friends and family and that is scary. So, you tend to freeze at the thought of what may happen and your fears become your blocks. So you backtrack and begin to self-sabotage. When you are dealing with

blocks such as fear, you may not be fully conscious and so begin to rationalize and make excuses that justify your fears and it makes you feel good.

Your block could also be a past experience. Perhaps you have a childhood event that concretized in your visceral body. It developed into patterns and habits that you have repeated over the years due to the consequences that you expect. For example, if you went through a severe period of lack during early childhood, this can become the norm. Later in life, you may expect lack and shy away from spending on yourself or your personal development.

This is due to fear of not having enough money to cater for your other needs though you may actually have a good income. Even when presented with a golden opportunity, you may feel that you cannot afford but this is due to low self-worth. If you feel like this, you are blocked and until you deal with the lack mentality and recalibrate your thoughts, you will always be limited.

Clear your blocks

Thus it is important to take time and analyze why you always fail at the edge of a breakthrough. Why do others succeed where you fail? Is there something you are lacking or is there something blocking you? During DYBO we follow 5 stages:

Stage 1: recognize what happens when you try to step out and be who you are meant to be. What negative thoughts come into your mind, what fears or emotions do you feel? These are the stuck emotions, acting as blocks in your visceral space. You need to give them a sound to make them vibrate (aaargh!) and become energy in motion.

Stage2: Begin to unravel these blocks, and acknowledge what they feel like-you express them with more sound.

Stage3: Start releasing them with intention and consciously making corresponding sound to express your frustration.

Stage 4: Restore with wholesome thought patterns, pearls of wisdom, higher vibrational emotions such as love and joy.

Stage: 5 Allow yourself to celebrate and calibrate with new imprints- literally take to the dance flow and dance. That's what we call dancing your BUTS off .

This simple method is being embraced by many and bringing so much joy into women's lives. It can be done privately at home or in a class with like-minded women. You can also take part in self-development /discovery classes where you learn how to identify and address your limiting beliefs or blocks. Empowerment is not just physical or economic, it actually starts within you, by discovering who you are, what you like so that you can begin to take care of you. Loving yourself means removing any blocks that stop you from thriving and achieving your true potential.

[Chapter 9 Managing Your Time](#)

Shifting from surviving to thriving

Boy, have we not become so busy? Too busy for our own good actually. Gone are the days when we found time to attend to personal wellbeing, except when we fall sick and have to see a doctor. Women are doing everything else except taking care of and nourishing their bodies. I mean the real thing, not the outward make up to hide blemishes. Self-care starts with the inner person, extends to health of the mind, body and soul and to the spiritual being.

There is a new trend where time is spent between home, work, church and social media. Suddenly social media has replaced the valuable time we spent with each other engaging in meaningful conversation and supporting each other. Even going to church has lost its community theme as one can attend church but also leave without talking to anybody or just those she left home with. Church has become a selfish affair, as if it is a box to be ticked on the to-do list.

There is also a phenomenon where people just respond to anything they see on social media or WhatsApp, liking without even reading the content...ouch! Clicking "Going or Interested" to an event they have not even an intention of going to and filling out every registration form that appears on the screen. This wastes both the individual's time and the event organizer's time. Then one wonders why they are so exhausted at the end of the day with little time for self-awareness.

Women are surviving and not thriving. They no longer have enough hours in the day to do what they really like. It seems they are on a journey to an unknown destination and just have to keep going till they drop dead. Life has lost its meaning and so has love diminished, that is

love of life, love of self, love of each other and above all love of our creator. That divine connection is missing and one has to do something to restore it. Perhaps the easiest place is to start with self-love. If you could re-connect to who you really are and what it is that you are here to do, that would open up a lot of possibilities.

My ritual

I have a morning ritual that I try to follow as much as possible in order to be effective in my day, I should be up at 5.am (save for winter☺). I receive most of my inspiration in the morning, however, it is such a difficult task to keep this schedule considering the distractions I have mentioned before. I have to invest a lot of intention units and energy to follow through. Otherwise it is so easy to slip back into over-sleeping, thus ruining my body's vitality.

