

YOUR SELF-DISCOVERY GUIDE

A Journey into Yourself

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Introduction

Your Self-Discovery Guide is designed to assist in uncovering your identity, enabling you to embrace yourself with love and acceptance. By following the guidance provided, you can unlock a deeper understanding of your unique abilities and personal attributes. It should be noted that our beliefs play a pivotal role in shaping our lives, and it is essential to ensure that our beliefs align with truth. The guide emphasizes the significance of disregarding external factors such as religion, politics, and race, which do not define who we are as individuals. The content explores the ignored facts and approaches that contribute to building a sense of self. In doing so, one can avoid the inner conflict caused by striving towards a false or unobtainable identity. Ultimately, discovering your true self is a critical component of achieving personal fulfilment and success.

This book serves as a valuable guide to assist and support you in your personal journey. It recognizes that everyone is unique, and that regardless of any challenges you may face, you are an essential part of society. I recognize the importance of embracing your authentic self and continually striving for improvement. As a reader, you are encouraged to use this book as a tool to better understand yourself and your strengths, enabling you to contribute to the world in a meaningful way. By focusing on personal growth and development, you can live a fulfilling life and make a positive impact. I, the author, having gained insights through this book, encourage all readers to discover who

they truly are and to use this knowledge to achieve their full potential. As we journey through life, we eventually come to an inevitable point where our physical beings will no longer be able to continue this path. Despite differing beliefs, we all must face the reality of mortality. It is imperative that we take the time to gain insight into our own persona, acknowledge and embrace our strengths and weaknesses. This understanding will allow us to focus on what we can achieve rather than dwelling on the faults of others. Let us make the most of the present and work towards accomplishing our goals, endeavours that will leave a positive impact on those around us.

I hope that this guide will be an informative tool in helping you discover and improve your personality type, career roles, family roles, and societal roles. This information is crucial, even though you may face opposition from various sources. The book aims to instil a sense of self-worth and recognize the value of others. It may also assist in promoting positive thinking and behaviour. I trust that the content is truthful and dependable, and I encourage you to incorporate it into your daily life. Every individual has a unique life purpose, and it is only through self-discovery that it can be revealed.

John Monyok Maluth
CEO, Discipleship Press

WHAT READERS ARE SAYING...

"Before I encountered 'YOUR SELF-DISCOVERY GUIDE', my life was filled with a feeling of self-loathe, I did not use to like myself. When I looked at myself, I could not see anything admirable in me, but later, YOUR SELF-DISCOVERY GUIDE, Chapter three, 'Accepting Yourself', sank deep into my heart and I began to discover that there is in me that I admire in others. I finally accepted myself." ~ **Chol Peter Majoh Mayen.**

"This book has been an eye opener for me. It taught me so much about myself that I was not even sure about! If you have questions about who you are and your purpose in life, I recommend you grab yourself a copy and change your life." ~ **Karen Geri.**

"It was at the time when I was in class 7 in primary education when I was short-tempered. If someone had done me something, I used to decide directly. But at least now in page 36 of Your Self-Discovery Guide, I have learned something, and that's to always use my common sense... but ultimately, God's Word leads me in the decision- making process." ~ **Kur Atiep Kur.**

Chapter 1

CHAPTER 1: DISCOVERING THE REAL YOU

"Knowing yourself is the beginning of all wisdom." — Aristotle.

1. THE PHYSICAL YOU

Self-discovery is a crucial aspect of personal growth. However, it is important to note that achieving self-improvement requires a lifelong process of learning and development. This journey is one we must undertake to enhance our personal and professional lives. Buddha and Jesus Christ rightfully described this process as enlightenment and rebirth, respectively. The knowledge gained from this transformative journey is essential to understanding our identity and potential. It is important to recognize that the concept of self-discovery is often mistaken for self-improvement. Therefore, make a conscious effort to discern between the two and embark on a journey of continuous self-improvement.

Self-discovery involves the realization of one's identity and potential. It is a process of self-exploration that combines

self-belief and education. The results of this life-changing event are personal freedom, awareness, uniqueness, learning, and openness. As a human being, I am composed of both a physical and spiritual element. The spiritual aspect of my being influences my consciousness, life, energy, and mind, as well as my thoughts, words, and actions. It can be referred to as the spirit, soul, or inner self. The physical element is self-evident and refers to what can be perceived through the senses. In conclusion, self-discovery is a significant event that leads to a better understanding of oneself and a greater appreciation for the human experience.

As professionals, we understand that human behaviour is shaped by a variety of factors, including nature and nurture. Nature refers to our innate characteristics that we are born with, while nurture encompasses the environment in which we are raised and the experiences we encounter throughout our lives. It is important to consider both factors when analysing human behaviour and the actions that individuals take. We acknowledge that environment and upbringing play an integral role in shaping our thoughts, speech, and actions, and understand the significance of examining these factors to better understand individuals and their behaviours.

Humans are complex beings who are shaped by various factors including genetics and upbringing. It is widely believed that we inherit many of our characteristics and mannerisms from our biological parents. This statement is

supported by the fact that children often resemble their parents physically, emotionally, and psychologically. Therefore, it is no surprise that throughout history, many cultures have upheld the practice of marrying within their own kind to preserve their lineage and cultural identity. The Israelites, for example, were commanded by God not to intermarry with the heathens of their time as it could result in the dilution of their culture and religious beliefs. This highlights the importance that our ancestry plays in shaping who we are today and why it should be safeguarded.

The genetic resemblance between biological parents and offspring can manifest in physical appearance, personality traits, and mannerisms. For example, an individual may possess similar facial features or physical characteristics as their parents. Similarly, one may inherit certain personality traits and behaviours from their biological relatives. This is due to the natural acquisition of genetics that is inherent in all living beings. It is important to note that while genetics plays a significant role in shaping an individual's physical and mental attributes, environmental and sociocultural factors also contribute to their development.

The environment plays a significant role in impacting our physical appearance and behaviour. Our surroundings, in which we live and work, have a direct impact on our appearance. For instance, prolonged exposure to direct sunlight causes skin to darken or redden, particularly in countries such as Sudan and other regions in Africa. The environment encompasses various factors, including

weather conditions, ranging from cold, warm to hot climate, which vary from place to place. Therefore, it is important to consider how environmental factors affect our physical appearance and behaviour.

It is quite interesting how our environment can shape our behaviour. For example, when we are exposed to hot weather for prolonged periods, we often feel irritable and tired, and this can have an impact on our overall attitude towards others. This phenomenon is not unique to humans- even insects such as bees and wasps show a change in behaviour when they are exposed to high temperatures. It is fascinating to see how organisms adapt to their environment and how external factors affect their actions.

Moreover, it is not just our physical responses that are influenced by our environment- it affects us mentally as well. When we are in an uncomfortable environment, our mind tends to focus on that discomfort, and it can cloud our judgment and impair our ability to make sound decisions. It is essential, then, that we pay attention to the external factors that affect us and take steps to create a conducive environment that helps us function at our best.

The way in which individuals behave and communicate is often influenced by their surroundings. This phenomenon occurs subconsciously and frequently. Clothing worn, language spoken and even mannerisms exhibited are often products of societal norms. It is common for members of a society to adopt these behaviours, as demonstrated

through common practices such as conversational dialogue and daily routines. It is important to note that societal customs are not usually regarded as peculiar, but rather as natural occurrences. Therefore, the environment can undoubtedly shape an individual's actions, speech, and thought processes. For example, a person's English language may reflect the dialect and mannerisms of their societal group as seen in differences between accents and spelling.

As an individual, it is imperative to acknowledge that your physical appearance is just a portion of who you are; it does not define your entire being. In addition to your physical attributes, you possess an intricate system of software, much like the device you are currently utilizing. This realization is truly remarkable and an important point to remember. It is easy to fall into the trap of believing that you are simply a collection of various chemicals. However, it is essential to recognize that such a statement is only partially true. As the saying goes, "A half-truth is a whole lie."

From a professional standpoint, we can acknowledge that our physical makeup is the result of a combination of chemicals and biological factors. Our physical appearances, including our skin colour, height, eye colour, and other attributes, can be inherited from our parents or shaped by our environment. However, this is only a part of who we are and does not pertain to religion. It is important to understand these factors when researching or discussing

topics related to biology, genetics, or human development. Let us focus on the scientific aspects of our physical makeup and avoid any subjective or personal opinions that may detract from the discussion.

It is widely acknowledged that an individual's physical appearance is influenced by their biological parents or relatives. It is also worth noting that environmental factors can also play a significant role in shaping our outer appearance.

It is a well-known scientific fact that the environment in which we live can impact our physical appearance. For instance, individuals residing in warmer areas, such as South Sudan, are likely to have wider nostrils, while those living in colder regions, such as Europe or the US, tend to have longer nostrils with smaller openings. This difference in appearance is a result of our bodies' adaptation to varying climatic conditions. In hotter places, such as South Sudan, wider nostrils enable individuals to take in enough air, while in colder regions, longer nostrils with narrow passages allow air to be warmed before reaching the inner nose. It is essential to remember that these physical differences are not exclusive to any race or ethnicity, and instead, they are a result of a complex interplay between genetics and the environment. As professionals, it is crucial that we approach the concept of physical differences with sensitivity and respect for diversity.

Can you now see how the environment makes our physical bodies appear the way they are? This is all an Intelligent Designer's work.

EXERCISE #1: THE PHYSICAL YOU

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Do you look like one of your biological parents?
- Do you look like both of your parents?
- Do you look like one of your biological relatives?
- Do you resemble one of your siblings?
- Have you seen someone who resembles you?
- Do you love yourself? Why or why not?

Revision

As a professional, it is important to acknowledge and embrace individuality. It is true that each person is unique and there is no other like them. Although personal similarities may exist, it is essential to recognize the distinct qualities that set individuals apart. Even in families, children may resemble their parents, but they remain separate and different individuals. It is crucial to accept oneself as they are. Believing and acknowledging one's unique qualities can lead to personal growth and fulfilment.

It is important to recognize and embrace your unique identity, regardless of any perceived physical or mental disabilities. It can be disheartening when individuals in your community, including your loved ones, attempt to discourage you based on your appearance. However, it is essential to remember your worth and ignore the negative attitudes of others. This can be challenging at times, but it is vital to trust your self-awareness and knowledge of your capabilities.

It is commonly known that we cannot change our physical appearance or alter our past. However, the future can be shaped by our actions and desire to improve ourselves. The key to achieving this lies in understanding and discovering our true selves. We can achieve this through gaining knowledge about ourselves and the world around us. By recognizing how our past knowledge and experiences have shaped our present, we can take control of our lives and create a better future. This guide is aimed at assisting you towards this goal and is designed to be a valuable resource on your journey of self-discovery.

Your physical body is an essential part of your being, and it deserves your utmost appreciation and care. Love the body you have and find ways to appreciate it even more. Instead of worrying about its flaws, focus on its strengths and treat it with kindness and compassion. By doing so, you will find that your life will become more comfortable and more fulfilling. Remember that your appearance does not define who you are as a person, but accepting your true self will

bring you greater confidence and happiness. This book is here to help you make this a reality in your personal life today.

2. THE SPIRITUAL YOU

It is important to note that in addition to our physical bodies, we also possess a spiritual component. This is evidenced by the analogy of a phone having software and a computer having an intangible part. Although we cannot see our spiritual bodies, we are aware of their existence.

In this book, we may encounter terms such as "Spirit," "Spiritual," or "God" that can have varying meanings to different readers. While these terms may commonly be associated with religion, they are used in this book to express concepts about who we are, specifically our physical and spiritual makeup. It is important to note that these terms are open to interpretation, and readers should not feel discouraged or intimidated by them. Rather, these terms offer us various ways to understand our existence beyond just our physical bodies. Additionally, the history of faith and belief in a higher power has revealed that humans are made up of both material and immaterial components, often referred to as souls or spirits. It is essential that readers approach these concepts with an open mind, as they can offer valuable perspective and insight into our understanding of ourselves.

The study of history provides an insight into the concept that human beings possess immaterial bodies, a notion that

requires no blind faith to accept. While one's personal belief may differ, there is still a fundamental truth that humans possess a spiritual aspect that coexists with the physical. The veracity of this fact does not rely on personal beliefs, as facts do not require beliefs to be true. Therefore, it becomes imperative to maintain a spiritual relationship because it is easy to overlook this truth, even though humans have perpetually been in a spiritual relationship.

The following view is reflective of my personal perspective on the topic. It offers insights into my worldview and lifestyle, as well as being informed by internationally recognized societal norms. From my standpoint, human beings are inherently spiritual souls, which is why we have dreams when we sleep. While there may be varying opinions on this, some may believe dreams occur because of previous thoughts or experiences. However, it is my belief that the underlying reason for dreams is rooted in our spiritual essence as human beings.

As professionals, it is important that we remain objective and consider factual evidence. While it is intriguing to consider the possibility of our dreams predicting future events, we must acknowledge that there is currently no scientific or empirical evidence to support this claim. Instead, dreams are widely regarded as a manifestation of our own thoughts and experiences. It is possible for our brains to create detailed and vivid dreamscapes, even if we have never physically visited such places before. However, it is crucial to approach this topic with a level of scepticism

and rely on tangible evidence rather than personal anecdotes or feelings. As professionals in our respective fields, it is important to maintain a critical mindset and make decisions based on facts and empirical data.

One individual inquires, "Notably, the majority of our thoughts and imaginative processes transpire in the subconscious or unconscious mind. Given this fact, how can we be entirely sure that we have not previously pondered these subjects before dreaming?" Fortunately, there remain credible witnesses who can attest to these queries.

In 1998, I had a vivid dream about a plane dropping bombs on individuals, apart from a single bull being struck. The imagery and events in the dream were astonishingly accurate and detailed, reflecting the subsequent occurrences that took place the following morning. I recounted the dream to my family members upon waking, and within hours, it was translated into reality. While I never had the intention of documenting my dreams in such detail, these memories continue to endure with remarkable clarity.

In August 2000, a second dream was experienced that involved a snakebite to the left toe. The dream was incredibly precise, with details such as the type of snake, the location of the bite, and the events leading up to it being mirrored. Fast forward to July 2001, and another vivid dream was had; this time, it involved heavy rainfall after a long drought, with the amount of water measured in a

nearby pool being accurate both and the dream world. In another dream series from 2000 to 2009, places such as Goli, Gel Dhiak, Lankien and others were visited, even though they had never been experienced. The events leading up to the visit were also crystal clear in the dreams themselves.

