

# MIND QUEST

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Lagos, Nigeria  
@camilities  
iamcomfortjames@gmail.com

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## PREFACE

The Mind Quest began with a couple of ladies in the year 2017. The sole aim was to learn practical strategies of gaining total control of the mind. Together, they learned key methods that could be employed in dealing with matters that affect the mind. It would be unfair to withhold the learnings and more to that, the world of today needs solution(s) to many problems. So, welcome to an experience you won't forget easily. In this journey, you'd go through series of mind weightlifting exercises thereby bringing about a paradigm shift for the present and future. It's amazing how little drops of water can make a cloud of rain.

The mind is the battlefield, it is where every single thing worth fighting for or against finds expression. To think "victory" begins in the mind and likewise "failure". So the question is: can a person determine what should stay and what shouldn't? Of course (thinking victory). Millions and billions of thoughts move all over the world daily; both positive and negative and in order to have a healthy world, the positive thoughts should take the lead because action comes after a thought is conceived... One very important thing worth mentioning is: "You cannot do this alone. Help another while you're being helped, go beyond your limitations; life is a process".

A larger part of all that's explained in this book focuses on the female gender. The reason for this is not far-fetched; the gender is very powerful. The man is incomplete (in person and in accomplishments) without her. "He can have an idea but she can refine the idea with her brains. She can be a well of wisdom in her craft..." Every single woman in the world should up her game; part of her assignment right from the beginning of the world is to help the man in thoughts and decision making. But this can be difficult to achieve if the woman can't find herself.

This book also includes case studies and discussion questions with thoughts shared on each question by the crew. The piece is not restricted to ladies' use only; as a matter of fact, the male gender will learn a whole lot from this book. He also has some battles he should win when it comes to the mind.

Finally, "*... whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence. If there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them]*". – Philippians 4:8 AMP

## TOPICS

1. Mind Games (Part One)
2. Turning the Ignition (Mind Games part Two)
  3. A purified Mind
4. The Mind and Health connection
  5. Personal Development
  6. Mind Emptying
  7. The Law of Attraction
  8. Self-Awareness
  9. Self-Knowledge
  10. Identity
  11. Time Travel
  12. The Money Mind

## CHAPTER ONE

### **Mind Games** (Part One) – Comfort James

If you have ever played a TV game or a much more easily accessible one - games on your mobile phone, you'd have come across one objective behind every game: **TO WIN/OBTAIN THE HIGHEST POSSIBLE SCORES**. And because of this, you work at it with full concentration. Candy crush game lovers can relate.

I played a few and one of the things I derived from the act is "pleasure and relaxation". The brain is wired at the point of play to come up with strategies for winning. In the quest for this, the rate at which the heart beats can be quiet fast and if one strategy doesn't work, leading to losing maybe a stage of the game, I try again and when I feel tired, I take a break to continue later.

#### *Why the existence of Mind Games?*

There can be times when conflicting thoughts (the thinking of what is and what might be wrong with what is) tend to dominate your subconscious; sometimes, discerning what is going on almost immediately can be difficult to achieve and being overwhelmed by the thoughts would require choosing a path eventually. In the midst of this however, one truth should stand out and that is knowing that the one that controls the mind is in the driver's seat. In a situation where it is required of you to drive straight only and you find yourself considering turning left, this is obviously a change of route which might and might not be necessary. The focus at the moment centers on what the mind ought to concentrate on hence, leaving out every foreign interference.

In putting the puzzle together, this is explained thus: when you play a game, you want to win. When you have so many things on your mind, you want to win by doing the right thing(s)/taking the right step(s). Action comes after a thought is conceived.

### Example Case study:

*Bae is single and in her thirties, she's got a well-paid job, a car and her own apartment. She's been struggling with striking a balance between work and life. She's career driven and gets comments every day from her folks and married friends regarding her marital status. This as well as meeting up with demands at work really gets to her. Sometimes, she feels she took a wrong step at a point in her life and other times she thinks too much about what she can do about her present situation. She's got suitors but haven't felt at peace with choosing any of them. The more she tries to explain this to her family and friends, the more the pressure increases.*

### Remedies that could work for Bae:

- 1. Defining what she wants and being positive about it.*
- 2. Setting realistic expectations without being overly ambitious.*
- 3. Not allowing pressure from the society.*
- 4. Being prayerful.*
- 5. Having an open mind and also expecting the best always.*

**- Nike Aruwajoye**

Two things are obvious from the case study: the thought of striking a balance and; the thought that she has a problem. Anyone can be in this situation or a similar one. Still, the fight for what's right is very paramount.

While on a job, a burning desire to be effective can bring about different thoughts. The mind can get into a race almost easily when there's still so much to turn in for the day and other tasks could be waiting outside the job at hand even as a goal-oriented person. The tendency to WORRY can also be high at this point. Bishop T.D Jakes once said: "worry worships the words of the enemy". What is the enemy? In this context, I'd simply say: that which shouldn't live rent-free in your head.

## CHAPTER TWO

### **Turning the Ignition** (Mind Games part Two) – Comfort James

"Glory not in what you think you know when it hasn't been harnessed properly" – Anonymous

#### How to recognize mind games

- 1% negative thought pattern out of 100% thought patterns.
- An ounce of a course of action that benefits not.
- A desire that aims to motivate you at the expense of your quality of life.
- Some unpleasant hidden introspective features: hatred, malice, enmity and so on.

Turning the ignition can be pictured as using a key to start an automobile, of which the one in the driver's seat is you, and the automobile - your mind. It however doesn't end there as there is a system involved in the process thus:

1. A key.
2. Your inner witness.
3. Recognition of the inner witness.
4. Your response to the inner witness.

The key represents the “intention” before doing what has to be done. The inner witness is your conscience, it tells you what is right and what is wrong. The state of peace in knowing your chosen course of action is right confirms the recognition of the inner witness. So the moment you're able to recognize the inner witness, the role it plays at every point in time in your life, what comes after is your response.

## The involvement of Emotion

Emotions: a **strong feeling** (such as love, anger, joy, hate, or fear) - Merriam Webster

So many people are ruled by their emotions; this shouldn't be the case. Emotions are not bad; in short, they are part of what it means to be human...