Oversleeping weakens my body and affects my brainpower and alertness. This in turn affects my performance as I struggle through the day and fall into a routine of sweating the easy stuff while skirting the difficult but most important aspects. On the other hand if I manage my time well and follow my morning ritual, I become more productive and alert during the day and can get important tasks done.

It's a sacrifice

So I have to remind myself to constantly shift my attention to the important tasks at hand so that I can begin to thrive by tapping into my potential. When I begin to accomplish tasks with ease, then I thrive and enjoy my day. However, something somewhere has to give, so that means cutting down on TV time, cutting down on social media time and cutting down on time spent on any unproductive tasks. It is painful cutting out the unproductive stuff as it seems to be a sacrifice of all the fun, since everybody seems to be doing it.

Have you ever noticed how people strive to be noticed on social media, going to all lengths posting all the intimate details about themselves and commenting on trivial matters? That time can be channeled to other areas such as reading an inspirational book, article or rather writing one. Time can be invested in exercising, this can be as simple as taking a walk in nature or striking a meaningful conversation with friends and family.

Time can also be invested pursuing your mission and re-connecting with who you truly are as this is where real happiness resides. Although this may not attract attention, that ceases to matter as a level of self-actualization can be attained.

Thus as a female visionary you need to take stock of how you are currently using your time. Are you investing or spending your time? If you are spending time, then you need to stop the train and re-arrange your schedule and place time limits on certain activities. Some of the activities such as social media require a lot of willpower to give up .Do not be tempted to stay in the game for fear of negative withdrawal symptoms such as feeling left out, alone or weird for not doing what others are doing.

We are all different and are here for different reasons, so really what others are doing may not be what you are supposed to do. No wonder you feel empty and unhappy after all is said and done.

Chapter 10 Stuck in unproductive relationships?

Get out fast!

Are you stuck in an unproductive relationship? I mean the one where you are not receiving any satisfaction or joy. If so, why? Do you find it difficult to walk away from that relationship because you have attached yourself-like with glue? It could be a friendship, a relationship or a romantic affair. Just like social media, some relationships may be toxic and affect our well-being. Many people are always complaining about one relationship or another, and this is exhausting and taking away vital energy that could be directed elsewhere.

What is love?

Love is a very tricky attribute and we all want it but with not much understanding or differentiating what constitutes real love and what is superficial or copy-cat. Real love when found, puts your mind at rest because you freely receive it and it is freely given. However, if you have to go to work daily to attract love, then it is something else, not real love. It is no longer coming from the same place as real love, that is, the highest vibration which puts your whole body at ease.

Many women are currently stuck in unproductive pursuit of love to the extent of moving around with cellphone in hand, looking at it, punching it a few times while waiting for a voice at the other end to say, "Hello , how are you doing?". Or they spend hours masking their faces with powder (no pun intended), and in front of the mirror applying all sorts of make-up, just so that they could attract love into their life. Men have actually smelled the desperation and are now

becoming hard to get. Ouch! Suddenly tables have turned as traditionally women played hard to get, but now it is the women chasing and the men playing hard to get. If you find yourself in that situation girlfriend, run for your life. It is very unhealthy and unproductive.

Ego vs Essence

Why do women pursue unproductive relationships? Perhaps, this is due to ego. They are trying to satisfy their ego or prove a point, which they never get to do. Or perhaps still they have lost connection with who they truly are, their value, their worth. Some associations or friendships are better left in the dustbin of time. It is time to shed misaligned relationships if you have to pursue your purpose.

Let's say, your girlfriends want to paint the town red while you want to sit and meditate, what will you do? Some women spend hours chatting about all and sundry on WhatsApp and yet you would like to attend a real face to face meeting to connect and share business ideas or engage in DYBO to release stress and blocks. This is the time to make a decision for your life. Do you want to remain stuck sweating the small stuff or do you want to pursue the path to magnificence?