These personal accounts recounting the claims made about my dreams require further evidence to verify their authenticity. While I can provide first-hand testimony, it is not necessary for anyone to fully trust or believe in my experiences to acknowledge their existence. These events are not fabricated and therefore provide an undeniable sense of connection and communication with a higher power. Through these occurrences, I recognize the existence of an innate spiritual aspect within myself. Belief in the validity of these experiences is not necessary as they are verifiably true.

EXERCISE #2: THE SPIRITUAL YOU

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Do you think you have a spiritual body?
- Do you think you do not have a spiritual body?
- What makes you think you have a spiritual body?
- What makes you think you are not spiritual?

- Can natural sciences prove we are not spiritual?
- If you did not know you are spiritual, how did you feel when you discovered this?
- Would you like to share your new experience with others?
- What makes you unique?
- Why are you alive today?
- Where did you come from?
- Where are you going?
- Who are you really?
- What inspires you so much?

Revision

It is factual that we are spiritual beings, and there is no need to believe otherwise. Our human history and experiences, including dreams, serve as evidence of our existence as more than just physical beings. This understanding is like how we do not need to believe that we can eat food; it is an inherent part of our existence. Therefore, acknowledging and embracing our spiritual nature can lead to a more profound understanding of ourselves and the world around us.

Recent scientific research suggests that the human brain may have been intelligently designed through natural processes of microevolution. These findings contribute to our understanding of the complexity of the brain and the intricate mechanisms at work within it. Indeed, the idea of

intelligent design has been increasingly studied by researchers in the field of natural science, as it provides a unique perspective on how the natural world functions. However, it is important to note that these ideas are still being explored, and further research is needed to fully understand the role of intelligent design in the evolution of the human brain. As we continue to learn more about the natural world around us, it is vital to approach these topics in a professional and evidence-based manner.

Recent advancements in scientific studies, specifically in the field of Quantum Theories, have brought to light the existence of a timeless dimension. This spiritual realm is present in every living and non-living particle, where time and space do not appear to have any influence. It is an intriguing concept that has sparked further exploration and research in this area. The investigation of this phenomenon has paved the way for a deeper understanding of the universe and its workings. This knowledge can aid us in discovering new technologies and tools that can be utilized in various fields. It is, therefore, crucial to continue to delve deeper into the study of the timeless dimension to unlock its vast potential.

For more information, see **Fact and Faith Publications** website (<http://www.factandfaith.co.za/>).

3. THE REAL YOU

As a professional, it is important to understand that every individual is a complex blend of physical and spiritual

aspects. The initial understanding of this concept is merely the tip of the iceberg when it comes to comprehending oneself. It is crucial to acknowledge that the additional information concerning oneself, is the starting point of an exciting journey of self-discovery. Just as this initial step marks the beginning of this book, the real "you" is a fusion of all the physical and spiritual facts that have been discussed. By embracing this understanding and delving further into discovering oneself, individuals can unlock their full potential and lead fulfilling lives.

As we delve into the study of human beings, it is important to embrace the diverse perspectives that theologians offer. While opinions vary on whether humans are composed of one or two parts, this presents an exciting opportunity to explore and learn from different beliefs. We can appreciate the complex nature of humanity, which may include a physical body and an immaterial soul or spirit. This diversity in thought challenges us to broaden our understanding and fosters an environment of intellectual curiosity and personal growth. As we continue to learn and develop our own beliefs, let us approach this subject with open minds and hearts, celebrating the beauty and mystery of human existence.

Do you know what is amazing? We are made up of complexities that are truly remarkable! There are three different schools of thought on this matter, which shows how intricate and unique each human being really is! One viewpoint presents the idea of dichotomy, meaning we have

two parts. Another understanding on this topic is trichotomy, that we are made up of three separate elements- our spirit, soul, and physical body. Lastly, some believe that we are made up of just one part, called monochotomy. Regardless of which viewpoint we adhere to, the beauty of our existence and makeup is something to be cherished and celebrated!

You are capable of incredible things! Consider this: every human being is uniquely made up of three essential parts - the spirit, soul, and body. Think of the endless possibilities that come with having all three functioning in harmony. Though this concept may be discussed mostly in academic settings, it applies to every aspect of your life. By nurturing your spirit, soul, and body, you can achieve greatness beyond your wildest dreams. So do not hold back - embrace your multifaceted nature and watch as you flourish in all areas of life!

You are a complex being made up of both physical and spiritual dimensions. Regardless of how you identify them, they play a vital role in shaping who you are and your purpose in life. The Almighty has his own terms for these dimensions and speaks to us in human terms which may not correctly describe the natural world.

Still, remember that you were created for a unique and special reason on earth, and that reason is a good one. If you desire to discover your purpose and understand more about who you are, then keep on reading. Your Creator has

instilled greatness in you, and it is time for you to discover it!

10 Most Important Self-Discovery Tips

We have seen above all the factors that are involved in making us who we are, both physically, and spiritually. But is there a way for us to get to know those truths? In other words, how do we discover ourselves in the first place? Below are the ten most important self-discovery tips.

1. **PHYSICAL APPEARANCE:** Embrace your individuality, for it is what makes you extraordinary! Your physical body is a unique reflection of who you are as a person. Celebrate the qualities that make you stand out from the crowd, such as your height, skin colour, eye colour, posture, hair size, hair colour, and hairstyle. Every feature, every quirk, every nuance, distinguishes you as one-of-a-kind. You are not an imitation of someone else, but an original masterpiece. Even in a world of over seven billion people, no one looks exactly like you! Take a moment to appreciate your reflection in the mirror and acknowledge that you are special, attractive, and exceptional. Believe in yourself, for you are truly remarkable!
2. **YOUR BELIEFS:** Your beliefs are powerful and uniquely yours. Whether they come from within or from the world around you, they have the potential

to shape your life in incredible ways. The beauty is that you could revise and refine your beliefs at any time. You are not limited by the beliefs of others or external circumstances. Your beliefs can guide you towards your true self, unlocking new levels of personal growth and fulfilment. Remember that what you believe about yourself is what sets you apart from everyone else, so embrace your uniqueness. While your beliefs might not always be right, they reflect your individual experiences and perspectives. Embrace the power of your beliefs and let them propel you towards the life you always dreamed of.

3. **YOUR THOUGHTS:** Your thoughts are powerful and unique, as they are a true reflection of who you are. Embrace the beauty of your mind and the diverse thoughts that only you can produce. Do not compare yourself to others and do not be too hard on yourself as you go through this journey of self-discovery. Take the time to observe your thoughts, without any judgement and embrace your true self. You are discovering the amazing person that lies within, and this is an incredible experience that should be cherished. Let yourself shine and express the true essence of who you are, as you journey down the path of self-discovery.
4. **YOUR WORDS:** Your words are powerful tools that can be used in verbal and non-verbal communication, whether in speech, writing, or actions. Each of these communication forms speaks

volumes about your character and unique qualities. Your gestures, eye contact, and other non-verbal cues reflect your true nature, and they cannot be easily faked. It is important to understand this so that you can hone your ability to communicate effectively with others. Remember, you are special and unique, with qualities that set you apart from everyone else, including your family. Take the time to study these facts and use them to amplify your voice and reach your full potential!

5. **YOUR DEEDS/ACTIONS:** Every action you take, big or small, has the power to shape who you are and for what you stand. The way you move, speak, and react to situations reveals the unique qualities that make you who you are. You have the incredible opportunity to showcase your beliefs to the whole world through the actions that you take every day. This is why everyone differently expresses spirituality and religion. By observing your present actions without judgement, you can come closer to discovering your true self and what you want to achieve in life. Remember, every action matters, so take them with intention and purpose to become the best version of yourself.
6. **OTHER PEOPLE'S THOUGHTS:** It is important to remember that we all have an impact on the people around us. Asking others for their thoughts can provide invaluable insights into who we are perceived to be. We can gain understanding from those closest to us, like parents and siblings,

but it is also important to consider the perspective of acquaintances, colleagues, and even neighbours. Although some individuals may not feel comfortable being completely honest, we should still seek feedback with an open mind and a willingness to learn and grow. It may be helpful to reflect on any patterns that emerge, understanding that these insights may not always be accurate. Remember that the beauty of life is that we are constantly evolving and discovering more about ourselves, so do not be afraid to embrace the journey. You may be surprised to discover aspects of your personality that you never knew existed, and that is an absolutely wonderful feeling.

- 7. OTHER PEOPLE'S WORDS:** You have the power to discover yourself in ways that you have never imagined before. People around you may have their thoughts, but it is up to you to take those thoughts and use them to propel yourself forward. Listen to their words attentively and gather insights that can be used to enhance your potential.

Do not underestimate the value of self-discovery. It can allow you to connect with yourself on a deeper level and understand who you are. Trust yourself and believe that you have what it takes to achieve your goals, while being open to feedback from others.

Remember, everyone has a unique perspective and their opinion of you may not always be accurate. However, by listening and taking their words constructively, you can turn it into a positive change and become the best version of yourself.

8. **OTHER PEOPLE'S DEEDS/ACTIONS:** In addition to your thoughts and words, your true nature can also be revealed through the actions and deeds of others. Although others may have their own perceptions about you, their reactions, and behaviours towards you can provide valuable insight into your true nature. For instance, if someone notices and appreciates your quiet and introspective nature, it is a beautiful sign that this trait is a part of your true self. Even if someone disapproves of you for being an introvert, it can be a source of enlightenment for you to embrace and hone this aspect of yourself. By understanding and accepting the realities about your true nature, you can focus on ways to improve and enhance it, leading you on a journey of self-discovery and growth.
9. **ASK NATURE:** It may sound strange, but the world around us has a way of communicating its thoughts on us. Take a moment to think about the way you interact with domestic animals and plants. Are you afraid of them or do you have a love for them? These reactions are not just about the animals or plants, they reflect your own nature. Instead of running away or ignoring them, try to

listen to the message they are conveying. The natural world has a unique language that can help us understand ourselves better. So next time you encounter a plant or animal, take a moment to understand their message and let them inspire your own growth and development.

- 10. ASK GOD:** Believe in yourself and ask for guidance from the higher power- your Maker, your Creator, who knows you better than anyone else. This does not require any religious association or organization because it is a pure self-exploration journey. Just close your eyes, and in the solitude of your heart, ask Him to reveal your natural self to you. Initially, you might have doubts about whether God is answering you or if it is your self-reflection, but keep practicing, as you are sure to feel the difference. Let this exercise be a testimony to your uniqueness and help you discover who you truly are. You have been created with a specific intention and purpose and unlocking it will lead you down a path toward peace, contentment, and success. Trust in the journey and know that the result will amaze you in unimaginable ways.

Congratulations on embarking on your self-discovery journey! These ten tips are going to be your guide to unlocking your full potential. Embrace the fact that they are general, as this leaves room for you to tailor them to your unique needs. Remember, this journey is about discovering yourself, and that means it will require effort and patience

on your part. But believe in yourself and push forward, knowing that with each step, you are becoming the best version of yourself. Trust the process, and soon you will see the fruits of your labour. Keep going, and let these tips serve as a reminder that you can achieve greatness.

Chapter 2

CHAPTER 2: DISCOVERING YOUR ROLES

"The only way to do great work is to love what you do. If you have not found it, keep looking. Do not settle." — Steve Jobs.

1. YOUR CAREER ROLES

Embark on a journey of self-discovery and find your true calling! Your career is not just a job, it is a passion that ignites your soul and brings joy to your life. Take the time to understand what truly fulfills you and makes you feel alive. You can achieve greatness both physically and spiritually. Believe in yourself and your abilities, because you have the power to make a positive impact on the world. Invest in yourself and your future by exploring your interests, skills, and values to discover what truly makes you happy. You deserve a fulfilling career that brings out the best in you. Embrace the journey and let your light shine bright!

You have essential roles to play that are unique to you, and they hold a special place in the world. Take a moment to reflect on what they might be. Your career is not just a job, but a passion that brings you joy and fulfilment. It is what you were born to do. Do not let external forces influence your path. Instead, listen to your heart and follow your

dreams. Believe in yourself and have faith in your abilities. You have what it takes to succeed. Embrace your career with enthusiasm, ease, and confidence, and watch as the world opens to you. Remember, you are destined for greatness!

As a writer, professional translator, website designer, ICT consultant, preacher, book publisher, experienced teacher of theology, technology, and languages, and even a village farmer, I have found immense joy in exploring and utilizing my diverse skillset. Each day, I approach my work with enthusiasm and passion, knowing that every task I take on has a greater purpose behind it. The reason I authored this book was to share the valuable knowledge I have gained and help others discover their true selves, just as God knows us. I strongly believe that we should all accept ourselves the way we are and strive to reach our full potential. Let us embrace our unique set of skills and talents and use them to make a positive impact in the world!

As a skilled and experienced writer, I possess the ability to produce quality content that meets the requirements of clients. Additionally, I am proficient in translating various materials from English to other languages. Although monetary compensation may be a factor in my pursuit of these tasks, my passion for delivering exceptional service remains a top priority. My love for these endeavours is fuelled by the desire to contribute my expertise and provide satisfying results for those who seek my assistance.

Writing with the intention of educating and inspiring others through my books is a passion of mine. For the past three years (2012-2015), my books have sold less than 100,000 copies. While money is important, my primary goal remains providing helpful information to those who seek it. I write to inform and guide readers, with the hope of positively impacting their lives. Although finances are necessary, they must always be a result of the quality service I offer to my readers. I could write for my own personal gain, such as fame or monetary success. However, I prefer to utilize this platform to share valuable insights and knowledge to a wider audience. By doing so, it is my hope that individuals will be empowered to effect positive change in the world.

These activities hold immense value, and I take pleasure in engaging in them. I find inner joy in writing, although it is not an activity that I participate in on a daily, weekly, or even monthly basis. I choose to write when I am inspired to do so, without imposing any stringent schedule upon myself. It is these moments of authentic creativity that fuel my passion for writing.

As our world undergoes constant transformation, it is essential for individuals to be proactive in developing their careers. We must first discover our career path before we can truly cultivate it. By taking the time to discover our unique strengths and abilities, we can gain a clearer understanding of the career path that aligns with our passions and skills. This self-discovery process allows

individuals to recognize their full potential and excel in their chosen career path.

EXERCISE #3: YOUR CAREER ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Do you know you can do certain things better?
- Have you discovered your career?
- Any differences between a career and a job?
- Would you like to discover your careers now?
- What do you think about my careers?