Exercise:

*Imagine you're in a tunnel, a dark tunnel. It's scary being in there, you're trying to get to the other side of the tunnel; there's light there, it's very bright. And as you move closer to the light, do a countdown from Ten, Nine, Eight, Seven, Six, Five, Four, Three, Two and One. Now you're here, you made it! Congratulations.*

The above exercise is a test of focus. You need to watch out for the involvement of the head especially when it seem like your emotions are running wild. There is “the heart” and what it says and there is “the head” and what it says. You may also have heard at different times that “what the heart says is always the right thing”. This is not an avenue to say that what the head says is typically wrong. The lawyer said in one of his letters in scriptures: “... I will pray with my spirit and pray in my understanding also...” (1 Corinthians 14:15). This is similar to having these two elements in place and functioning as expected. In other words, while you're working based on the direction of your heart, don't shut the head out entirely. We are given the freedom of choice. Still we are urged to make the right choices – follow life.

## Want and Need

Want is temporal and Need is permanent. The early economists recognized that human wants are insatiable and the trend remained ever since. In essence, the focus should be on “need”.

I remember playing a game some time ago, I excelled at some stages till I got to a particular stage that made me question if it was worth the sweat of trying over and over again. I decided to press just about anything on the keypad; I was tired and I just wanted the game to be over. To my surprise, I passed the stage; then I thought to myself, perhaps the strategy was to press anything on the keypad; there was no need to concentrate on whether the right or wrong steps were taken in the game.



Once I had my eyes fixed on the TV screen while pressing whatever on the keypad, I was bound to win/pass the stage in question. The shocker came when I applied the same strategy in the stage that followed and behold, it was a big bold flop. Since then, I learned the lesson that every game has a rule so whether applying the principles results in losing or not, the right thing(s) must be done.

Before you can turn the ignition, the key has to be in your possession. When you're about to make a decision of which you don't know the outcome, the systems involved in the process of turning the ignition is a good place to start. You may want to yield to your emotions especially in a situation where the decision has a form of sensitivity, still the application of the systems will be a sure guide.

## CHAPTER THREE

### **The Purified Mind** - Deborah Ashaye

#### “Purity”, “Purify” and “Purified”

“*Purity*” means something holy or without blemish. “Purify” means to cleanse something. “*Purified*” means made pure or more pure. If there is to be a cleansing that means there is something impure.

In the world of today, it is not unlikely to see ladies living with so much burden, guilt and shame.

#### *Some likely scenarios of impurities:*

1. Bola grew up with her parents, life seemed to be going very well on the outside but inside, she is shrinking. She grew up in a constant state of being sexually abused by her father.
2. Tolu has been failing her exams in school. Each semester comes and leaves and nothing changes. She is beginning to see herself as nothing profiting to the world.
3. Bunmi is on the verge of losing her job. Despite her many efforts, her boss has not stopped his incessant complaints about her poor productivity.... She’s scared. She stays with her aunt and life with her has been miserable. Her aunt doesn’t seem to see anything good in her. She sees her as lazy and irresponsible. This has degraded her esteem.
4. Titi is a victim of complete trust in friendship. There is practically no secret she doesn’t share with her friend. She ended up betrayed and hurt by her confidant.
5. Tope has been struggling with sexual immorality with her fiancé. She desires to keep the relationship alive but that has been difficult and she’s beginning to lose a grip on herself. She sees herself as a failing woman already.

These Five scenarios can bring about impurities.

“You look with your eyes but you see with your mind.” If the mind that is supposed to be seeing greatness is blinded by matters of this world, what is the fate of such a life?

*A woman is a mother to generations...*

*A woman is an intercessor...*

*A woman is a wife...*

*A woman is a sister...*

*She is an encourager...*

*She is a woman of worth but she sees herself as worthless...*

*What went wrong?*

*What should be done?*

*How should impurities be handled?*

*Where can she get help?*

*What does God have to say about these?*

*“And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise. And his disciples remembered that it was written, the zeal of thine house hath eaten me up”*

- John 2:14 - 17

Jesus chased both buyers and sellers out of the temple made with hands. The New Testament reveals that God not only dwells in temples made with hands, He has actually made His abode in our hearts/minds. So if you have things causing damage in there, they would be contending for space with the Lord. Just like Jesus drove impurities out of the temple, you should do likewise to your heart/mind. You should do everything to ensure that the Lord has a good place of rest in you. God is holy

and Impurities cannot be found in His place in our hearts. Impurities makes the word we take in fall on a thorny ground. The word needs to grow on a fertile ground

### How to get rid of impurities

A summary excerpt from a book that relates to the subject matter goes thus:

When things get bad, learn to lean on Him solely. Spend more time with Him and enter into a pure life, His rest... Hebrews 4:6.

Sometimes, God leads us the hard way, it's because He is doing a work in us. How will we ever learn to lean on Him if we can handle everything in our lives ourselves?

You have the mind of Christ so you can handle things the way He did by being mentally prepared through victory thinking.

If you want to have life flowing to you and from you then guard your heart... (Proverbs 4:23).

You should not open your life to everyone you meet giving them the opportunity to crush you. Apply wisdom and discernment in your dealings with others.

If God is laying it in your heart to start a journey with Him or there's something you want to do and you have been putting on hold, please, put your acts together and get to work. Life is too short to waste time, seek God's face, seek counsel and get to work.

Worry is an impurity and it is pride in disguise. It is better to make up Joy than to have genuine depression. No matter the situation, choose to be happy and stay happy, if there's anything like "formed joy", please embrace it. It will pay off in the end. The moment you choose to be joyful, the Spirit of God agrees with you and takes over. Count it all Joy when you fall into diverse temptations.... Stay Joyful!

You are special, don't let anything or anyone tell you otherwise. You are who you are for a reason and you are part of God's special plan. You are a precious and perfect unique design called God's special woman.

That trauma you faced wasn't easy and God wasn't happy that you had to go through that. Nevertheless, it happened to shape your heart so that His likeness will evolve in you. God specializes in giving people a fresh start and you can be sure He's more than willing to do same for you only if you reach out to Him....

