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I came for the Mopane retreat with great expectations, because someone I know had shared with me about their experience, and I have been following her positivity in life.

I came beaten by the world, feeling rejected, a failure and non-achiever. These had eaten me up because all I was seeing were many unaccomplished tasks and projects, a political journey gone bad, and these had grounded me.

Not to get your readers bored, my coming for this retreat has got me back onto my feet and nothing excites me like knowing that I have a 'KEY' to my life and that my life is constantly under construction. Knowing that am under construction and that there's always something to improve comforted my soul, spirit, and body. I learnt that I need be me, whether things do not go the right way in my life at any one moment but keep myself in check for a balanced body, spirit, and soul.

Knowing that I AM, and no one on earth is ME excites my heart up to now. Not appreciating that I am a God's chosen race, a royal priesthood that I am fearfully and wonderfully made led me to neglect my body. I have however decided to care for my body, exercise it, love it and feed it as I feed my spiritual and my soul. So I choose to balance my body, spirit and soul in order to remain grounded.

The energy points shared during the retreat keep ringing in my mind and will keep me moving with positivity. I now know I matter, I am unique, created for a purpose, and I also have feelings that need my attention. Therefore, I chose to begin minding about my inner man desires and feelings. This has helped me understand that I need to stop having negative energy and words come out of my mouth, but instead speak positively. So, I need to work on my emotions, reproduction, and pleasures. This will be determined by my level of creativity.

Before going for the retreat, my will power had hit the negatives, and I was beginning to feel inferior. My zeal to work, to achieve had vanished. The unstoppable grace had died down. But what I strongly feel now, I know with the will power, I can do anything because I have the will to work, and so I can!! I know I can silence the negative energy with my expressions. With this however, I know I must balance my mind and tongue. In speaking I will always use my words wisely so as not to die with bitterness and anger or even fail to express my desires. And from this, it's so evident that God gave me eyes to see so I can see, and in so doing understand what surrounds me that need to build my life for the better ME!!

It is from this background that I choose to be different and fight procrastination and self-rejection and purpose to use right the three days spent at the retreat where I learnt that am limitless and I can do everything I desire to do through Christ Jesus who strengthens me because without him and self-will, all will remain a stand still.

Thank you CivSource Africa for the opportunity to dine with you, for teaching me self-reflection, self-belief, self-love because the key to my good life here on earth is in my hands. And I promise to be accountable for the time well spent under your feet and good counsel. This opportunity is so desired like annually for reflection and self-check. I hope and believe one day I will also organize such a time for people around me in order to move at the same pace. This was a memorable and worthwhile moment. Thank you very much!