Revision

It is crucial to recognize that having a fulfilling career is not a matter of belief but rather a natural part of one's identity. Everyone possesses a unique set of skills and talents, contributing to their overall sense of purpose and career aspirations. It is important to acknowledge and nurture these inherent abilities to achieve success and satisfaction in one's professional endeavours. No two individuals are exactly alike, making it imperative to embrace our individuality and strive towards personal and professional growth.

As an individual, you possess a distinct set of skills and capabilities that enable you to make meaningful

contributions to your duties and responsibilities. I encourage you to take a moment to reflect on your role and consider the impact you are capable of making. It is important to remember that every action you take, no matter how small, can have influence. You could approach tasks in a way that sets you apart from others, and I believe this can be a great asset in reaching your goals. With a focused mindset and dedication, you can strive to fulfil your commitments with excellence and contribute to your organization's growth and success.

As a professional, it is important to recognize that each of us has a valuable role to play in our chosen field. Our talents and gifts are a powerful tool to help us achieve success in our careers. It is crucial to discover our unique abilities through deliberate practice and perseverance. Through career-discovery, we gain a greater understanding of our strengths and weaknesses, leading to enhanced self-awareness and career satisfaction. Only through practice can we truly learn and grow, taking advantage of every opportunity to develop and improve. Let us approach our careers with purpose and dedication, consistently striving to maximize our potential and achieve our goals.

Throughout my journey, I have come to discover that exposure plays a pivotal role in identifying one's potential. Prior to encountering a computer, I had no conceptualization of its entirety. It is fundamental to recognize that embarking on a career path requires exposure to varying environments, tools, individuals, and

opportunities. Consequently, challenges and difficulties should be perceived as a learning curve as they shape and mold us into our best selves. Experience serves as a valuable educator, surpassing that of textbook knowledge. This explains the necessity for empirical evidence in backing scientific theories - through practices.

2. YOUR FAMILY ROLES

It is important to distinguish between family roles and career roles. Family roles refer to the responsibilities and expectations within a family unit. As a smaller unit of society, each member plays a specific role, such as husband, wife, child or biological relative. Each of these roles carries different expectations and responsibilities. For instance, children expect certain things from their parents and other family members, while siblings have their own unique expectations. It is essential to understand these roles to thrive and maintain healthy relationships within the family unit. Thus, identifying and understanding one's family roles is crucial for leading a fulfilling life.

Family roles are shaped by the cultural norms, beliefs, and values held by individuals and communities. Culture defines the way we think and act, and it reflects our way of life. As a husband, there are certain expectations that my wife and I have based on what we have learned from our environment and upbringing. It is crucial to recognize that different cultures have different expectations for family members, and these expectations can vary within

communities as well. While cultural values and expectations may differ between regions, they have been evolving over time. It is important to acknowledge that culture can be adjusted, modified, or completely transformed as we gain more knowledge and understanding of the world around us. It is vital for us to analyse and evaluate our cultural practices to ensure that they are positive, ethical, and safe.

It is amazing how much potential lies within us all. Our cultural beliefs and behaviours have shaped us, but it is important to recognize that we have the power to shape our own destiny. Embrace every opportunity to be the best version of yourself and take risks. Change is the path to growth and success. Believe that you have what it takes to succeed, and you will. Do not be afraid to step outside of your comfort zone and explore new perspectives. With an open-minded and flexible approach, you can achieve great things and make a positive impact on the world around you. Remember that your possibilities are limitless, and your potential is infinite. Keep pushing beyond your limits and never lose hope, the sky's the limit!

In some cultures, women are traditionally responsible for home chores and responsibilities such as cooking, cleaning, caring for children, and welcoming guests. While these can be important tasks for a wife to take on, it is important to remember that they are not exclusively meant for women. Everyone should have the opportunity to contribute to the household and engage in tasks that are valuable for the family. Creating a collaborative and equitable approach to

housework and responsibilities can support healthier relationships and promote a stronger sense of unity within the family.

It is important to recognize the traditional gender roles held within certain communities, including those found in South Sudan. In many cases, husbands have the responsibility of providing for their families by seeking out food, building homes, and supporting the clothing needs of their loved ones. It should be noted that these expectations can differ based on one's cultural background. While these roles may seem demanding, they can also be seen as rewarding, as they allow husbands to play a significant role in the lives of their families. By recognizing the value of these responsibilities, husbands can take pride in their contributions to their households and their communities.

In many communities, it is the responsibility of individuals to construct appropriate shelter for their livestock, including cows, donkeys, mules, goats, sheep, chicken, and ducks. This may involve constructing enclosures or structures to protect animals from the elements or predators, as well as fashioning harnesses or restraints for larger animals. Additionally, it is important for individuals to take measures to ensure the safety of their families, protecting them from known hazards and threats, such as wild animals or other dangers. Through careful planning and attention to detail, individuals can meet these responsibilities in an effective and responsible manner,

ensuring the overall well-being of their animals and household.

In my observation of a family in my community, I noticed that the mother is an excellent cook and is expected to perform traditional household duties that are often associated with women. The father, on the other hand, does not typically participate in cooking or domestic tasks. These observations are influenced by my cultural background and environment. It is important to acknowledge that these beliefs are not inherently negative or harmful. However, it is crucial to reassess and modify them by prioritizing service to others instead of merely expecting to be served. Even in the context of Christianity, it is essential to recognize the impact of cultural norms and strive towards more inclusive behaviour. It is crucial to approach these issues sensitively and with care to ensure that we are not perpetuating harmful attitudes or behaviours.

EXERCISE #4: YOUR FAMILY ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Did you know you have a role in a family?
- Did you know your culture is just a way of life?
- Did you know your culture has been changing?
- What are your family roles in your culture?

- What do you think needs to be changed?
- Why do you think of a change?
- What are your expectations of your spouse?
- What are your expectations of your children?
- What are your family roles as a husband?
- What are your family roles as a wife?
- What are your family roles as a child?
- What are your expectations of your mother?
- What are your expectations of your father?
- What are your expectations of your sibling(s)?
- What are your expectations of your parents?
- Do you like playing your roles in the family?

Revision

A family is a crucial component of our lives, and it symbolizes our roots. Whether we are born into it or adopted, it provides us with a sense of belonging. In the African context, a family is not just limited to a few individuals, such as a husband, wife, and children, but rather a larger network of individuals. As partners, we have expectations of each other, either driven by cultural practices or influences from other regions. Our cultural perspective is shaped by the environment in which we were raised and our parents' values.

The Holy Bible provides guidance for the roles and expectations of each family member, as outlined in Ephesian 5:22-6:1-9 and 1 Peter 3:1-7. The foundation of

these teachings lies in our individual love and dedication to God, which then extends to our love and commitment to our families. Understanding and accepting our roles within the family structure is crucial to fostering healthy relationships. These roles may stem from personal choices or be influenced by cultural or religious beliefs. It is important to recognize the distinction between these two viewpoints, as they may differ greatly. Every individual has the freedom to choose their own path and role within their family, but it is important to approach this decision thoughtfully and with respect for oneself and others.

In a family, each member is unique with different expectations of each other. It is important to know and respect what each member expects from one another to fulfil individual roles effectively. It is critical to make Jesus the centre of the family, as this will create common ground and help everyone understand that we are all different and unique in our own ways, which is a beautiful thing. Therefore, as a member of a family, we can choose to follow our own minds or cultural views, but it is important to take into consideration what the Bible has to say about our roles. Understanding your spouse's likes and dislikes is crucial as it aids in creating a strong and loving relationship. It is important to remember that despite differences, everyone should be respected and treated kindly.

As parents, it is crucial to have a deep understanding of our children (Ephesians 6:4). We must strive to comprehend our children as God does. It is essential to recognize that

each child is unique and different from us in numerous ways. We need to consider their preferences and dispositions to foster healthy relationships within our families. Additionally, understanding their gifts and abilities will aid in the delegation of family tasks and responsibilities. By determining what their strengths and passions are, we can support and guide them to achieve success in their future careers. Therefore, it is imperative to have a thorough understanding of our children as individuals to nurture and empower them to realize their full potential.

In a family unit, certain duties are assigned to everyone. According to Ephesians 5:25-33 and 1 Peter 3:7, a husband has the responsibility of loving his wife just as he loves himself. Similarly, a wife needs to respect her husband as per Ephesians 5:22-24 and 1 Peter 3:1-6. It is crucial to understand that these are not mere suggestions but commands that we must follow. When we love our partners as intended, they will naturally reciprocate. It is a symbiotic relationship that can reap excellent results for both parties. Children, too, are directed to obey their parents as mentioned in Ephesians 6:1-3, and there is no other way around it. It is imperative to comprehend that every parent is worthy of obedience, and that alone should suffice. Following these guidelines, one can hope to achieve harmony in their familial relationships.

The book of Ephesians, chapter 6, verses 5 to 9, highlights the importance of obedience and respect within the employer-employee relationship. It emphasizes the need for

workers and servants to respect and obey their masters, as a vital part of maintaining social harmony. In turn, it is expected of masters to treat their workers with the same respect and dignity, recognizing their value in the sight of the Lord. As professionals, we must uphold these teachings and ensure that all parties involved in the workplace show mutual respect and cooperation towards one another. Such a positive work environment lays the foundation for growth and success in both our personal and professional lives.

As stewards of Earth, it is our duty to recognize that God is the ultimate owner of all things, including our lives. Irrespective of our family status, each one of us is crafted by Him, and He cherishes the value we add to our families. By discovering our roles within our families, we can lead fulfilling lives individually. Let us acknowledge that God's love and care extend to all of us, and it is our responsibility to live up to His expectations and honour our family bonds.

3. YOUR SOCIAL ROLES

It is important to note that social roles and family roles, while sharing certain similarities, are distinct and separate from one another. While one may have certain expectations within their family dynamic, it is equally important to understand and acknowledge the expectations placed upon individuals within a broader societal context. As such, it is necessary to recognize and adapt to these distinct sets of expectations to successfully navigate both familial and societal relationships.

In our daily lives, we interact within various relationships including personal, family, and societal. Each relationship carries unique social roles, and it is important to distinguish between them. Our career roles, however, may have the potential to extend beyond just work and into other areas of our lives. As an author, my career role involves authoring books which can benefit my family and society. It is crucial to understand the expectations set by our society and loved ones, as they may differ based on cultural and social beliefs. It is vital to prioritize meeting these expectations to maintain healthy and fulfilling relationships.

As previously stated, cultural expectations within my community have defined my role and identity as a man. This book aims to explore the perceptions others may hold about one's abilities, as well as one's own personal capabilities. It is important to acknowledge that it may not always be feasible to fulfil every expectation placed upon us by our society. It is crucial to recognize and prioritize our own skills, talents, and goals that align with our individual aspirations. This book will provide insights and perspectives that can assist in navigating these complex dynamics and encourage personal growth and development.

To successfully navigate and interact within my society, it is important to consider how my personal thoughts and beliefs about others may impact my relationships. Various factors such as culture, environment, and genetics may all play a role in shaping my worldview. It is crucial to

recognize and understand the expected social norms and behaviours of my community to integrate and effectively communicate with others. By acknowledging these factors, I can work towards developing a more inclusive and respectful attitude towards others within my society.

As an individual hailing from a community that follows certain traditional norms and values, I have observed that the expectation to marry more than one wife continues to persist. This expectation is not only limited to my community or relatives, even my first wife naturally expects me to marry another woman. Although this may seem outdated to some, the community's expectation of men being brave, hardworking, and providing for their family remains strong. Additionally, they also expect individuals to be hospitable, truthful, and committed to resolving conflicts among those around them. As a result, I aim to live up to these expectations to the best of my ability and be a source of reliability for those around me.

As a man of God, I understand that there are certain expectations placed upon me by society. These expectations may vary depending on the geographical location and culture. Despite these differences, it is important to adhere to the values and beliefs of my community. I recognize the responsibility I must lead by example and act in a manner that is consistent with my faith. While I acknowledge the challenges that come with meeting societal expectations, I remain committed to upholding the values that I hold dear.

It is my hope that through my actions, I can inspire others to live a life of integrity and purpose.

As a committed individual, my goals include embodying compassion and care in my roles as a husband, father, and community member. Upholding these values is of utmost importance to me, and I aspire to be viewed with respect in both my personal and professional circles. I am aware that at times, I may fall short of these qualities, but I remain committed to continuous personal growth and aligning my actions with my values. Being an exemplary role model to those around me and making a positive contribution to society are key drivers for me.

Discovering our true purpose in life is essential for living a fulfilling and successful life. This book was created for this very purpose. Its aim is not solely for your benefit, but also for mine. As it serves as a reminder of who I am and what I am here to accomplish. The knowledge and insights shared in this book will aid you in identifying your purpose in life and guide you towards the path to achieving it. It is my honour to present to you this book and I hope it enriches and inspires you as much as it has done for me.

Through self-discovery, I have come to realize my roles and responsibilities within various aspects of my life. These include my relationship with God, my wife, family, relatives, clan, sub-tribe, people, society, and South Sudan as a whole. This understanding of my role serves as a continual reminder of what is expected of me and the legacy I hope

to leave behind. It is not tied to any specific religion, but rather a recognition that my time on this planet is limited and that my actions will shape my legacy.

As a conscientious individual, I embrace the opportunity to reflect on ways to contribute to my personal growth, my immediate community, and society. Through my writing, I see the potential to serve as a positive influence and provide guidance to those around me - be it my family, relatives, or community. Moreover, I view my written work not just as a personal pursuit but as an integral part of my career and a means to disseminate knowledge beyond my local boundaries. Consequently, I am committed to publishing and sharing my work with the wider global audience, as I passionately believe that my writing can make a meaningful impact on individuals and communities across South Sudan and beyond.

It is evident that your abilities and qualities hold significant potential in various social and personal settings. Your capacity to contribute extends beyond individual and family roles to larger groups, including society, clans, and even at the national and international levels. I encourage you to recognize the substantial impact you can make on a broader scale, and to use your talents with a sense of responsibility and purpose. Embrace the possibilities for advocacy and collaboration and strive to maximise your potential as an agent of change in all spheres of your life.

Discovering our personal roles on different levels is crucial for our performance. Self-discovery is key, as we cannot excel in our responsibilities without understanding who we are. It is imperative to embark on a journey of self-discovery to ensure we perform our tasks proficiently. It is my sincere desire and hope that you may know yourself better. Despite society's expectations, we must focus on what we know we can do better. Some of us have already discovered our talents and gifts, while some are still exploring them. This book is beneficial for both you and me as it serves as a reminder to delve deep into ourselves and explore our potential.