Are you hurting, don't stay in your hurt; reach out to Him today....

How can a man cleanse his ways....? It is by taking heed...

The devil, our adversary goes about like a roaring lion seeking whom to devour.

An understanding of the Word will keep you purified... Both in your mind and in your soul.

There's a need to take root downwards... We need to stand and keep standing firm against the wiles of the devil.

At each point in time, there's a struggle as per who stays in charge of your life and knowledge of the word gives you an edge and a sense of control over happenings in your life.

### The Inside Out Question

**Gift Onyewuchi:** *Over time, I've heard some people say that outward look has nothing to do with what is in the heart. Now my question is: isn't being purified supposed to reflect in every area and in all that you do?*

### Re: the inside out question

**Chinenye Nwanna's** thoughts: *I think the outward look referred to here is physical dressing. But when you are purified, it most definitely would reflect inside and out because the glory of the Lord shines forth. It does not mean we should go overboard with vain appearance.*

**Comfort James's** thoughts: *Now, this question can be analyzed based on different but maybe not so many perspectives. Saying "dress the way you want to be addressed" is one perspective. We live in a world with different beliefs... Christians, Muslims, atheists... So my thoughts on this is: both inside and out matters... Some "Christians" know the part of scriptures that says: "it is what comes out of a man that defiles him..." So the question is: where is that which defiles him coming from? As predicted, "Inside." Going deeper, "out of the abundance of the heart the mouth speaks." "As he thinks in his heart, so is he" "God looks at the heart and not appearance"... The list goes on and on... We are however not to be judgmental even while knowing for sure that both (inside and out) matters. For me, there is no point getting into vain argument when a debate as this arises. "Answer not a fool according to his folly... Answer a fool according to his folly..." - Proverbs 26:4-5*

## CHAPTER FOUR

### **The Mind and Health connection - Nike Aruwajoye**

#### The mind

According to Wikipedia, “the mind is the combination of cognitive faculties that provide consciousness, thinking, reasoning, perception and judgment in human and potentially other life forms”.

It is the seat of power of one's being and it has the ability to be aware of things both in its conscious state and its subconscious state.

The mind is incredibly important in that it is the human seat of reason. From the mind can emanate both positive and negative thoughts.

#### Health

The World Health Organization (WHO) defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”.

The human health entails both the physical and the spiritual well-being of the human entity and requires a sound and healthy mind.

Note from the above definition, health requires COMPLETE well-being of man.

#### Connection between the mind and health

The mind is seated in the human soul which in turn is in a body that is within an environment, hence, there is a deep connection between the mind and health. Health is not limited to the physical state, it also affects other states: mental, social and spiritual.

The mind and the body are connected in the sense that the wellbeing of a man begins to fail if his mind becomes unhealthy. Lifestyle also plays a huge role as a determining factor of the state of the mind. It is therefore important to maintain a healthy lifestyle between your spirit, your soul and body. A healthy mind easily helps to generate a healthy being and vice versa.

## The power of the mind over health

*“And the LORD said, “Indeed the people are one and they all have one language, and this is what they begin to do; now nothing that they propose to do will be withheld from them.”*

- Genesis 11:6

The above scripture is about the tower of babel. Their plan was against the will of God (be fruitful and multiply) and the Almighty Himself acknowledges that "nothing that they propose to do will be withheld from them", meaning they could have achieved their set out plan if it was in God's will. This underscores the power of the mind backed up with action in God's divine will (for full story, please see Genesis 11:1-9).

Your thoughts are the architect of your life (including your health) and it is expedient to focus practically on positive thoughts. Focusing on positive thoughts takes constant intentional practice and will-power that can mostly be achieved by a regenerated (purified) mind. Having a healthy mind is just as important as having a healthy body. An unhealthy mind, even in a healthy body will ultimately have negative impact on one's health.

The potential of your subconscious mind may be limitless but potential alone can be more detrimental than useful when the programs being carried out are negative. Its incredible power is also its greatest weakness. Not everything has the right to take residence in your life. To better put, it's only the things that you permit in your mind that have the right to take residence.

Your thought can create your reality if not carefully handled. Your realities should be positive! Everything you perceive on the outside has its origin in the inner world of your thoughts. To consciously create a healthy body in reality, you must (among other things) learn to control the nature of your dominant, habitual thoughts. The mind is very powerful. Learning to access deeper states of consciousness enables you to consciously program and re-wire your mind for a healthy lifestyle.

In summary the human mind has great power over health hence, we need to maintain a healthy mind and a healthy lifestyle.

- 95% of the things we think or do are UNCONSCIOUS.
- 5% of the things we think or do are CONSCIOUS.

Frank Lloyd Wright is known as the world's best Architect. In one of the interviews he had, he was asked "of your many beautiful designs, which one is your favorite?" Without thinking, he replied "my next one". We should develop the mindset that says 'it is well' even when the case is otherwise. Having conceived a thought, the words that proceed from the mouth creates the reality.

As women (mothers, wives and daughters) that happen to be the WOMB to the next generation, we have the power to cause tremendous change (either with our mind or mouth). This change can go as far as affecting any health condition.

### Maintaining a healthy lifestyle

These are practical things we need to do in order to stay healthy. They include (but not limited to):

1. Eating healthy food.
2. Keeping a clean environment.
3. Engaging in regular exercise.
4. Socializing with people - don't be a lone ranger.
5. Taking enough rest.
6. Staying active and creative - challenge yourself to always be better.
7. Accepting your uniqueness - there is no need for rivalry, competition or the feeling of being inferior to others.
8. Learning to help others.
9. Living one day at a time (a worry free life).
10. Visiting the hospital if need be (for checkup basically).
11. Maintaining a positive outlook to life.
12. Always connecting with your Creator.

All these and many more can help to maintain a healthy lifestyle. As pointed out earlier, a healthy mind breeds a healthy life, so also does a healthy life help to have a healthy mind. There has to be a balance between the two.



