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**'A kingly life is your birthright.  
Embrace it now!'**

'You deserve good people and good things. And they deserve you too.'

Those have been my thoughts and meditations from the time I crossed Lake Victoria from Lakeside Escape Resort, back to Kampala.

For a long time, I have lived my ideal life in my head and always postponed it for later, 'when I get there.' At the Mopane retreat, I had the luxurious opportunity to pause, disconnect from the hustle and bustle of life so I could meet with all of me, body, soul and spirit. And I am grateful to God that I could afford such a luxury of time!

And here is a snippet of what I wrote to myself during meditation time at the retreat.

'You have everything in you to live the life of your dreams now.

Everything you imagine in your head. The ideal woman, her closet and body, her living space, her social life, family, and career, she is you now. The reconciliation between your physical reality and the ideal reality in your imagination is the knowledge that you deserve every good and perfect thing you imagine.

'You deserve good people and good things. And they deserve you too.'

'Get into the habit of embracing it now. You have every right to take care of yourself; spiritually, physically, emotionally, and financially. Do you want to journal your thoughts in a cute notebook of your favorite color? Do it now. If you want to be a mother of plants in your living space, buy a plant today. Do you need a good cry before you move on, get it? Pray. Listen to your body, soul, and spirit. Feed them unapologetically. You don't need permission from anyone to take care of yourself.'

'At the end of all the books in the Bible; in Revelation 1:6, it is written that we have been made kings and priests unto God; Himself.'

My lesson from the Mopane' Leaders Experience Retreat was the revelation that living any less than the life we truly desire (a Kingly life), whether because of fear or as a result of other circumstances, is hugely due to a lack of knowledge of who we truly are and how much power we carry with us, every day. And that is what the Mopane' leadership program and the experience retreat will do for you. It will give you a chance to be away with yourself; to disconnect so you can connect to your authentic self. The one God created you to be. You will fall in love with all of you; from the inside out. And then that love will start to flow into everything else around you. It will begin to heal your relationships with people, it will beautify the spaces you live and work in, then you will start to see beauty in all of life and God's creation.

Empathy will become the language of your soul; as you seek to understand people and situations first, instead of rushing into judgements.

You will see yourself in the vastness of nature. As I stood at Lakeside escape resort on the shores of Lake Victoria, I saw myself as the lake; a life giver, pouring into rivers and never worrying about being filled. Feeding both man and animals, bubbling with limitless possibilities; very wild and yet always guided and within boundaries. An adventure to humanity, a source of income to many, a friend and giver to both the rich and poor in society. And yet in all this symbolism, it was the higher knowledge and revelation of the truth God has created and designed me to be bigger and carry more depth than the lake; let alone have dominion over it.

I left Lakeside Escape resort with my heart charged as a skyrocket ready for take-off. And since then, I take action now. Every great thing I imagine to be, I am now. Think of those good things and be them now. There is no requisite for permission to be your best self now. Embrace this truth and reality. I happy and grateful, NOW.