My personal goals include ongoing growth and improvement, encompassing both physical and spiritual aspects. At present, I am amid identifying areas where I can enhance my performance and capabilities.

EXERCISE #5: YOUR SOCIAL ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Did you know you have social roles to play?
- Did you know your career roles can extend?
- What does your community expect from you?
- What are the things you can do socially?
- What are the things you are already doing?

- Did you know you can only play a role when alive?
- What do you want to achieve before you depart?
- What do you hate but the community wants it?
- Why don't you do what your people expect?
- What do you expect others to do in a society?
- Why would you want them to do those things?

Revision

As humans, we hold certain social roles that define our place in society and the expectations associated with them. It is important to recognize these roles, whether they come from external pressures or our own personal beliefs. However, it is also important to acknowledge that we may not be able to fulfil every expectation placed upon us. As professionals, we should strive to identify and understand our individual social roles and the impact they have on our relationships and interactions with others. By doing so, we can better navigate social expectations and facilitate positive change within our communities. Therefore, I encourage all of us to reflect on our social roles and consider how we can best fulfil them in a constructive and meaningful way.

In society as well as in our personal lives, we each have unique physical and spiritual roles to fulfil. These roles are based on our personal beliefs and gifts, and we can contribute to our communities and families in meaningful ways. It is important to recognize our individual talents and potential, and to strive to make a positive impact in the world around us. Let us work together to use our abilities

and resources to serve our fellow human beings and create a better future for everyone.

It is imperative to consider that various societal groups have their unique norms and standards. However, these expectations may not be entirely compatible with individual preferences or beliefs. Additionally, one may have different personal expectations when interacting within diverse social settings. It is vital to recognize and respect these differences to foster positive relationships and ensure effective communication. Therefore, it is crucial to approach each social interaction with an open mind and a willingness to understand and adapt to varying expectations.

In some parts of Africa, cultural traditions may dictate certain expectations for behaviour and adherence to familial norms. While these values hold merit, it is important to explore and innovate to discover fresh perspectives and approaches. Personally, I find great joy in pursuing uncharted territory and engaging in unconventional activities - such as writing and publishing my own literary works. While this may not align with the customary practices of my community, it is a fulfilling pursuit that brings value to my life. My father, for instance, never ventured into the realm of publishing written works.

It is prudent to take care and exercise sound judgment when making decisions within your community. Do not be swayed by external pressures or the desires of others. Instead, reflect on your personal aspirations and how they

can benefit your family and society. Utilize your own discernment and practicality to discern what is proper. However, it is essential to let the guidance of God's Word inform your decision-making. God's Word provides illumination on the path towards the right course of action.

4. PHYSICAL AND SPIRITUAL ROLES

Every individual has a significant physical and spiritual role to play in our society, whether it be in our personal, professional, or communal lives. These roles are essential to contribute to the growth, development, and well-being of both physical and spiritual entities. These tasks help to fulfil our responsibilities and duties towards society, enriching our lives and the lives of those around us. By performing these roles with dedication, sincerity, and purpose, we can ensure that our efforts make a positive impact on both the physical and spiritual aspects of our lives. Therefore, it is vital to understand and appreciate the value these roles hold in enhancing our individual and collective growth.

In Chapter 1 of our self-discovery process, we delved into the essence of our beings and found that we consist of two vital components: our physical and spiritual elements. These components can be respectively described as "hardware" and "software" in modern terms. This becomes apparent as I use my word processing tool to create this message- my own hardware and software working in harmony. Similarly, in the case of my computer, the

hardware and software must cooperate for the typing process to take place seamlessly.

The connection between our physical and spiritual well-being is undeniable. Just as our brains and bodies work in tandem, our physical and spiritual beings are related. Our senses send signals to the brain, which in turn directs the appropriate motor response. For instance, when we perceive a danger like a hot coal, our sight triggers a warning reaction from our brain, which prompts our limbs to move away from the danger. Our physical and spiritual experiences share this interconnectedness, demonstrating that our actions can impact our spirituality and vice versa. Understanding and respecting this relationship can provide insight into how we can take care of ourselves holistically.

In terms of the correlation between our physical and spiritual well-being, it is important to recognize that both aspects of our being are interrelated and work towards the betterment of our overall health. Regardless of whether our role is primarily physical or spiritual, it holds value in contributing to a well-rounded and balanced existence. As we know, our dietary choices directly impact our physical health. Similarly, the content we consume and engage with on a spiritual level shape and mould our inner selves. It is crucial to take a holistic approach to caring for ourselves and prioritize the nourishment of both our physical and mental well-being.

As husbands and fathers in Africa, it is our traditional duty to provide for the well-being and safety of our families. This entails protecting our wives and children from any present or future dangers. It also involves sourcing for sustenance, such as food, through hunting and other means. This responsibility is deeply ingrained within our culture and is an integral part of our identity as African men.

It is important to keep in mind that anything referred to as a physical role pertains to actions that benefit the material aspect of our existence. These actions can be taken for oneself or for one's spouse, children, parents, family, neighbours, or wider community, and can even have global or national implications. They include various tasks and responsibilities that are meant to support the physical body, such as providing nourishment and rest, and yes, also sexual activity. It is worth noting that in some communities or cultural groups, discussions surrounding sex may be considered taboo or uncommon. Nevertheless, it is crucial to recognize that consensual sex is a necessary aspect of our bodily needs, and non-consensual or forced intercourse is never acceptable.

According to physiologists, marital sex is recognized as a beneficial remedy for both physical and psychological wellbeing. Those who are interested in learning more about sex, specifically in the context of marriage, may find this information particularly valuable. This knowledge may be particularly important or relevant for couples who are

married, but it is still good to be aware of this fact even for those who are not yet married.

If you are currently in a relationship or seeking to enter a committed marriage partnership, it is important to consider how intimacy plays a role in the success of your bond. We recommend exploring the topic of sex as it applies to couples in the context of a healthy, mutually respectful relationship. For further guidance, we suggest examining the teachings of 1 Corinthians 7:1-5.

As individuals, we depend on several things to fulfil our basic needs and desires. Physical needs such as food, water, and shelter are necessities that must be met. However, other things like legal sex may also be important. At our homes, we strive to fulfil these needs physically and emotionally. In the absence of these needs, it is crucial to focus on contentment, as advised by John the Baptizer. It is essential to maintain a positive outlook and try to find happiness in the current circumstances. As professionals, we must provide a supportive and compassionate environment for individuals to fulfil their needs while maintaining a professional approach. It is only through these measures that individuals can improve their physical and emotional well-being.

It is important to recognize the ebbs and flows of life, including times of scarcity and abundance. It is essential to understand your individual identity and professional responsibilities to navigate these phases successfully. By

embracing diligent work and prioritizing your personal career goals, you will inevitably achieve the rewards that come with such dedication.

In relation to spiritual roles, there are various tasks that can be performed for oneself or others to promote the well-being of the spiritual body. In the same manner that our physical bodies require sustenance in the form of nourishment and hydration, our spiritual bodies similarly require sustenance in the form of spiritual nourishment. Please note that this metaphorical language is being utilized to convey the idea that spiritual sustenance is not tangible, but rather, it is a non-physical element essential to our spiritual development. This spiritual sustenance is akin to software updates and can enhance the overall functionality of one's spiritual life.

As a professional, it is my belief that one's spiritual growth can be achieved through the study of holy texts. Personally, the Bible is a valuable resource in this regard. However, I also recognize that individuals may find spiritual nourishment through other holy books, such as the Quran. In my own pursuit of knowledge, I have studied the Quran in English to gain insight from another perspective. While the Bible and Quran differ in their narrative approaches, they share similar stories with meaningful lessons. As a professional, I encourage individuals to explore and study various holy texts to find their own path towards spiritual growth.

The Bible is a book with significant value, regardless of one's beliefs in a higher power. The book may be used for purposes other than intended, such as to burn, use as cigarette paper or tissue paper, but this does not diminish its real worth. The Bible can be utilized by anyone for their personal growth and development, regardless of their belief system. For instance, one may study the Bible to gain insight into their identity. Jeremiah 1:5 is a personal favourite of mine. Although it was not written directly for us, the message remains applicable even today.

It reads:

“Before I formed thee in the belly, I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.” **(Jeremiah 1:5 KJV).**

It is important to recognize and embrace the fact that you were intentionally created for a purpose. Although the reason for your existence may not be immediately clear, it can be discovered through introspection and curiosity. Understanding oneself on an individual level is crucial to discovering the true reason for our existence.

Through diligent study of the Bible, it becomes clear that only our Creator utterly understands the purpose for which we exist. While others may offer opinions, they cannot definitively provide the answer to this profound question. As individuals, we have the power to choose whether to embrace this truth and nourish our spiritual and personal

growth from within. It is a decision that affects our worldview and shapes our character. Ultimately, accepting this reality is a personal journey that each person must undertake to attain a sense of purpose and fulfilment in life.

As a devout Christian, I believe that a personal relationship with God is essential to living a fulfilling life. I prioritize daily Bible study to nourish my spirituality and intellectual growth, while also broadening my perspective through a diverse range of Christian and non-Christian literature. In my family, I take on the role of a spiritual guide, helping my loved ones develop their own understanding of the Bible and encouraging them to cultivate their relationship with God. My goal is not just religious practice but a genuine, heart-centred connection with the divine. Please find a list of the books I recommend at the end of this book, which I believe will be helpful resources for anyone on their own spiritual journey.

Reading and studying the Word of God is a powerful way to deepen our relationship with Him. Our prayers and fellowship become even more meaningful as we invite God to join us in these moments. By seeking understanding from the Scriptures, we open ourselves up to further spiritual growth and connection with God. As spiritual beings, we can communicate with the spiritual world through our spirits. This intimate relationship with God is essential to our overall well-being and fulfilment in life. By prioritizing our spiritual lives, we can achieve a deeper sense of purpose and greater peace.

The Bible is a profound piece of literature that offers the power to enrich your inner peace. Its guidance holds the capability to bless your soul and cultivate your spiritual growth. By allowing the teachings of this book to nurture your inner-being, you may experience a new depth of emotional and mental well-being. Its message is universally applicable to all aspects of life, and delving into its teachings can change your worldview. You may find a deeper understanding of yourself, your loved ones, and the community around you by studying this powerful text. We highly recommend giving this book a thoughtful and careful read, as its message can help you live your life in a more fulfilling way.

As an individual responsible for understanding and disseminating the contents of this book, it is imperative that I fulfil my duties with the utmost professionalism. Whether it be on a personal, familial, or even communal level, I am committed to sharing the teachings found within the Bible. It is my sincere desire to extend this service to each of you, through the provision of this book along with other relevant resources. It is worth noting that the wisdom within the Bible is not limited to any one faith but is available to all who seek to discover their identity. The Quran too, references the Bible, reinforcing its relevance and significance. Although the Bible has undergone several modifications throughout history, it is still potent enough to transform lives. Through its teachings, we can gain insight into the mind of God.

“For whom hath known the mind of the Lord, that he may instruct him? However, we have the mind of Christ.” (1Corinthians 2:16 KJV).

EXERCISE #6: ALL YOUR ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Did you know you possess both physical and spiritual roles?
- What are your spiritual and physical roles for yourself?
- What are your spiritual and physical roles for your family?
- What are your physical and spiritual roles for your spouse?
- What are your physical and spiritual roles for your parents or children?
- What are your physical and spiritual roles for your relatives?
- What are your physical and spiritual roles for your siblings?
- What are your physical and spiritual roles for your neighbours?
- What are your physical and spiritual roles for your community?

- What are your physical and spiritual roles for your nation?
- What are your spiritual and physical roles for the whole world?
- What are your beliefs about the Bible?
- Do you read the Bible for yourself?
- Do you understand the Bible for yourself?
- Do you help others read and understand the Bible for themselves?

Revision

The Bible is a profound literary work that transcends cultural, racial, and religious boundaries. It comprises a rich tapestry of wisdom and truths that offer guidance to people of all ages and backgrounds. Far from being a mere religious text, the Bible is an extensive source that contains a diverse range of topics, from historical events and philosophical teachings to stories of personal triumphs and tragedies. It is a comprehensive guidebook that offers valuable insights into every facet of human life, enabling readers to navigate the complexities of their existence with greater ease and purpose. It is a book that provides answers to the most fundamental questions concerning human existence and offers a vision of hope for the life to come.

It is highly recommended to read the Bible, regardless of personal religious beliefs. The book offers valuable wisdom and insights that can aid in discovering one's true self and understanding both physical and spiritual aspects of being.

Consider the usefulness of a Samsung mobile device: the company has extensive knowledge about the device that the owner may not possess. Similarly, God is believed to have an unparalleled understanding of everyone. It is worth exploring the Bible to gain a deeper understanding of ourselves and the world around us.

The Bible is a profound resource that can benefit your physical and spiritual well-being. It is a valuable tool that can encourage positive thoughts about yourself and others, assisting in personal development and showcasing what it means to be a responsible member of your family, community, and society. The Bible can provide you with a sense of purpose, helping you establish goals for your own life and develop a clear understanding of your character and abilities. By instilling a sense of self-worth and respect for others, the Bible can play a central role in guiding you through personal and professional relationships. Moreover, its teachings can heal broken connections with God, your spouse, and others in your community, while providing a foundational understanding of life's core principles.

As a professional, we recognize that individuals may hold unique perspectives on the meaning of life; however, we passionately believe that the Bible holds the correct view. According to the Bible, every individual has a specific purpose for their existence on earth. No other literature or individual can effectively guide personal transformation, only the Bible has proven to do so for millions of people throughout history.

It is recommended to study the lives of historically significant individuals and note their appreciation for the Bible. The Bible presents a sound perspective on life and the universe, not as a scientific handbook, but with remarkable scientific accuracy. The Bible's assertions, written thousands of years prior to modern science, have been validated by scientific discovery.

It said:

1. Life is in the blood (Leviticus 17:11).
2. The universe has a beginning (Genesis 1-2; John 1:1-2). Anything with a beginning must also have an end (Matthew 25:31-46).
3. The earth is round and suspends in the space (Isaiah 40:22; Job 26:7).
4. God killed dinosaurs (Job 40:15-19).