## Maintaining a healthy mind

1. Have a regenerated mind.
2. Read the scriptures daily: Always soak yourself in His word, because this is a weapon you will always need when the mind is in its conscious state and mostly in its unconscious state. The word helps to remove toxic thoughts and it builds your faith.
3. Pray always: Thessalonian 5:17 – “*pray without ceasing*”, and Luke 18:1 - 8 (please read up). Don't wait until your health begins to fail before you pray. When things are good, pray; when things seem otherwise, pray; just keep praying and believing. Worry less and pray more.
4. Always speak positively: “*Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof*” (proverbs 18:21).
5. When you keep declaring something, it gets to a point that the mind begins to believe it and the body itself begins to respond in that direction.
6. Keep good company: get away from negative speaking people. There is a popular saying: "The type of ship (friendship, courtship, relationship) you are in determines your destination". Surround yourself with positive thinking people.
7. Always guard your heart: “*Keep thy heart with all diligence; for out of it are the issues of life*” (proverbs 4:23).
8. Always be joyful: “*A merry heart doeth good like medicine: but a broken spirit dries the bones*” (proverbs 17:22).
9. Learn to always forgive and let go of hurts.
10. Always be grateful to God for what you have while you hope for the ones you are believing Him for.

Note that you can only plant positive thoughts intentionally, hence, challenge your belief system.

Finally, your thoughts are not things only but are tangible things that can frame the triumph or the tragedies of your life.

## Types of thinking

1. Productive – structured approach to solving problems (results)...
2. Critical - think clearly and normally
3. Creative – explore ideas, generate possibilities...

## CHAPTER FIVE

### **Personal Development** – Comfort James

Personal development is made up of the following elements: Spiritual, Emotional, Mental, Physical and Social. This can also be abbreviated as SEMPS.

\*Spiritual – deals with the inner witness.

\*Emotional – deals with feelings.

\*Mental – deals with Intelligence Quotient.

\*Physical – deals with physiology.

\*Social – deals with the environment.

These are basically the dimensions of Personal development, there is an online photo in the first chapter of my free eBook titled “Exploit”, and there you’ll find some things that can be done in order to ensure these five elements are better utilized in your everyday life.

The exercise at the end of the chapter requires that you picture the transition you'd like to see in quietness. Being quiet doesn't just mean "not talking"; in this context, it depicts a call to not process anything in your mind, hence, emptying your mind.

Personal development is not to be seen as a challenging task; as a matter of fact, every single individual in the world opts for it one way or the other. I encourage you to read more on this topic in the eBook. This is basically to highlight useful elements of Personal Development as it pertains to gaining control of the mind.

## CHAPTER SIX

### **Mind Emptying** – Comfort James

Mind emptying is the process of emptying the mind... The definition may sound basic but the basic things can bring about outstanding results...

Change is a constant thing, it is something our world is specially designed with. Things change every day and man's judgment can be beclouded along the line. The factors that play out in this situation can however be controlled irrespective. It is also imperative to mention that it can be difficult to think or remember "control" when the heat becomes unbearable.

Mind emptying is a very simple process that requires a conscious effort and unfailing determination. As much as possible, you should try to utilize the power behind the 95% of the things that happen at the unconscious level. Different thoughts with emotional baggage can come to you unconsciously and you must become a master at filtering them; delete what doesn't motivate you and accept what does.

Mind emptying works well every time of the day but to begin, try sticking to practicing it Three times a day like a standard Three-square meal.

In the morning, tell yourself words of affirmation. For example, "This is the day the Lord has made, I will rejoice and be glad in it"

What you say must make its abode in your subconscious. If you have to repeat more than once, go ahead!

Having done a superb opening of the day, take a break around noon, take stock of how the day has been so far. Call to mind what you declared in the morning and REFRESH.

In the evening, be thankful for the day and go through the process of emptying the mind by speaking again.

One thing is common in the Three times daily task here: VOICE ACTIVATION.

## The "how" of mind emptying

1. Ask yourself, “What are my thinking about?” If you can answer this question, you have the key. The next thing to do is to turn the ignition. You can write your "thoughts" down if you need to. After this, cancel out unimportant things or thoughts (what doesn't motivate you). During this process, especially during cancellation, please ensure you do not cancel out the place of resolving a conflict if you have that pending. It has a huge impact on your peace first and then that of the other party or parties.

2. Having canceled out the unimportant/unnecessary/the demoralizing thought(s), think about something that makes you happy or someone that brings a curve to your lips when you think about him/her. Focus, the objective is to cause the good thought(s) to overshadow the wrong. Don't let it fade too soon. You'd get to a point where the unpleasant thought(s) won't be as intense as it was. At this point you know you've prevailed. After this, breathe before letting the good thought(s) rest. Remember you're going through a process of mind emptying.

3. Another strategy is talking to someone. A whole lot can happen when people don't or can't find someone to confide in. If you do find someone at the point of being overwhelmed, go ahead and pour it all out. Just having someone to listen to you brings relief. If the person you talk to reasons with you, mind emptying will take place. Pouring yourself out to someone requires a process called “evaluation”. Your inner witness should confirm or approve of the person. Don't just go ahead and share without settling this within you first. This is the more reason why we have different strategies of mind emptying.

4. Meditation: this is the process of musing over something... Meditation is one key strategy when it comes to mind emptying. What do you need to muse over? The right, the good, the pleasant. The process of deletion also takes place here because you are trying to get rid of things that are taking up space in your head in order for the right things to come in to stay.

Practical examples of things to delete: heart break, unforgiveness, stress, worry, information overload...

It's very possible to overcome just about anything worth overcoming. Focus, picture the change you desire and SPEAK!!! You are lord over what you control.... It can be quite difficult to stay focused when you're going through certain things that should be deleted (for example heart break). Meditation is like a balm you apply occasionally to that part of your bones that hurt in the case of a bone injury. Nobody

says it would be easy all through life but when and if these things as the aforementioned pop up, take the process and create your own change!!!

5. Do things that bring relief. For example, listen to music, see a movie, and hang out with friends for a good cause. These gets those detox out of the way.

Why is mind emptying necessary? A simple answer is: you need SPACE for things that matter!!!

### Benefits of mind emptying

- You are refreshed
- You are more productive
- You become extra creative

## CHAPTER SEVEN

### Law of Attraction – Chinenye Nwanna

#### PART ONE

The law of attraction is the belief that by focusing on positive or negative thoughts a person brings positive or negative experiences into their life.

