



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”_ Audre Lorde

The Mopane leaders' experience retreat was mind-blowing and life-changing. The retreat benefited my mind, body, and spirit, and I don't regret the time I spent there.

Constant demands, a demanding schedule, and never-ending ambitions to fulfil frequently compel us to cut corners and take shortcuts that harm our physical, mental, and spiritual health in the long term. At the retreat, I learned how vital it is to make time in my hectic schedule to relax, rejuvenate, and recharge my energies, as well as to balance my body, mind, and soul on a regular basis.

I also learned how to deal with stress by focusing on my bodily, spiritual, mental, and emotional requirements. The retreat offered a succinct, thought-provoking, and contemplative chance to delve further into how to manage these requirements in a no-pressure, relaxed environment. I believe I was given skills to assist me to realize how vital it is for me to strive to detect all of these demands and reflect and frequently change to achieve the balance I want.

I learnt that allowing oneself to get taken away by a plethora of competing worries, surrendering to too many requests, committing to too many initiatives, wanting to help everyone in everything undermines my fruitfulness because it kills the root of inner wisdom that makes me fruitful.

Self-reflection taught me a couple of things about my spirit; the fear of failure, along with the urge to get things done, causes a downward spiral within my soul. To stop this pattern, I learnt how to surrender not to the needs of life but my demands at the retreat. Stepping back and pondering when at rest allows me to see things in a fresh light, which has enhanced my productivity at work and home.

I'd want to thank the facilitators for truly exposing me to a new way of living. I had the opportunity to discuss my retreat experience with a co-worker, who commented, "YOU ALL IN A NURSERY CLASS." I adored the study room's vibe and décor; it was both lovely and peaceful. Thank you for being there for us and holding us when we needed it.

Ephy