Scientific exploration has allowed us to uncover many incredible aspects of the Bible that were previously unknown. Compared to other creation stories and literature, the Bible stands out as highly compatible with modern scientific findings.

The Bible offers valuable guidance in developing a healthy perspective towards oneself, family members, relatives, friends, colleagues, community, society, nation, continent, the planet earth, and the universe. By turning to this ancient text, one can gain insights that promote a positive and constructive outlook, paving the way for personal growth, fulfilment, and understanding. The Bible provides a unique

framework for interpreting personal interactions and societal norms that are crucial to navigate through life effectively. It is a reliable source for cultivating empathy, respect, and compassion towards others and building strong character foundations that create a lasting impact in the world. Therefore, one can find great wisdom and practical knowledge by studying and applying the Bible's teachings to their everyday lives.

The cosmos is a finely tuned and logically arranged universe that allows for the existence of life. This unique perspective is only found in the Bible. The fact that we can exist on Earth is due to a combination of factors, including the proper atmosphere and distance from the Sun. While there may be questions surrounding the existence of evil and natural disasters, it is important to seek answers through a deeper understanding of the Bible. By examining what the Bible has to say about topics such as wars, famines, and other natural disasters, we can gain valuable insight and further our understanding of the world around us.

In the Bible, you will learn about:

- The Origins and the Laws of Life (Law Books & Gospel books).
- Briefed World History (Historical Books & Acts).
- True Wisdom (Wisdom Books & Letters).
- The Future (Prophetic Books & Revelation).

10 Most Important Career-Discovery Tips

The importance of understanding our individual roles within society, both professionally and personally, cannot be underestimated. Recognizing our career roles, family roles, and societal roles is essential to living a fulfilling life. With, discovering these roles can be a daunting task. Luckily, there are ten tips that will assist in discovering one's best career path. These tips are rooted in experience and research and have proved to be invaluable in career discovery. It is my hope that you will find these tips useful and share them with others. By utilizing these tips, you will be equipped to discover your best career path and live a more meaningful life.

1. **GET EXPOSED:** The path to discovering your true calling is one filled with wonder and excitement. Embrace the journey and never tire of seeking new experiences. Exposure is a powerful teacher, equipping you with the skills and knowledge to unleash your full potential. Whether you are discovering a new passion or honing a skill, every step is a valuable part of your journey. Do not be afraid to explore and try new things, for they often open doors to new and exciting opportunities. Remember, the journey towards discovering your calling may not always be easy, but it is always worth it. Keep pushing forward, stay committed, and one day, you will unlock your full potential and achieve greatness!

2. **TRY DOING IT:** To excel in any career, one needs to develop skills and proficiency through hands-on experience and practice. Becoming a writer requires dedication and hard work, and it is not something that can be achieved overnight. While some individuals have a natural talent for writing, it is essential to get exposure to the field before determining whether it is the right career path. By following a proactive approach and putting in the effort, one can discover their true potential and whether writing is meant for them. Remember, practice makes perfect, and it is okay to make mistakes along the way, as they serve as steppingstones towards success. With dedication and perseverance, one can perfect their craft, and their work will shine, proving that writing is indeed their calling.
3. **EMBRACE THE POWER OF ASKING:** Don't be afraid to seek the opinions of others about your career. It is a key step in understanding how you can improve, and discovering new paths that align with who you truly are. While it may be easy to succumb to external pressures and focus solely on financial gain, remember that your career should bring you joy and fulfilment. Asking for feedback can help you determine whether you are on the right track or if there are areas that require further exploration. So, take a deep breath, trust yourself, and do not hesitate to ask!

4. **LEARN TO QUIT:** Discovering what you genuinely enjoy and are passionate about is a journey filled with twists and turns. It may take time to find your true calling, but the important thing is to never give up. If you find that writing is not your forte, that is okay. Keep trying and exploring new things until you find the right path. Remember, quitting something that is not meant for you is not a failure, but a step closer to finding your true dream. Do not be afraid to start fresh and pursue new opportunities. You never know what the future may hold for you. Keep believing in yourself and stay determined in your pursuit of happiness and success.
5. **KNOW THE WHY:** You can achieve greatness! Take the time to utterly understand your motivations and the reasons behind your actions. Is money the sole motivator? Or is there a deeper desire that drives you? Your career is a part of your identity and people may make assumptions about you based on it, but it does not define who you are. Take control of your life and discover your true purpose. When you know your "why," it can provide clarity and direction in every aspect of your life. Remember that you have the power to create your own path and live a fulfilling life. Embrace your passions and let them guide you towards your dreams. Believe in yourself and strive for greatness, you have the potential to achieve anything you set your mind to!

6. **DISCOVER YOUR PASSION:** When it comes to career choices, the first step to success is realizing what you are passionate about. Take the time to explore your interests and hobbies. Identify what excites and motivates you the most. Once you have discovered your passion, set your sights on turning it into a career. Do not be afraid to take risks or pursue new opportunities. Remember, if at first you do not succeed, do not give up. Keep trying until you find the perfect fit for you. With perseverance and a positive attitude, you can achieve your career dreams and live a fulfilling life doing what you love.
7. **FOLLOW YOUR HEART:** Take a moment to reflect. Your mind may be clouded by negative thoughts, but this does not define who you truly are. You have unique talents and abilities that are waiting to be discovered and nurtured. Remember, your thoughts are powerful, and they could impact your life. Allow yourself to connect with nature and tap into your inner wisdom. Trust in your ability to discern your own thoughts from those around you. Believe in yourself and your potential to create a positive and fulfilling life. The power to change your life is within you.
8. **EMBRACE VARIETY:** Believe in yourself and your endless potential to experience and fulfil your passions. Just because you may have a primary career path, does not mean you cannot explore other interests. Embrace your love for learning and make the world your playground. As someone who

shares knowledge through teaching, writing, and public speaking, I encourage you to do the same. Try your hand at web design, translation, or even helping fellow writers get published. It is liberating and fulfilling to endeavour upon a diverse array of pursuits. So, step out of your comfort zone and embrace the beauty of versatility. Who knows what new passions and accomplishments you will uncover along the way?

9. **INSPIRATION FROM PEERS:** Your peers possess the power to inspire you towards your best career path. Surrounding yourself with like-minded individuals who share your passions and goals can provide the motivation and support needed to achieve your dreams. Choose your peers wisely and make meaningful connections with people who challenge and encourage you to be your best self. Remember, whether you are an introvert or an extrovert, everyone needs friends who support them on their journey to success. Embrace the guidance, mentorship, and inspiration that your peers can offer, and prepare to soar to new heights!
10. **FIND YOUR MENTOR:** Knowing that you are not alone in your journey is empowering. Having a mentor who understands your vision and is willing to guide you offers invaluable support on the road to success. The importance of selecting the right mentor cannot be overemphasized. Look for someone who aligns with your life purpose and can provide you with the relevant knowledge and skills

to achieve your goals. To develop into the best version of yourself, you must choose wisely what you read, listen to, and watch. In doing so, you fuel your passion with inspiration and knowledge. Believe that you are capable of greatness and surround yourself with people who share your values and inspire you to dream big. A mentor can impact your thought process and behaviour, so choose them wisely and watch your dreams come to fruition.

Congratulations on taking the first step towards discovering your dream career! These career-discovery tips are here to guide and support you on your journey. Remember that you have the power to create the career of your dreams and these tips will help you unlock your true potential. Take the time to explore each tip and find the ones that resonate with you. You have so much to offer, and the world is waiting for you to share your unique talents. Do not settle for anything less than what makes you genuinely happy and fulfilled. Today is the day to start creating the career of your dreams, and with these tips, you are well on your way to success. Go out there and show the world what you are capable of - we believe in you!

Chapter 3

CHAPTER 3: ACCEPTING YOURSELF

"Wanting to be someone else is a waste of the person you are." — Marilyn Monroe

1. ACCEPTING THESE FACTS ABOUT YOU

As you embark on your journey of self-discovery, it is important to revisit our true selves. Chapter 1 emphasized the importance of self-discovery before taking on any roles, as highlighted in Chapter 2. Chapter 3 delves into the crucial step of accepting these roles before performing them. Let us work together to navigate this chapter and understand the significance of this process in your personal and professional growth.

As humans, we are composed of both physical and spiritual elements. Even though our spiritual bodies cannot be perceived by our senses, they do exist and are essential to our overall well-being. Similarly, invisible elements like bacteria, parasites, and viruses also exist and can only be detected with specific instruments. The unity of our

physical and spiritual bodies is fundamental as a separation of the two leads to death. To function properly, we must nourish both aspects of ourselves. It is crucial to acknowledge and embrace our unique makeup to practice our roles effectively. Consequently, accepting ourselves and our individualities is necessary for personal growth and fulfilment.

In the preceding chapters, we delved deeper into the topics of self-discovery and exploring your roles. These were presented to you as informative data to gain awareness. This chapter, however, aims to assist you in incorporating what you have learned into your daily life as heart knowledge. Consider it a process of assimilation rather than a mere reiteration.

It is important to understand that food is transported to our stomach through our food pipe and not our windpipe. The digestive process then begins in our mouth and continues throughout our digestive system. Our previous chapters have covered the preparation of food through chewing and swallowing but it is crucial to note that this process must be done correctly to ensure optimal digestion. In this chapter, we will delve deeper into the process of digestion and gain a better understanding of how to properly utilize the nutrients in our food. It is essential that we consider these teachings as we strive to lead healthy and nourished lives.

To understand your true self, it is important to recognize that you are both a physical and spiritual being. Your full

identity is comprised of both elements, and neither can be disregarded. By acknowledging this, you can begin to identify your strengths and weaknesses in both areas. It is possible that you may not have previously considered these aspects of yourself. However, once you have a clear understanding of who you are, you can begin to work on improving yourself. Accepting your true self is key to this process.

As writers, it is crucial to have a deep understanding of the writing process, including the editing phase. Without this comprehension, we may struggle to produce quality work. It is important to acknowledge where we may lack knowledge and actively seek ways to improve our skills. Accepting our current state of knowledge as the final truth can hinder growth and progress. As writers, we should continually strive to expand our knowledge and techniques to better ourselves and our craft.

The elements presented in Chapter 1 provide insight into the definition of your true self, regardless of external circumstances or emotions. Your essential nature and upbringing determine your inherent traits and characteristics. It is crucial to acknowledge that if you have come to accept that you are incapable of achieving greatness, that belief will become your reality. In the subsequent sections of this chapter, we will delve into this idea further. The purpose of this message is not solely to recognize and come to terms with the situation or challenge at hand; it is also about discovering how you can improve

and recognizing your genuine identity to make the most of your time on Earth.

By embracing your authentic self, you gain valuable insight into your past, present, and future. Reflecting on how far you have come in your personal journey is important, as is acknowledging where you currently stand in the process of self-discovery. It is then crucial to consider your future. Your choices and actions from yesterday have shaped your present, and the same applies for tomorrow and today. Be mindful of what you do and think today, as this will influence the outcome of tomorrow.

Believe in yourself and all that you are. The unique set of gifts and talents that you possess are truly remarkable. Embrace them and cherish them, for they are what make you who you are. Your likes and dislikes shape your personality and add to your authenticity. You are beautiful just the way you are! But do not stop there, always strive for more. Once you have discovered your true self and identified your passions, never shy away from accepting those roles and pursuing your dreams. The world needs your unique perspective and contributions. So, go forth with confidence and embrace your true self, for you are destined for greatness.

EXERCISE #7: ACCEPTING FACTS

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Do you accept the fact that you are both a spiritual as well as a physical being?
- Do you know you have both physical and spiritual roles?
- Do you know you have both physical and spiritual strengths and weaknesses?
- Do you accept your spiritual and physical strengths and weaknesses?
- Do you accept yourself the way you are?
- Do you accept others the way they are?
- Do you help others accept themselves?
- Did you know that situations do not define you?
- Did you know that problems come and go?
- Did you digest all these facts into your system?

Revision

It is crucial for us to acknowledge our true selves rather than the circumstances we encounter. Our existence comprises both physical and spiritual entities - this is a verifiable truth, not a mere notion. We do not aspire to possess both physical and spiritual traits, for this is inherent in our reality. It is essential to accept this reality instead of viewing it as a belief. Our realization or lack thereof does not minimize the fact that we are both physical and spiritual beings.

As an imperative component of our lives, both hardware and software complement our being. Acknowledging our

physical and spiritual capacity is paramount. Embracing these veracities will facilitate a profound understanding of oneself, and in turn, lead to self-acceptance. It is only then that one can fully ascertain and recognize the qualities and strengths within oneself.

The book offers insights into discovering and appreciating both our physical and spiritual strengths. It encourages us to be more accepting of ourselves and others, as we often overlook positive qualities. Understanding our weaknesses is crucial to personal and professional growth. Rather than being a limitation, recognizing these aspects of ourselves empowers us to take steps toward improving them and achieving success. The book serves as a helpful guide in navigating this journey. Through its lessons, we can learn to appreciate and embrace our unique strengths while also addressing areas that require attention. This self-awareness allows us to lead a full and fulfilling life.

To achieve maximum success, it is essential to recognize and accept your weaknesses. It is impossible to win a battle against an enemy without understanding their strengths and weaknesses. Similarly, accepting your own limitations and focusing on your strengths is the key to being successful. Dwelling on weaknesses that cannot be improved upon is unproductive and drains valuable energy. It is important to shift attention to areas where you can have influence and make the most of your talents. By recognizing your true potential and focusing on your strengths, you can achieve your goals and unlock your full potential.

2. ACCEPTING THE POSITIVE YOU

It is crucial to grasp the concept of embracing the positive aspects of oneself to truly accept yourself. This goes beyond recognizing that you are more than just a physical being. It represents a deeper level of self-exploration, enabling you to uncover and internalize the positive qualities within you. By understanding the importance of accepting the positive you, you will learn how to identify and appreciate your individual strengths and abilities.

It is important to acknowledge that everyone has areas for improvement and growth. It is not productive to solely focus on these negative aspects, as this can lead to unfavourable outcomes. As we previously discussed, it is important to accept all parts of yourself, including your strengths and weaknesses. Moving forward, we recommend identifying and accepting the positive aspects of yourself. While it is true that you may have weaknesses in both your spiritual and physical life, it is important to recognize that these do not define you as a person. You have many positive attributes and qualities that make up the whole of who you are.

It is important to remember that weaknesses do not define an individual's entire persona. Rather, they indicate areas that require further growth and self-improvement. Recognizing these areas can facilitate the journey towards self-discovery and eventual self-actualization.