The definition is based upon the idea that people and their thoughts are both made from "pure energy", and that through the process of "like energy attracting like energy", a person can improve their own health, wealth and personal relationships.

The Law of Attraction can be understood by understanding that 'like attracts like'. What this means is that whether you realize it or not, you are responsible for bringing both positive and negative influences into your lives. Simply put, the Law of Attraction is the ability to attract into your life whatever you are focusing on.

Charles Haanel describes it this way:

*“The law of attraction will certainly and unerringly bring to you the conditions, environment and experiences in life, corresponding with your habitual, characteristic, predominant mental attitude”.*

Ralph Trine also describes it this way:

*“The law of attraction works universally on every plan of action, and we attract whatever we desire or expect. If we desire one thing and expect another, we become like houses divided against themselves, which are quickly brought to desolation. Determine resolutely to expect only what you desire, then you will attract only what you wish for”.*

The Holy Bible in the book of proverbs 23:7 says ‘As a man thinks in his heart so is he’. Also in the Bible, it says “...whoever kills by the sword will die by the sword”. This is also a Law of attraction.

A key part of the Law of Attraction is understanding that where you place your focus can have an intense impact on what happens to you. If you spend your days wallowing in regrets of the past or fears of the future, you'll likely see more negativity appearing, but if you look for the silver lining in every experience then you'll soon start to see positivity surrounding you every day. Therefore, the Law of Attraction encourages you to see that you have the freedom to take control of how your future develops, shaping it in the ways you choose.

### Areas of life that the law of attraction has been applied to or can be applied to

#### *Health*

Our thoughts directly influence our health, and this is due to the law of attraction. It is believed that worry, fear, stress or other negative thoughts make people sick, while positive thoughts of wellness or love can keep people healthy and even cure illnesses. This particular area, I believe most of us apply it. For example, when we are ill, we say 'we are strong'.

#### *Finances*

It is claimed that if someone consistently thinks prosperous thoughts then irrespective of their actual situation they will experience prosperity in the future because 'like attracts like'. Conversely if a person consistently thinks that they are poor then that will be their future experience. Feeling happy and grateful for the money you already have, is claimed to be the fastest way to bring more money into your life.

#### *Relationships*

The law of attraction affects our relationships because whatever we focus on, we experience more of. So if an individual focuses on another person's good qualities then they experience more of those, whereas if they focus on what they dislike about that person then those will be the characteristics of that person that they experience. Also if you can visualize that a certain person is being nice to you, then you will be attracting experiences that match those thoughts. A person can attract a romantic relationship with a person who has the characteristics wished for, by creating a

mental image of the ideal person and by visualizing the imagined scenes as being real.

### *Ambitions*

When someone visualizes clearly and in detail what they want to achieve, and focuses on that image which they set in motion through the law of attraction, a chain of events will eventually culminate in the materialization of that vision.

## **PART TWO**

### Tools used in applying the law of attraction

#### *Visualization Tools*

Creative visualization is a cornerstone of using the Law of Attraction, and meditative exercises are part of this process. For example, you are encouraged to spend 10-15 minutes a day on building an increasingly detailed image of the life you want to develop. However, visualization actually extends far beyond these mental pictures, and can be practiced in concrete ways every day. For example, writing exercises that focus on externalizing your goals and making them more real.

#### *Affirmations*

The Law of Attraction Affirmations can take the form of internal thoughts or spoken words; they can also be represented visually. Regardless of how you choose to use them, you can design them to reflect your vision of how you want your life to change. For example, many people have great success speaking affirming words into the mirror before going to work, or stating “today is going to be a great day” to infuse themselves with positivity upon waking. When used frequently enough, affirmations can enhance your use of the Law of Attraction by helping to reshape the core beliefs and assumptions that may be holding you back. They promote consistency, optimism and intense focus on the future you want to create.



Further, visual affirmations are useful ways of reminding yourself to stay connected to positive thoughts throughout the day. A sticky note on the cabinet, the fridge or the front door can keep you in check if your confidence is wavering, and a “dream board” can be designed to represent your desires and aims in pictorial form

### How to Use the Law of Attraction

1. Relax your mind. Meditate for 5 to 10 minutes. Breathe from the belly, not the chest.
2. Be sure about what you want and when you do decide please don't doubt yourself.
3. Ask God for it: Make your request. Send a picture of what you want to God.
4. Write your wish down: Start with "I am so happy and grateful now that..." and finish the sentence (or paragraph) telling God what it is that you want.
5. Feel it: Feel the way you will feel now after receiving your wish. You must act, speak, and think as if you are receiving it now.
6. Show gratitude. Write down all the things God has given you. Be thankful for what you already have and be thankful for all the things God has given you
7. Trust God.

### Ways the Law of Attraction Can Help To Improve Your Life

- 1) You Can Steadily Increase The Power Of Your Dreams. The more you focus on something, the more powerful it becomes...
- 2) You Have A License To Trust your Instincts. It is better to trust your emotions than to overthink a decision...
- 3) Shifting Your Focus Will Change What You Experience. You attract good or bad experiences based on your thoughts...
- 4) You Can Instantly Move Closer To Success...
- 5) The Law of Attraction Will Transform Your Beliefs about Success...
- 6) Wallowing Is A Thing Of The Past. Don't allow yourself to wallow in disappointment...
- 7) Visualization Improves Physical Performance...

- 8) It Doesn't Take Long To Make A Huge Difference To Your Life. You can make good things happen more quickly by thinking about them more...
- 9) Dreams Are Useful But Not Dangerous. Don't worry about what you're dreaming; instead use your dreams as a guide...
- 10) You Have Control Over Your Relationships. Know that your relationships with people are bad because you made them that way...
- 11) Avoid TV shows that deal with negative experiences like crime or illness...

## CHAPTER EIGHT

### Self-Awareness – Gift Onyewuchi

Self-awareness is having a resound knowledge of "You". It can also be said to be "having a clear perception of your personality including your strength, weaknesses, emotions, thoughts, belief and motivation". It also helps you to examine if you are right with God - "*examine yourself whether ye be in the faith.....*" (2cor 13:5)

#### Importance of self-awareness

Self-awareness helps to align thoughts and interpretations that comes to the mind. When Apostle Paul was instructing the Romans in the bible, he said "do not think of yourself more highly than you ought, but rather think of yourself with sober judgment" (Romans 12:3). To simply put - "be aware of yourself and see yourself exactly as you are".