It is actually a big sacrifice to disconnect from patterns that you have got used to. Even some well-meaning pursuits such as taking part in church activities, could end up being unproductive. If all you do is spend time in order to be noticed or given a token of appreciation, a position or earn a societal image that just serves ego then you are not a true Christian by its meaning and you might as well stop wasting time.

You need to take time to re-evaluate the relationships you are in, what purpose they are serving and whether or not it is not time to release them. It is not easy walking away but it still needs to be done in order to make yourself available for what waits in store for your personal development and purposeful living.

Chapter 11 Need for a support structure

Female Visionaries need each other

In my African culture there is a saying that only one finger cannot kill a bed bug. We all know that bed bugs are tricky and truant tiny insects. When they bite you, they move quickly around the body jumping from place to place. You need a lot of concentration to nail and kill even one and its body is slippery. You may struggle if you try to do the job with just one finger. Hence, you need to put your two fingers together and press so that you crush the tiny body.

Our ancestors did not have sprays and chemicals to fumigate against these bugs, so they needed to fight them physically using their hands; thus this saying came about. This metaphor represents a lot of situations in our lives where we need each other. In order to succeed especially as a woman, you need to form alliances with others.

My supportive community

Life can be so challenging and draining and the pressure can be too much for one person to handle. As Braveheart Women, we are a community of like-minded women who are blossoming as individuals, creating prosperity with courage and collaborating with others in harmony. This community is a safe supportive structure where women can be who they truly are, connecting with their purpose with no fear of being ridiculed or judged.

We have a platform where we express ourselves from the heart, our fears, strengths, doubts and aspirations and receive insight from other women in a non-defensive way. Since we are in collaboration and not competition, we can open up to receive and give in a non-threatening way. If someone has distorted issues, they are lovingly shown other divine ways of thinking and being and allowed space in which to change and grow. Just the amount of love,

acknowledgement and support that goes around is enough for one to want to embrace and love themselves too.

Choose your community

There are many other women's groups around and every woman should be allowed to choose and be part of a community that they resonate with. Some are religious groups and yet others are non-religious though they may be spiritual. It is the ability to choose that will have a greater impact on you as a woman. God created us with this vital gift of free will that makes us different from other species out there. Please note that being forced or coerced to be part of any structure for fear of punishment, judgement or being ostracized is not free will but fear-based modern day slavery.

You may be part of groups that are not helping you grow as a person or that are causing you lots of pain and anguish because you are afraid of being judged or being an outcast . Alternatively you are there to project a false image or status. There is a phenomenon associated with certain groups; where a particular dress or uniform paints a picture of holiness, of perfection or piety and yet the character of that person contradicts the underlying values of that group. In such circumstances this means living a double life. This is very stressful to maintain, does not bring any inner joy to you as a woman and you are merely surviving instead of thriving.

It is therefore important as a female visionary to do some soul searching before joining any group. This should help you re-connect with your higher spiritual self and tune into your correct path that will make you grow as a person and live a joyous stress-free life.

RESOURCES:

1. **Women's Healing & Empowerment Centre-WHEC:** An online and offline membership organization that facilitates the shift for women from a dis-eased to a healed and empowered state, connected with purpose. <https://thewhec.org>
2. **Vision2Action Forum:** A private supportive Facebook group for women seeking healing, empowerment and support as they pursue the path of enlightenment and connecting with purpose. Come join us if you feel in need of this:
<https://www.facebook.com/groups/vision2action/>
3. **WHEC Community Page:** <http://www.facebook.com/thewhec>
4. **Mosline's Coaching Community Page:**
<https://www.facebook.com/healerauthorcoach>
5. **Braveheart Women:** A Global community of female visionaries that are supporting each other to blossom, create prosperity/harmony and collaborating across many fields. <https://www.Facebook.com/BraveHeartWomen>
6. **Dance Your Buts Off-DYBO:** A dance movement that helps women recognize and release blocks in their lives. This is a braveheart women dance.