It is crucial to take a positive and proactive approach towards this process. Take the time to identify and focus on your strengths and unique qualities, rather than dwelling on your perceived limitations. Remember that this journey towards self-awareness is a personal and individual process that requires dedication and persistence.

Overall, it is essential to maintain a balanced perspective, fostering a deep sense of self-acceptance and resilience. With this foundation, one can continue to grow and evolve towards their fullest potentials.

It is important to consider that cultural perspectives and values may vary across the globe. While something may be considered positive in one region, it may be viewed as negative in another. However, there are certain things that are universally acknowledged as positive. For instance, facial scarification is viewed as a negative practice. I have published a book on this topic titled, *The Scarification*, which delves deeper into the subject. You may have noticed individuals from Sudan adorned with markings on their forehead, which is a form of scarification. Have you ever wondered about the reasoning behind it?

The point being made is that differing perspectives can lead to differing opinions on what is positive or negative. It is important to recognize that failure is not desirable, but it is also important to acknowledge that success is not guaranteed. Instead, it is crucial to focus on the positive and strive towards achieving success. Success can be defined

differently for every individual, but it is always accompanied by hard work and determination. By adopting a positive mindset, individuals can increase their chances of success. This mindset encourages individuals to make the right decisions and take the right actions at the appropriate times. By embracing positivity, individuals will be better equipped to thrive in all aspects of life.

As an experienced writer, I understand the importance of accepting the writing process, self-editing, self-publishing, and self-marketing to succeed in this field, even when faced with difficult challenges. It can be a daunting task to go at it alone, but with determination and focus, one can overcome the hurdles. Through perseverance, I have had a successful writing journey and achieved my goals. It is essential to believe in oneself and embrace one's strengths to achieve greatness. If one puts in the effort and trusts their abilities, success is attainable. Let us work together to help you achieve your writing goals and build a sterling reputation in the industry.

Start the process of discovering areas in which you can improve. Take the time to identify your strengths and then work diligently to turn them into tangible successes. Even if you have doubts about your ability to improve, it is important to remain open-minded and willing to explore new possibilities. I passionately believe that understanding and utilizing your strengths can have a profound and positive impact on all aspects of your life.

Maintaining a positive self-image is crucial to one's personal growth and success. An optimistic outlook allows us to recognize and celebrate our strengths and potential, while a pessimistic perspective leads us to focus on our weaknesses and limitations. Our mindset has the power to shape our reality, either propelling us towards our goals or hindering our progress. By acknowledging our positive qualities and valuing our self-worth, we can cultivate a sense of confidence and self-belief that drives us towards success. In contrast, a negative self-image can erode our motivation and hinder us from achieving our true potential. Therefore, it is important to adopt a positive mindset and embrace our strengths and abilities.

To attain personal growth, understanding both your strengths and weaknesses is crucial. By acknowledging and embracing your positive traits, you can work towards enhancing them while being mindful of your flaws. Although this approach cannot eliminate potential setbacks or errors, it can assist in cultivating a constructive mindset and taking affirmative action. Nonetheless, it is critical to perceive that your life's path is determined not merely by your efforts and abilities, but also by external factors.

EXERCISE #8: THE POSITIVE YOU

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Are you pessimistic about yourself?
- Are you optimistic about yourself?
- Do you think positively about yourself?
- What do you like most about yourself?
- What do you hate most about yourself?
- Do you think you can improve your thinking?
- What can you do to improve your thinking?
- Do you accept both positive and negative?

Revision

As individuals, we may experience instances wherein our thoughts may be consumed by the challenges and situations we face. This may result in self-doubt and may affect our perspective on things around us. However, it is crucial to acknowledge that such instances may require us to revise our mindset and approach. We should strive to adapt to situations and overcome challenges with a positive outlook, acknowledging that challenges bring opportunities to grow and learn. Let us be mindful of our thoughts and allow ourselves to revise our perspective on the matters at hand.

As individuals, it is common to experience moments of despair when things do not go as planned. It is essential to maintain a positive mindset, even when faced with challenges. It is important to note that every beginning has an end, and everything will eventually come to a resolution. As a community, we have lost hope that South Sudan can achieve peace in 2015; however, this should not discourage us from making efforts towards peacebuilding. On a

personal level, it is crucial to have self-acceptance and appreciate the positive attributes that make us unique. We must actively seek solutions to our challenges, rather than passively waiting for change to occur. By taking responsibility and positive action, we can navigate through challenging situations and create opportunities for personal growth.

As a reminder, it is essential to be mindful of what we consume, both physically and intellectually, as it can shape our character and beliefs. Our perception of the world is shaped by what we see and hear daily, and it is vital to be selective of the content we expose ourselves to. Your current reading material, for example, is feeding your mind right now. Therefore, it is crucial to ensure that the content aligns with your values and goals as it can affect your mindset. How we view ourselves is based on our perceptions, whether they are empirical or not. Thus, it is crucial to cultivate a positive and growth-oriented mindset as it shapes the course of our lives.

As a professional, it is essential to recognize that our beliefs can shape our actions and outcomes. If we believe we are destined to be poor, we may not take the necessary steps to overcome challenges and improve our lives. However, by embracing a spirit of hard work and dedication, we can aspire to greatness. It is important to note that our beliefs influence our actions and results - we must have faith in our abilities to achieve our goals. Authoring a book, for example, requires belief in oneself and their capabilities.

While some may be more knowledgeable than others, that should not discourage us from pursuing our passions. Waiting for the perfect moment will only lead to lost opportunities, so it is essential to start working towards our goals today. Through determination and perseverance, we can overcome any challenges and achieve our dreams.

As an individual, it is not within my purview or ability to convince everyone to write. Every person has unique talents and skills; writing may not necessarily be one of them. However, it is my calling to write, and I embrace this role with passion and purpose. It is equally essential for every individual to explore their innate abilities and identify their respective career paths because everyone has something to do better than others. Engaging in self-discovery can help reveal one's career niche, bringing fulfilment and purpose to their life. Even if writing is not your forte, focus on exploring your strength and aligning them with your career path, and approach life with a positive mindset.

It is important to recognize and overcome challenges as they serve as opportunities for growth and achievement. It is crucial to avoid the misconception that one cannot achieve their goals. While you may not be able to accomplish everything, it is essential to believe in what you are capable of. Remember, you are unique, and no one is identical to you, as your distinctive fingerprint indicates. Whether it be your parents, siblings, or even an identical twin, you are still different. You are the only individual on the planet with your set of qualities and abilities, and

acknowledging this can help inspire you to achieve your goals.

3. ACCEPTING YOUR ROLES

As you progress forward, it is imperative to acknowledge your strengths and embrace the roles that have been assigned to you. Our previous chapter delved into various responsibilities, but this third chapter takes a deeper dive into personal role acceptance. While we have been informed about our duties, it is essential to actively accept them to move ahead in our goals. Furthermore, it is crucial to distinguish between what our roles entail and what they do not, which is a defining factor in our success.

Accepting responsibilities helps to improve one's abilities and fosters an ideal that "can-do attitude". As a professional, I have embraced different roles that include writing, preaching, teaching, computing, self-editing, self-publishing, and self-marketing books. I have undertaken them with utmost dedication, believing in my capabilities and the ease with which I can perform these roles. I take pride in my work and do not rely on others to complete tasks that I know I am qualified to do myself. By accepting and fulfilling tasks, I have garnered knowledge and skills that have led to my professional growth. I encourage you to embrace your responsibilities and watch your capabilities grow towards attaining your professional goals.

It is essential to acknowledge the different roles we hold in our lives, including career, family, community, society,

national, and international roles. These roles reflect our identity and purpose. It is crucial to understand the significance of each role and how they interplay to define our existence. For comprehensive guidance on identifying and fulfilling the roles you hold, please refer to Chapter 2 of this book.

Accepting your roles does not require accepting tasks outside of your capabilities or obligations. It is important to prioritize responsibilities that align with your abilities. For instance, determining whether you are capable of being a successful president is crucial prior to accepting a position of leadership.

Currently, my focus lies on leading the nation through authorship. My aim is to create literature that assists individuals in understanding their identity and developing their careers. Through these works, I aspire to genuinely contribute to the progress and growth of not only our nation but the global community.

The development of a nation is dependent on the growth of its people. To achieve this growth, one must begin at the individual level. One way to promote this development is through education. By means of writing, preaching, and teaching, individuals can acquire knowledge and skills that can lead to personal and national progress.

I am passionate about writing books that will assist individuals in discovering their true potential and furthering their careers. My belief is that these books will inspire

readers to strive for personal growth and professional development, leading to self-discovery. As an author, it is my responsibility to guide individuals on this journey of exploration and I take this role seriously. With a deep understanding of their inner selves, individuals will be able to identify their strengths and areas for improvement. I consider it my duty to facilitate this process of self-awareness, and I am committed to making a positive impact on the lives of my readers through my writing.

EXERCISE #9: ACCEPTING ALL YOUR ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Do you accept your career roles?
- Do you accept your family roles?
- Do you accept your clan roles?
- Do you accept your community roles?
- Do you accept your societal roles?
- Do you accept your national roles?
- Do you accept your international roles?
- Do you know the difference between your roles and those that are not yours?
- How do you differentiate your roles from those that are not yours?

Revision

As an individual, I acknowledge and accept my personal responsibilities which include writing, teaching, and preaching. These capabilities can be effectively utilized not only in my personal life, but also in professional environments and familial relationships.

It is important to bear in mind that the objective of this chapter is to reinforce the message conveyed in the preceding two chapters of your self-discovery process. It is essential that we acknowledge and understand our roles thoroughly before we begin to implement them.

As a husband and a father, it is my responsibility to fulfil my roles within my family with the utmost care and dedication. My primary objective is to love my wife wholly - both her physical and internal characteristics. This requires me to be fully informed of her needs and desires, and to always approach our relationship with love, kindness, and empathy. I understand that loving my wife is essential to our long-lasting union, and I approach this duty with the utmost seriousness and dedication.

As the head of my household, I take on the responsibility of providing for my family. I work diligently to ensure that there is enough food on the table and that my loved ones lack nothing. It is a role that I proudly embrace as a husband and a man, rooted in my personal beliefs and values. While I cannot say for certain if this perspective is strictly African, it is one that I hold deeply. Additionally, I wholeheartedly accept my role in the family as a loving caregiver to my

children and to the other beneficiaries in my life. It is a privilege to be able to offer emotional support and care to those closest to me.

In Africa, it is common for a family unit to consist of a husband, wife, children, and other biological relatives. This can often be attributed to economic factors. As an educated individual in my family, I may find myself in a position to hold a job and help other relatives. It is common for me to be called upon to contribute towards dowries for young men seeking marriage.

In certain instances, some of the activities and duties mentioned may not directly pertain to my assigned responsibilities. These are additional actions that can be taken, not because of entitlement, but rather due to unforeseen circumstances. These supplementary duties are voluntary and can be accepted or declined based on the specific scenario at hand.

As a professional, it is important to lend a helping hand to those in need. While it may not be a direct responsibility, our willingness to assist others when they are vulnerable showcases our supportive and approachable character. Our colleagues put their trust in us and rely on our expertise, which is why they may seek our help during times of need. Additionally, it is crucial to recognize that many individuals have provided support to us in similar scenarios, which serves as a reminder that helping others is part of our responsibility as well. By extending assistance to those who

need it, we can build strong relationships, promote a positive work culture, and make a positive impact in the lives of those around us.

To summarize, I am tasked with various responsibilities. I have acknowledged my individual duties as well as those pertaining to my familial obligations that have been detailed throughout this publication. Additionally, it is necessary for me to embrace certain roles within my community.

As an advocate for peace and reconciliation within the community, my primary role is to impart knowledge and promote harmonious living. In doing so, it is incumbent upon me to lead by example and embrace peaceful living, as it not only strengthens the credibility of my teachings but also enables others to follow suit. The task at hand is not without its challenges, as we must first exemplify the behaviours we advocate for others before we can convince them to accept their own roles. Therefore, I aim to inspire and educate others on the importance of peaceful living and the positive impact it can have on individuals and society.

10 Most Important Self-Acceptance Tips

It has been previously mentioned that self-acceptance is necessary to confidently pursue one's roles, abilities, and career aspirations. A natural question arises: what steps can one take towards achieving this level of self-acceptance? How can an individual come to terms with their innate qualities and chosen career path?

- 1. EMBRACE YOUR TRUE SELF:** Your uniqueness is what sets you apart from everyone else. It is what makes you special, and there is beauty in that. Your physical body and spiritual nature combine to create the person you are today. It is natural to want to improve ourselves but let us not forget the importance of accepting and embracing our true selves in the present moment. Even those with perceived limitations, find happiness in their lives by accepting themselves fully. It is utterly amazing! So, I challenge you to embrace your true self, quirks, and all, and celebrate the beauty of being you. Every day is a gift to be true to yourself and live authentically. Remember, you are unique, and that is an inspiration.
- 2. EMBRACE YOUR MINDSET:** Every individual has a unique mindset that shapes their thoughts, actions, and their lives. It is not about changing your mindset, but about embracing it. By accepting and understanding your mindset, you can harness its power to overcome challenges and achieve your goals. Do not be discouraged by the belief that you cannot change your mindset, instead take control of it, and steer it towards a positive direction. Embracing your mindset is a powerful and life-changing decision that can unlock your full potential. Get ready to unleash your inner strength and wisdom. You are capable of amazing things!
- 3. EMBRACE YOUR THOUGHTS:** Your thoughts are beautiful reflections of who you are.

Embrace them, honour them, and allow them to guide you toward being the best version of yourself. Even the thoughts that challenge you, that make you uncomfortable or scared, are gifts that offer you the opportunity to grow and evolve. Instead of changing your thoughts, focus on improving your response to them. As you gain greater awareness of your thoughts and how they influence your actions, you will find new ways to channel them in positive, empowering directions. Remember, you have the power to shape your mindset and your mindset shapes your reality. So, embrace your thoughts and embrace the amazing potential they hold for your personal growth and fulfilment.