Self-awareness is also vital when you are being led by the Spirit. There were times that I felt empty, I felt like nothing was making sense to me. I lost enthusiasm to do things effectively as I would normally. But in the midst of these, I knew there was a call to talk to God. My natural self wouldn't even see this as an option in and by itself but being aware of myself made known to me that something wasn't right and I knew what next to do. All these, because I was aware of what was happening to me.

Self-awareness is also important in considering the relationships you go into. Some people get so emotionally attached to someone and lose themselves to some nasty habits, ungodly acts and this can go as far as even refusing to listen to the Holy Spirit when He says "let go." The refusal to let go can be as a result of fear of hurting the person or even an odd feeling that finding someone with the same traits that the person possesses will be difficult. With self-awareness, necessary adjustments can be made in your relationships.

## Our embodiment or makeup and how it stirs up Self-awareness

We are an embodiment of Spirit, Heart, Mind and Body.

Spirit: your spirit is your inner witness or your conscience. This is a very important part of man and it is where conviction begins.

Heart: the Spirit and the heart share a relationship in genuine communication. Psalm 26:2, Proverbs 20:5. The heart is the right place to do a form of check/introspection. The heart is the foundation upon which most of man's actions are carried out (Proverbs 4:23).

Mind: this is where your thoughts and imaginations develop. A high level of care must be taken when it comes to what you allow into your mind; if you allow the wrong things, then the result(s) will speak and this can hinder your inner man from being sensitive to the things of the Spirit.

Body: this is referred to as your flesh. You need to be aware when our body yearns for rest, the right nutrition and also exercise to keep it going because it can be difficult for you to carry out your day to day tasks physically if you are deficient here.

In conclusion, you find yourself in God and He expects you to manifest into what He has designed you to be!!!!!!

## CHAPTER NINE

### **Self-Knowledge** – Grace Neko

Self-knowledge is closely related to self-awareness. I will call it a valid understanding of who you are with regards to your self-worth or value. The Merriam Webster dictionary defines self-knowledge as understanding of one's own capabilities, character, feelings or motivations. It is having a clear perception of your personality, including strengths, weaknesses, thoughts, and beliefs.

God is very particular about His children having knowledge. The ability to know who you are is what is referred to as self-knowledge. He is not pleased seeing His people lack the knowledge of who He is and who they are in Him. The lack of knowledge itself has made a lot of people venture into things that they are not meant to venture into. And on a more basic level, some people don't even know some vital information such as genotype, height, and so on, as it concerns them.

#### The importance of Self-knowledge

Self-knowledge is an antidote to inferiority complex. When you have an understanding of who you are, you will not feel as though you are nothing without value or unimportant.

Self-knowledge kills mediocrity; those who know who they are never settle for less than they deserve. Self-knowledge helps to strike a balance and helps to discover oneself and the potentials one never thought one had.

Self-knowledge also shifts your thinking pattern i.e. it changes your mindset and helps you to have good judgment or perception about yourself and people.

It helps you keep a better relationship with people.

If you know yourself, you will not be trying to be like somebody else.

Self-knowledge tells us **our mental state** which is a component of self-concept. I will explain briefly:

Self-concept is divided into three:

1. Cognitive self - which is made up of everything you know or think about yourself physiologically (race, height etc.) and psychologically (beliefs, values etc.).
2. Affective self - which is also known as the felt self. It is the emotional component of the self-concept.
3. Executive self - has to do with your behavioral pattern. It is also known as the active self.

By self-knowledge, our self-esteem or self-worth is being built. The pitfalls in life's pursuit will be averted once self-knowledge is applied. The correlation between self-knowledge and any other external component in Mind quest is "Awareness". This is very key in all that pertains to you and your environment. The well of information you take in (positive or negative) affects your output. Your mind first of all interprets and the inability to filter the different information thereby sticking with the positive can cause the negative to have a domineering effect.

### The "how" of self-knowledge

Self-knowledge can be obtained by consciously assessing visible information about yourself. For example, your weight, height etc. I added 'consciously' here 'because many times, the information is there but you are not conscious of it or your mind has not conceived such information. A continual check on yourself can help you obtain self-knowledge.

Never try to compare yourself with others as it can result to having the wrong feeling(s).

The best place or way to look when it comes to knowing 'you' is your heart. This is also called introspection. It takes the right thoughts and attitudes to know who you are.

The visible information you receive is interpreted in your mind and stored up in your heart. Scripture says guard your heart, and you should really guard your heart as if that's the only treasure you have on earth because any information you digest either sends the right or wrong signal.

In conclusion, God is interested in His children being knowledgeable and He desires that you have good understanding of who you are. Know about yourself - physically, spiritually, and emotionally and character wise (proverbs 10:14, 12:1, 13:16).

Physically, you know what your body needs and don't need.

Spiritually, you know what you believe in, you know your values.

Emotionally, you understand your emotions and how to control it.

Character wise, you have knowledge of the right character or attitude to emulate or imbibe.

It takes discipline to embrace knowledge.

## CHAPTER TEN

### Identity – Comfort James

Identity is WHO YOU ARE.

If you were asked the question, who are you? What would be your most appropriate response?

When you know what defines you, your entire being will be kept in check. Hence, no external unacceptable force can linger.

#### Excerpt from "Exploit"

Key things that serve as a guiding light to identity discovery:

- God
- Talent – your natural gifts and strengths.
- Passion – those things that naturally energize, excite, motivate and inspire you.
- Need - what the world needs enough to pay you for.
- Conscience – that still small voice within that assures you of what is right and prompts you to actually do what is right.

Think on them after reading and try to see where you can make necessary adjustments. The concept of identity isn't complicated once you know where you stand. For more insights, see my free eBook titled "Exploit".

Any day, any time, you are in charge of your mind. This should always ring inside of you.

Be aware of you.

Know and understand you.

You become a slave to what you subject yourself to.



## CHAPTER ELEVEN

### **Time Travel – Comfort James**

"Time" is one element that a lot of people don't joke with. The world has changed in so many ways and some people have learned to pace with time. Someone once said "If I give you my time, at least acknowledge it". Time is an expensive resource that shouldn't be wasted.

For example, today is the focus, one day in the week and you're anticipating the following day and the things to be done. You may and may not find many reasons to think about all that happened before today. And if there are unpleasant experiences from the past, seize it! The past actually answers to you; you determine what it does and it waits on you for the next instruction.

So, in thinking about the past, you are not to stay without an aim. Most people are used to the saying: "pick your lessons and move on". This is essential and makes good sense in terms of applicability.

#### The process of time travel

Time travel is a journey to the past and the future. It is aimed at discovering and creating treasures. \*\*\* let this sink\*\*\*

Before you were born, there was a fight between you and other potential seeds but you prevailed. You won right in your mother's womb and others gave up.

With Time travel, you can go back to those beautiful moments you had before now:

- It entails connecting to those moments wholeheartedly.
- It entails selecting treasures that you need presently and also creating treasures that are needed for the future.
- Don't try to pick all at once, time travel might require you going back and forth as many times as possible. Until you say "enough..."
- Time travel also entails lumping the unpleasant experiences you might have had thereby putting them in their rightful place(s) once and for all.

*Simple exercise:* act on all that time travel entails as highlighted above and take note of your outcomes afterwards.

### Periods explored during Time travel

- Childhood
- Teenager
- Adulthood

#### *Childhood*

"Nothing means anything except the meaning you ascribe to it..." It's funny how people "unconsciously" carry out or do certain tasks only to find out later on that they've been about the very same tasks all along. What this simply means is: they're doing a form of introspection unconsciously. The common phrase that begins a statement around it is: "I remember when....."

Personally, I've had to reflect on what life was like for me during childhood... And a larger part of the reflections was not planned. But in the midst of all, I discovered that just remembering made me feel good and some part of it made me laugh.

Childhood is a fresh period, it is a time of complete innocence. During this period, life is easier at a foundational level. At this stage, almost every child desires to become an adult immediately. This was the case for many who are now adults; many can testify that the reason for wanting to become adults quickly is because they were restricted from doing certain things as a child.

In gaining total control of your mind, you must be able to extract certain elements from childhood, modify certain elements from childhood and delete certain elements after understanding what they are.

I remember when my mum passed on, I didn't know what was happening at first. I was just looking at people weeping and I wondered why they were weeping. When dad passed on some years after, in as much as I knew better, I found a place of an unknown guilt. The feeling of "I wish I did this, I wish I did that" took over. This went as far as bringing back the thought of mum. To an extent I felt terrible. But for what? I wished I knew.

It wasn't until I answered one question that my orientation changed. The question was: "what would you have done to prevent what had happened from happening?" After answering this question, deletion became necessary.

The point:

- Every human at one time during childhood has had a share of the very pleasant memory and so can wish to go back there (remember) almost anytime.
- Some people had really bitter experiences during childhood and that has shaped their thinking. Meaning, has been ascribed to the experiences hence, they find no reason to reflect on it. Scripture says "remember not the former things..." And this is very correct! The reason why you mustn't remember those things is because they have the propensity to tamper with what is to come.

So, in a bad experience, the advantage of time travel is to put certain things in order at the unconscious level. For example, forgiveness, the act of being thankful, mentoring etc.

No matter what you're feeling, an opportunity to be a solution to something with your very practical experience should not pass you by. While you're still breathing, you must always remember that **YOU ARE IN THE DRIVER'S SEAT.**

### *Teenager*

A teenager is a person between the ages of 13 to 19. Although this is a standard definition, a whole lot happens to people within this age bracket. Some you may not really attach the age factor to because a particular action seem too small or too big for the person who does the action. Some of the things that occur during this period include:

- Puberty
- Ability to take certain vague decisions
- Exposure (positive and negative)

## The essence of this path

You did not bypass the process. As a matter of fact you were fully involved in it. One common thing goes wrong for some here, it centers on not being able to correct some things during childhood which eventually traveled down to this period. Many of the things a lot of people experience today begins from somewhere. But the problem is that some systems that ought to have been put in place were not put in place so the trend continued.

We travel down to childhood and laugh so hard at maybe a form of stupidity exhibited and an inability to know what we're doing at that time... (Unpleasant experiences excluded).

We travel down to the teenager period and may not feel as lively compared to the period of childhood. Childhood holds some of the best moments of life for some...

The teenager still carries an element of childhood. But it is not expected that a full measure of childhood overshadow the teenager...

## **Point to ponder**

The child in you remains so that you will always have use of it.

## *Adulthood*

Being an adult holds a whole lot. At this stage of life, you are required to accept responsibilities. If a person becomes an adult without modifying some things that ought to have been modified before the stage, the result that follow can almost not be disputed. It's so easy to think about what the issue is and a step or two taken to correct afterwards.

As an adult, you don't need anyone to tell you when a thing is hard to handle or otherwise. The expectation from every possible angle include the concept called "Maturity".

Can you slip at any time? Of course.

Does it change the fact that you're an adult? Of course not.

The adult houses the other two elements of time travel (childhood and teenager).

An adult engages in time travel for the following reasons:

- To go back to those beautiful moments had before now; preferably during childhood.
- To connect with those moments wholeheartedly.
- To select treasures that are needed presently and also create treasures that are needed for the future.
- To lump the unpleasant experiences you might have had thereby putting them in their rightful place(s) once and for all.

An adult goes beyond the child and teenager during time travel. It can be thought that having a child do time travel is foolishness but children engage in this (even unconsciously). Same applies to teenagers, especially when he/she is fresh in it.

An adult can leverage on time travel in the following areas:

- Restructuring of relationships
- Career building
- Self-mastery/Self discovery

In conclusion, you don't necessarily have to be in a location that allows you to think before you can carry out the time travel exercise. This can be done even when you are on the go. You can try to do this in a noisy environment, it can help you evaluate how well you concentrate.