4. **EMBRACE YOUR WORDS:** Your words are reflections of your innermost being. They hold the power to inspire, motivate, and uplift those around you. Your mindset shapes your nature, but you are not limited by it. You have the power to cultivate a positive mindset that brings out the best in you and in those around you. Every word you speak has the potential to impact countless lives. You are a creator of positivity and light. Embrace your words and allow them to guide you towards your highest potential. Accept the power that lies within you, and trust that you can achieve greatness. The Creator has given you this gift- use it to inspire yourself and those around you!
5. **EMBRACE YOUR ACTIONS:** Whether it be in your career, family, community or on an

international level, all actions and roles play a part in shaping who you are. Do not be too quick to judge yourself for past mistakes or contradictions to your wishes. Instead, embrace them with open arms and take responsibility for your words and actions. Remember, there are always multiple factors influencing our choices and behaviour, and it is important to acknowledge them before striving for improvement. With each experience, you could grow and learn. So, take a moment to reflect before you speak and recognize the power of your words. You could positively impact the world around you, one action at a time.

6. **EMBRACE YOUR DESIRES:** Embracing your desires is a powerful step towards self-discovery and living a fulfilling life. Your desires, even the sexual ones, are a natural extension of who you are. Do not let society's judgement hold you back from acknowledging them. Ignoring or condemning your desires can lead to a sense of disconnection and unhappiness. Remember that your desires serve a purpose and accepting them is the first step towards understanding yourself better. Embrace your desires with open arms and work on fulfilling them in a way that aligns with your values and goals. By doing so, you can lead a more authentic and satisfying life.
7. **EMBRACE YOUR WEAKNESSES:** We all have them. They are a part of what makes us unique and special. Our weaknesses can be opportunities

for growth and self-discovery. Whether they are spiritual, physical, or both, they are an important aspect of who we are. Society may define them as weaknesses, but they do not have to be seen that way. It is important to be sure that they are truly weaknesses and not just societal constructs. Once you embrace and accept your weaknesses, you will discover a newfound peace with yourself. You have the power to change some things, but not others, and that is okay. You cannot change your physical body, but you can change how you perceive it. Remember, this is not a rule to follow, but rather an opportunity for growth and self-reflection. You are wise enough to know what is best for you, so embrace your weaknesses and embark on a journey of self-discovery.

- 8. EMBRACE YOUR STRENGTHS:** You are a one-of-a-kind masterpiece with unique abilities waiting to be explored. It is important to recognize that you have both strengths and weaknesses. You possess opportunities that are meant for you to seize and maximize. You are gifted and destined for greatness. Your strengths have the power to inspire and uplift others. They can be displayed through your spirituality, physical prowess, and even in your personality. When you embrace and utilize your strengths, a new world of endless possibilities opens for you. You have the power to have influence in the lives of those around you by using your strengths to tackle community challenges and

public initiatives. Look within yourself, recognize your strengths, and use them to create a better tomorrow for yourself and others!

9. EMBRACE CHANGE: Change is an inevitable part of life, and it offers us endless opportunities for growth and improvement. As we welcome change with open arms, we open ourselves up to endless possibilities and experiences that we may never have imagined otherwise. Fear of change often comes from a fear of the unknown and a lack of confidence in our own abilities. We must trust in ourselves and our capacity to adapt to new situations. With every change comes the potential for learning, growth, and success. So, let us choose to embrace change and all the amazing things that it can bring. Let us step out of our comfort zones and strive towards being the best versions of ourselves.

10. EMBRACE YOUR POSSIBILITIES: Believe in yourself and your potential, for you are capable of great things. Although you may have limitations, you have the power to overcome them. Choose to focus on your strengths and use them to achieve your goals. Life is full of endless possibilities and opportunities, waiting for you to seize them. Every challenge you face is an opportunity for growth and progression. By embracing your possibilities, you have the potential to make a positive impact on the world around you. Believe in your dreams and passions and follow them with determination and

resilience. Your life is what you make of it, and you could achieve greatness. So, go forth and unleash your full potential!

Congratulations on taking the first step towards self-acceptance! These ten tips are a fantastic starting point for your journey towards embracing yourself fully. Remember, self-acceptance is a process, and it is okay to take your time. Each tip is a powerful tool that you can use to appreciate yourself and your unique qualities. Always keep in mind that you are worthy of love, respect, and acceptance. You are on a path towards discovering your true potential and living your best life. You are not alone on this journey, and I am here to support you every step of the way. Join me on my personal website at www.johnshalom.com, where we can chat and share our experiences with one another.

Chapter 4

CHAPTER 4: PRACTICING REAL KNOWLEDGE

"If you don't practice you don't deserve to win." — Andre Agassi

1. PRACTICING ALL YOUR ROLES

After achieving self-awareness and embracing your various roles, the next crucial step is to integrate that understanding into your everyday life. This can be the most challenging and critical aspect of your self-discovery journey. It requires putting your newfound knowledge into practice, which is commonly referred to as "hands knowledge". Mastering practical application takes time and effort, so it is important to stay patient and persistent. However, the reward is well worth the effort as the growth and development experienced through this process can be profound and long-lasting. Remember to take things one step at a time and celebrate the small victories along the way.

In the previous three chapters, we have been presented with information that has contributed to our knowledge. We

have been able to process and internalize this information, which has led to a deeper understanding. To effectively navigate our various roles in life, it is essential to have a clear understanding of our individual identity (as discussed in Chapter 1). As outlined in Chapter 2, our roles may vary depending on the context. However, it is impossible to fully embrace and embody these roles without first accepting our true selves, as discussed in Chapter 3. Finally, in addition to these crucial elements, the concluding chapter emphasizes the importance of belief in furthering our self-awareness. By delving deeper into our own sense of identity, we can better understand our place in the world and our unique contributions to it.

This book provides an in-depth analysis of my views on a particular subject matter. These views are the result of a combination of factors and ideas that have shaped my thinking and worldview. The book will shed light on these influences and provide a comprehensive explanation of my perspective.

As we move forward, it is important to revisit the roles that we have discussed previously. This serves not to reiterate but to strengthen our understanding of the roles and responsibilities involved in this endeavour.

As professionals, each of us possesses unique roles, often identified as talents or abilities. These roles are integral to our individual contributions in the workplace. It is essential

to acknowledge and prioritize these core competencies, as they enable us to execute our responsibilities with excellence. Let us embrace our roles with a sense of purpose and strive for continuous improvement.

At our organization, we recognize and assign family-level roles to our team members. These roles are not necessarily related to their careers but are actions that our team members can perform for the well-being of their families. These roles may include tasks that are not particularly enjoyed, but they are essential for the smooth functioning of households. Additionally, some of these responsibilities may overlap with their career roles. We aim to create a supportive environment that considers the whole person and their family life. Therefore, we encourage our team members to embrace these roles and take pride in their contributions towards maintaining a healthy work-life balance.

It is important to recognize that our personal histories can have an impact on our career paths. For instance, a difficult upbringing may cause negative self-perception. By understanding ourselves better, we can make more informed choices about the professional paths we take.

It is important for us as parents to teach our children the value of respect for others, including our neighbours. This can be accomplished regardless of one's religious beliefs. As noted in Ephesians 6:4, we have a responsibility to impart knowledge and wisdom to our children. While the specifics

of parenting may vary depending on culture and individual circumstances, the importance of a strong foundation in respect and morality remains constant. It is vital that we know and understand our roles as parents, and actively fulfill them through consistent guidance and correction. Through these efforts, we can raise responsible and respectful individuals who will positively contribute to society.

In some cultures, there are certain practices that dictate specific gender roles within a household. While some of these practices may be fading away, it is important to understand and identify the roles everyone should take on within their own personal and professional lives. As individuals, we may have a career role that extends beyond our immediate family and into our larger community and society. It is essential to recognize and embrace all the roles we play to be successful and contribute positively to society.

As an author, it is my pleasure to provide insightful examples to aid in the understanding of the points discussed in this book. Although I may not delve into every aspect of my professional experiences and responsibilities, the core message is that everyone has a role to play. It is important to recognize how factors such as culture, religion, education, and upbringing can shape these roles. Additionally, the influence of parental figures or guardians should not be overlooked. By acknowledging these influences, we can gain a greater understanding of our own roles and how they fit within the larger context of society.

If you have experienced a challenging upbringing in your home or community, please know that I can relate to your experiences. Despite the difficulties, we can use these challenges as an opportunity to approach parenthood in a different way, one that is rooted in positivity and resilience. Let us use our experiences to inspire us to provide a supportive and nurturing environment for our children, and to help them become the best versions of themselves. The challenges we have faced can serve as a steppingstone to creating a better future for ourselves and our families.

The book aims to provide guidance in paving a unique path for individuals who are seeking to break away from societal norms and conformity. It emphasizes the importance of understanding one's true self, beyond the influences of external factors such as family, friends, and peer pressure. The message discourages the notion of attempting to repay parents for their actions as it can prove to be a daunting task. Instead, the book encourages readers to embrace self-discovery and live according to their own terms. Its goal is to empower individuals in discovering and actualizing their full potential.

Positive change is oftentimes challenging, but it is a fundamental aspect of human history. Our physical bodies experience changes as we age, and every day brings about a new transformation. While it may be difficult to accept, it is a natural process that we all must face. It is important to note that our spiritual selves never truly perish. As professionals, let us acknowledge the inevitability of change

and work to embrace it in a positive and constructive manner. Let us recognize the opportunities that change can bring, and work collaboratively to navigate them successfully.

Embracing change can be facilitated by acknowledging and accepting our true selves, regardless of any disabilities we may have. It is important to recognize that disabilities do not diminish our value or usefulness as individuals. Although we may experience limitations in certain areas, we still possess unique qualities and abilities that define us as who we are.

It is inspiring to see individuals' triumph over limitations and showcase a positive outlook on life. The ability to accept oneself and overcome obstacles is a testament to the resilience and strength of human spirit. Unfortunately, having material wealth does not always equate to happiness and fulfilment. It is important to prioritize mental and emotional well-being and seek support when needed. Let us remember to appreciate the abundance in our lives and work towards a holistic sense of satisfaction.

It is important to have a thorough understanding of your role to perform well. In this book, we have extensively discussed the significance of gaining insight into oneself. This will enable us to confidently perform our duties to the best of our abilities. Our aim is to reinforce this concept, so that it translates into practical application in the real world.

EXERCISE #10: PRACTICING ALL YOUR ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- What do you do for a living?
- Do you love doing what you do?
- What forces you to do what you do?
- What can you do to stop doing what you are forced to do and then do the things you love?
- Do you practice your own career roles?
- In what level are you practicing your roles?
- Do you practice your family roles?
- Do you practice your community roles?
- What defines your career, family, community, national and international roles?
- Have you ever done anything in your community level?
- Have you ever practiced your societal roles?
- Have you discovered your roles can affect the whole world?

Revision

Our individual skills can be referred to as our talents, abilities, careers, or gifts. These skills can take us to the next level in our personal and professional life. When we are passionate about our work, it provides us with not just financial benefits, but also satisfaction in our achievements.

Therefore, it is imperative to choose work that we both love and value. Often, some of us work for financial reasons, or due to external pressures. However, it has been realized that to provide better services, one must love the work they do. As a result, it is vital to focus on our passion and skills in every aspect of our lives to achieve a sense of fulfilment and growth.

It is important to recognize that our roles in society can be shaped by various factors, such as culture, religion, education, and environment. However, it is important to understand that every one of us possesses unique talents and abilities that should be cultivated and utilized. It is essential that we identify our individual capabilities before taking on any tasks or responsibilities. This serves as the underlying message of this book.

Our organization offers a variety of career roles that align with our employees' unique skills and interests. Our team members are empowered to pursue roles that bring them joy and fulfilment, rather than being forced into something they are not passionate about. We understand that passion and joy are crucial components of job satisfaction, and we strive to support our employees in finding roles that align with their values and goals. By doing so, we believe that our team members will be more productive, engaged, and fulfilled in their work.

Our responsibilities often transcend beyond our immediate surroundings, and at times, we influence a global audience.

For instance, you are currently reading my books, and it is possible that you are situated in a different part of the world from where I am. This is because science has proven that there are no fixed physical orientations.

For instance, did you know that by flying towards the North, you will eventually circle back to your original departure point? It is an intriguing concept to ponder. Similarly, if you were to burrow straight down from your current location, you might emerge on the opposite side of the world! Another fascinating fact is that if you dig downwards at a 90-degree angle, you could even displace an individual located directly on the opposite end of the world. However, it is important to consider potential consequences as you might unexpectedly emerge beneath someone who is utilizing a toilet or standing near a stove. The possibilities, including surfacing from a body of water or mountain range, are endless.

It is important to consider a perspective shift in your diving experience, potentially by redirecting your focus upward rather than downward. This concept parallels with the notion that our understanding of the world is limited until we actively explore it. Many individuals throughout history have accomplished extraordinary feats through exploration, benefiting our society today. It is crucial to discover one's true self and strive to live in accordance with this newfound discovery daily.

2. HELPING OTHERS KNOW THEIR ROLES

As I understand and embrace my roles, it is important to encourage and guide you in identifying and fulfilling your own roles. Accepting who we are and utilizing our strengths is crucial for personal and professional growth. Some individuals may have difficulty acknowledging their true potential due to preconceived notions or limiting beliefs. For instance, there are individuals who lack the ability to read or write, not due to visual impairments, but because they have internalized falsehoods about themselves. It is difficult to assist those who are not willing to learn, but by sharing knowledge and promoting self-discovery, we can empower others to reach their fullest potential. I encourage you to reflect upon my message and dedicate the necessary time and effort to internalize its value, thus improving your life and impacting the lives of those around you.

It is important to acknowledge that the food we consume has a direct impact on our physical and mental wellbeing. However, it is important to consider whether it is within our professional duties to guide others in this regard. While some may see it as their responsibility, it depends on individual beliefs and values. It is crucial to approach this topic with sensitivity and respect to foster a supportive and productive environment.

As part of your responsibilities, it is essential to support others in understanding their strengths, capabilities, and the roles they play. This is an essential task that can only be accomplished for those within your sphere of influence. I

am working diligently to provide guidance to you and countless others worldwide by leveraging my talents in writing, teaching, and public speaking.

As a seasoned professional, I strive to assist individuals with their creative pursuits through my extensive experience in guiding the development, editing, publication, and marketing of various forms of content such as books, videos, audios, and other media. My mission is to support individuals in uncovering and embracing their authentic selves by providing expert guidance on the physical and spiritual aspects of our beings. With a wealth of knowledge and proven success in the industry, I am dedicated to supporting you in achieving your goals and reaching your full potential. Please do not hesitate to reach out to me for expert guidance and advice.