"Your learning can only be as effective as you let it..." - Anonymous

## CHAPTER TWELVE

### **The Money Mind** – Comfort James

Popular definitions of money centres on it being an item used as **a medium of exchange, a unit of account, a store of value and a standard of deferred payment.**

For Mind Quest, majority of the focus will be on VALUE, Money as a store of Value.

#### Importance of money

- You are able to carry out exchange of resources.
- You can buy what we need.
- You can help or assist another.

There is nothing wrong with desiring to have money. Money answers all things as recorded in the bible. With money, you can get so many things done on earth. There is however a caveat here: money can be abused by both some people that have it in abundance and some that don't have it in abundance. As the saying goes, “when the purpose of a thing is not known, abuse is INEVITABLE.”

The reason why many abuse money is because they don't know the purpose of money. There is a difference between the **purpose** of money and the **importance** of money.

#### The essence of money mind

The mind is not restricted to thoughts without money. As a simple exercise, think about the times you were broke and see what you thought about then. Money triggers thoughts, both having money and not having money triggers thoughts. You cannot stay neutral with this knowledge.

## Abuse of Money

Abuse means "misuse" of something. As mentioned earlier, money can be abused by some people that have it in abundance and some that don't have it in abundance.

There are two aspects that will be considered as mentioned above:

1. Abuse by some that have it in abundance
2. Abuse by some that don't have it in abundance

### School of thought (some that have it in abundance)

- There is enough money so financial intelligence isn't found here.
- It's all about the moment.
- Life is short, enjoy it while you can.

One thing the people in this category might be getting wrong is that they may think making people feel good all because they spend money freely symbolizes fulfillment. They don't necessarily have to be selfish. Bottom line is **value is not stored**.

### School of thought (some that don't have it in abundance)

- I don't have money is I don't have money.
- There is no drive to make money.
- Money is evil, I don't want it to corrupt me.
- I just want some money to cater for immediate needs.

You can find yourself in these two categories in one way or another. Hence, there is no better than the other category. One of the money problems we have in the world today is this: **People measure their worth by the size of their pockets (basically what they think they have)**. Having known this, what happens to those that don't have it at all? **It is not possible to not have money at all**. When a person who doesn't have physical cash performs a task that eases a burden or solves a problem, this is equated to **Money**. There are two thought patterns here:

*Wrong thinking: it's all about doing this and getting quick cash.*

*Right thinking: because I am doing the right thing, I do not lack money.*

A house that is built without a foundation is going to fall either ways and by all means. Therefore, one remedy that abusing money needs is *understanding and maximizing the purpose of money*.

### The purpose of money

- It is good to be able to acquire things with money.
- It is fulfilling when the things acquired are important and necessary.
- It is much more fulfilling when the things acquired remains for posterity.

Ultimately, Money is a store of value.

Theoretically, general knowledge will streamline the purpose of money to mean the importance of money as follows:

- We are able to carry out exchange of resources
- We can buy what we need
- We can help another.

But a much deeper level will streamline the purpose of money to what it stands for. So, principally, the purpose of money is to **Store Value**.

Action point:

Take a look at what you've been using money for and see if value's been created overtime.

If the result of the evaluation is below average, there is a problem.

Performing this evaluation doesn't mean that you're banned from buying things. Your evaluation shouldn't be limited to spending patterns. That is not all there is to



money. Money never goes away, it moves from hand to hand. It is important to satisfy a “need” as the name goes. There has to be a need before spending.

Difference between **Need** and **Want**:

Need - permanent

Want - temporal

### Understanding and maximizing the purpose of money

In storing value, consider the following:

- Invest, partner with a good course channeled within the area of your strength. This will go so well provided the condition is met - what is to be done must be channeled within the area of your strength. Sometimes you need to partner with people you trust, no matter how small you start with. There can be risks involved and this will showcase when something isn't done right or something goes wrong.
- Don't be excessively money driven: All because you want to make more money, don't get involved in schemes that don't benefit you. No matter how sweet the deal is presented. Take another look at it basically.
- Charity: This is good but be wise about it. We live in a world where people take advantage of one another. As long as they are after what they want, every other person's feelings doesn't matter.

## **GIVING**

Giving is a very broad phenomenon... It's way beyond what the human mind can explain... It is huge!!!

Giving means to **cause** or **allow** something (valued or needed) to go to another person, group etc...

From the definition of giving as stated above:

- Giving cannot take place without your permission
- You can give what you value or need

### Importance of giving

- You were "given" to "give" (like saying you are blessed to be a blessing).
- There's always a need to be met around you.
- You are sowing seeds by giving.

### Mindsets of giving

Money is always the first thing that comes to mind when the subject of giving is talked about. This shouldn't be, the mindsets highlighted below explains this better:

- I am not Father Christmas.
- I cannot give what I don't have.
- What will I get in return?
- I must give for recognition.
- I love to help people.
- It's okay to put people first before considering myself.

With the mindsets above, one thing is common still - MONEY.

There are things you can give other than money, namely: time, listening ears, smile, part of your belongings and so on.

### Dangers of giving

- Giving at your own detriment.
- Giving for a wrong cause.
- Giving without looking for potential in the receiver (like the saying, "teach a man how to fish; don't give him fish all the time...").
- Focusing on what you will gain in return for giving.
- Giving for recognition.

In giving, you must learn to say **NO** without feeling bad. Learn to take a moment before making a quick move. Utilize the existence of your conscience.

### **Question to ponder**

What will you do with One million (use any currency of your choice) if you had it now?

Your answer can reveal any of the following:

1. It is not enough to cover what I'll use it for.
2. It will cover the cost for my new business idea.
3. I'd invest in myself: school, go abroad, start all over...
4. I'd give some people a share of it and use the rest. But for what? Still thinking.

As regards the first answer, just one question will address it: who told you so?

For the second answer, there's a risk in view because what drives your passion (your area of strength may not have been taken into consideration here).

For the third, not bad but what happens after you make the move?

And the fourth, don't be penny wise and pound foolish.

No amount of money is ever enough for man; because human wants are insatiable.

It's a good thing when a lump sum of money is given to you. Get excited, be happy about it but don't be quick to make decisions on how to use it. **EVEN IF YOU HAVE THE PIECES TOGETHER.**

*The End...*

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