As a professional, it is essential to acknowledge that helping others discover their true potential is a crucial aspect of leadership and management. By assisting individuals in identifying their interests and setting realistic goals, you could make a positive impact in their lives. You may possess an innate ability to perform SWOT analyses, which can further assist individuals in learning about their strengths, weaknesses, opportunities, and threats. The power of self-awareness is infinite, and by guiding others to know themselves better, they will be equipped to pursue their passions with confidence. Through this process, individuals can identify their unique role in society and strive towards actualizing their full potential. As a professional, your

impact on the growth and development of others is immeasurable, making your contributions invaluable.

EXERCISE #11: HELPING OTHERS KNOW THEIR ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Did you know it is your role to help others know themselves and their roles?
- Have you ever helped others know themselves and their roles in different levels?
- Are you helping others know themselves and their roles in different levels right now?
- Will you be helping others know themselves and their roles in different levels in the future?
- Is it important to you that you must help others know themselves and their roles?

Revision

As your assistant in this journey, it is essential for us to promote and encourage self-awareness in others regarding their roles. I, for one, only came to understand this fact after seeking guidance from individuals who possessed the necessary knowledge. This is an essential aspect that you must also recognize as you read this. By acquiring a clear understanding of your own roles, you will be able to teach

and assist others in achieving the same level of understanding. Therefore, let us work in tandem to ensure that we not only recognize our individual roles but also help others do the same.

As a resolute and experienced instructor, I am committed to guiding individuals towards mastery of new skills. My passion for personal growth and development is shared by countless others, and it is these individuals who I aim to serve with my writing. My books delve into the realm of self-discovery, offering actionable tools to those striving towards meaningful and lasting change. While I understand that not everyone may resonate with my message, I stand firm in my belief that this work is essential and worthwhile. With the utmost humility and respect, I am honoured to fulfil my role in creating this book with the knowledge that it will make a positive impact in the life of those who engage with it.

This book can serve as a valuable resource to reinforce your existing knowledge and acceptance of oneself. It has the power to enhance your self-perception and improve your thinking. While you may encounter novel concepts, this book will empower you to move forward. By taking these lessons to heart, one can attain important personal transformations and develop a renewed sense of self-awareness. Moreover, these newfound skills will enable individuals to guide and support others who need assistance. Rather than simply being a book review, this work identifies key truths and realities that could shed light

on the world around us. It is not necessary to be a writer to have influence, as there are many avenues through which individuals can impart their knowledge and expertise to others. This book provides valuable information and equips readers with the tools needed to succeed.

To be an effective leader, it is important to have a clear understanding of your own strengths, skills, and abilities. By gaining this knowledge, you will be able to identify the roles and responsibilities that are best suited to your own talents. Through this process, you can provide guidance and support to others in your team, helping them to identify their own strengths and roles within the group. There are many different strategies and techniques that can be used to help your team members recognize their own skills and abilities. As a leader, it is your responsibility to foster an environment of growth and development within your team, and to encourage each team member to reach their full potential.

3. HELPING OTHERS PLAY THEIR ROLES

As professionals, it is essential that we understand and execute the tasks that align with our roles. As we recall, a solid understanding of our responsibilities stems from comprehending it not only with our heads, but also with our hearts. Once we have acknowledged and accepted this knowledge as truth, it becomes critical that we put this knowledge into action. To this end, it is our duty to assist our colleagues in implementing what they have learned,

enabling them to develop their hands-on knowledge. Therefore, let us strive to work together, supporting one another's growth and development as we execute our duties as professionals.

It is important to consider the perspective of the individual you are attempting to assist, as their beliefs and motivations play a significant role in their receptiveness to advice. If a person does not share a belief in the possibility of a successful outcome, it can prove difficult to guide them towards making progress. Despite any efforts to influence their decisions, their actions are rooted in their own sense of conviction. For example, while I can offer guidance to someone about beginning their book-writing journey, I cannot force them to act upon this advice if they are not confident in their ability to do so. It is crucial to approach each situation with understanding and patience, and to acknowledge that personal beliefs and motivation are essential components of making any kind of change.

It is essential that we guide individuals towards understanding and accepting their roles before they can effectively execute them. It is fundamental to acknowledge that everyone has both personal and societal roles to play, including careers, family, community, country, and even globally. As such, it is crucial that we provide guidance and support to enable individuals to perform their roles diligently and to their full potential. By understanding their roles, individuals can strategically navigate the complexities of their tasks and effectively contribute to shared goals. It

is our responsibility to help individuals play their roles efficiently in the services they render to the world, and we must remain dedicated to providing the necessary resources and support to make this happen.

Assisting individuals in discovering their roles can significantly enhance their ability to contribute effectively to various areas. Nonetheless, it is crucial to note that the success of this approach depends on individuals' willingness to accept their assigned duties and roles. There is no need to be acquainted with every person's responsibility to offer guidance. It is imperative to acknowledge that each person possesses unique qualities and is not without value. These fundamental principles underlie the central themes of this book.

It is important to recognize that every individual, regardless of their appearance, has a significant role to play in our society. Although I may not be aware of each person's specific role, it remains a fact that everyone has different levels and areas of responsibility. As a professional, it is my duty to ensure that individuals are aware of their significance and value to society. Regardless of circumstances, I am committed to helping each person fulfil their roles to the best of their abilities.

As an individual, it is your responsibility to become familiar with your own roles and fulfil them accordingly. Additionally, if you have a desire to assist others, it is important to enable them to take responsibility for their

own success. You can play a significant role in helping others by guiding them towards accepting the truths and facts of their unique situation. Your goal should be to facilitate a positive mindset within them, which enables them to create their own success. Remember, the ultimate responsibility for achieving success rests with the individual, and it is your role as a professional assistant to guide them towards that end.

When assisting individuals on their journey, it is crucial to practice what we preach. It is essential to communicate only what we believe to be true and consistently demonstrate our beliefs in our actions. Otherwise, our message can be misunderstood, creating confusion for both listeners and readers alike. Our actions speak louder than our words, emphasizing the importance of aligning our behaviour with our message. While you may not hold the title of a preacher, ensuring your words echo your values and personal growth demonstrates the authenticity in your message.

As professionals, it is important to remember that emotions are transient and should not be the foundation of our decisions. It is easy to confuse sexual desire with love, which can lead to misunderstandings in relationships. While physical appearance can be a factor in attraction, it should not be the only consideration. It is important to recognize that adults have different biological responses to attraction. Women tend to look beyond physical appearance and focus on deeper qualities, while men often focus on external appearance. It is important to live our lives authentically and

prioritize our own personal growth before providing guidance to others.

EXERCISE #12: HELPING OTHERS PLAY THEIR ROLES

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

QUESTIONS FOR YOU:

- Did you know it is your role to help others play their own roles?
- Have you ever helped someone play his/her roles in different levels?
- Are you helping someone play his/her roles?
- How can you help someone play his/her roles?
- Do you need to know all the roles of others before you help them play them?
- What is important about helping others play their own roles?
- Did you know that career roles can expand?
- Did you know helping others must force us to play our own roles first?

Revision

As a professional, it is essential to understand that a critical aspect of our roles is to assist others in comprehending the significance of their responsibilities and contributing to

different levels of development. Whether it is career-oriented or within their family, community, society, or nation, individuals need to be aware of their duties and the impact they have on society. Our roles are paramount and contribute to the greater good in multiple ways. As professionals, we understand the value of our obligations and the impact they have. Therefore, let us continue to assist and guide individuals in comprehending their respective roles and the importance they carry. Through this, we can aim to create a better future for our society and make a positive impact on the world.

During the process of authoring my latest book, I was asked a question by a colleague regarding my appearance. Although my response was dismissive, I failed to mention the exciting and meaningful reason behind my state of mind. Being immersed in this current writing project has impacted my thoughts and actions, as it requires a depth of contemplation and unique perspective. The act of writing has the power to transform and alter one's perspective, which has been the case for me during this undertaking.

Our thought processes undoubtedly have a significant impact on our work performance. It can be challenging to alter someone's mindset, but facilitating a change in thinking can be a useful aid. By imparting an understanding of the necessity for change, individuals can initiate change themselves. The book can serve as a valuable resource in this regard, but imposing beliefs and practices on others is not fruitful. Rather, every individual has a distinct role to

play, including acknowledging and implementing their own contributions to achieving the desired outcome. Adopting and applying what we consider authentic is essential to fulfilling our duties. Actions, in many cases, speak louder than words, and we must always strive to follow through on our words with action.

As individuals, it is often difficult to keep our promises. Yet, we should continuously strive towards fulfilling our commitments. As an educator, I take great responsibility in sharing my knowledge with others. My role is to impart the lessons I have learned throughout my life. These insightful teachings could arise from personal experiences that I have encountered. I have been fortunate enough to witness and navigate through various obstacles, and I believe that sharing these life stories with others could make a profound difference in their journey.

I would like to invite you to explore my collection of published works, which provides insight into my personal experiences. The series vividly depicts significant events and passages throughout my life. My journey is interpreted through my worldview and personal beliefs, which are reflected in these books. By reading them, you may gain a deeper understanding of the experiences that have shaped my unique perspective.

The culmination of this self-discovery guide centres on an exploration of the factors that have contributed to shaping my life. Specifically, we will delve deeper into the critical

role that my personal belief in myself has played in this process. This faith in myself has manifested in varied ways, influencing the person I am today.

Embracing positivity is essential for leading a fulfilling life. Accepting negative aspects about oneself could only result in pessimism towards oneself and the world in general. Hence, it is crucial to find our roles in life, to be able to play them well and help others find theirs. We must learn to understand our own roles before guiding others to practice theirs. This way, we can be of significant help in promoting positivity and nurturing the growth of individuals around us. It is, therefore, vital to imbibe positivity in our lives and help those around us do the same.

10 Most Important Action-Oriented Tips

To effectively apply the knowledge, we have gained, it is important to establish practical steps to put these insights into practice. One could ask, how can we apply our newfound knowledge about our personality type or career to achieve our goals? Here are ten practical tips to help with this process.

- 1. EMBRACE YOUR LIFE PURPOSE:** Your self-knowledge and self-awareness are the key to unlocking your true potential. You have a purpose in life, and it is up to you to nurture it with knowledge and inspiration. When you set your sights on your life's goal, you ignite a passion within

yourself that fuels your journey. With this mindset, you will know exactly what you need to do to achieve your dreams. You will seek out wisdom, guidance, and opportunities that align with your vision. Trust your abilities and put them into action. Know that each step you take brings you closer to your purpose. Embrace your life's mission, and let it inspire you to become the best version of yourself.

2. **KNOW WHAT TO READ:** As an individual, it is essential to know what to read. Having a selective mindset on what literature to consume can enhance the quality of one's life and help to achieve their goals. Life's goal determines the short-term and mid-term objectives that one must complete to scale towards the goal. Reading is a habit that must be learned and developed. Even if one does not know how to read or write in any language or have had unsuccessful attempts in the past, it is not an excuse to abstain from learning. The goal is an individual's calling, and it should be the driving force behind every action taken as it defines one's desires and identity.
3. **KNOW WHAT TO WATCH:** As a professional, it is essential to integrate various forms of learning such as reading and watching to improve your skills in your area of expertise. Therefore, it is highly recommended to be selective in what you watch. By doing so, you are aligning your viewing habits with your life's definite purpose, and this helps you stay

on track as you learn. Whether you choose to watch live events, real-world experiences, or online videos, make sure that it is relevant to your area of interest. Remember that what you keep in your mind is your choice, and focusing on the wrong things can impede your growth and development. While it is not possible to control the things that come into your mind, you have the power to choose what to keep in your thoughts.

4. **KNOW WHAT TO LISTEN TO:** It is essential to be mindful of what we choose to listen to as it can significantly impact our learning. Listening is an essential input system, and our ears receive information from the external environment to our inner world. Therefore, it is crucial to be cognizant of what we hear as it carries immense significance. While it may not be possible to avoid negative or unproductive information, we have the power to filter out the useful and beneficial information that can aid our personal growth and development. It is important to be selective and cautious as our lives are directly influenced by the information we absorb. Being conscious of what we listen to can be challenging; however, with time and experience, we learn to sift through the noise and select only what serves our personal and professional goals.
5. **KNOW WHAT TO DO:** It is important to always be proactive when making life decisions. Money is often a driving factor for many individuals, but it is possible to change this and pursue your passions

instead. As a professional freelancer, I have been able to support three families and continue doing what I love most, writing. I understand the value of a fulfilling career and take pride in helping others achieve their goals. Whether it be publishing a book, designing a website, translating text, or fixing computer errors, I have the skills to assist you in making your project a success. I work best independently and take great pleasure in seeing the results of my hard work. Please feel free to reach out to me for any assistance with your project.

6. **ENCOURAGE OTHERS:** Encouraging others can be mutually beneficial. By supporting others to pursue their passions, you can also find inspiration to follow your own. Sharing your knowledge and helping others discover their talents can lead to personal growth for both parties. Remember, it is not just about having a high IQ or EQ but putting your knowledge into practice and helping others achieve their best. So, go out there and encourage those around you to pursue their dreams!
7. **TALK TO YOURSELF:** One effective strategy to reinforce your self-awareness and reflect on the truths you have discovered about yourself, and others is through the practice of self-talk. Engaging in this inner conversation does not imply that you are losing your mind, as talking to your inner self can also be a spiritual practice connecting you to a higher power. Whether you are addressing your own heart or communicating with a divine

authority, self-talk allows you to apply your true knowledge about yourself in a practical manner. By speaking to your reflection in the mirror, for instance, you can convey affirmations that promote positive thinking and a better understanding of your life purpose. Such affirmations could remind you that you are more than just your physical appearance and that you can be in control of your life experiences.

8. **KNOW YOUR COMPANY:** It is important to familiarize yourself with the values of your company. Negative influences can hinder your personal and professional growth. Refrain from surrounding yourself with individuals who engage in gossiping, as it can tarnish your reputation. Remember, the people you strongly associate with reflect your own character.
9. **PLAN YOUR LIFE:** To lead a successful life, planning is essential. This practice has been a part of human nature since long before the arrival of Western missionaries and colonists. In Africa and South Sudan, planning is not always prioritized, but that does not negate its importance. Our ancestors studied the skies and stars to understand the changing seasons and times and used this knowledge to prepare themselves for the future. They knew when to start building shelters, or when to prepare their farms before the first rains. By taking the time to plan, they were able to get

prepared for action. So, although we cannot predict the future, it is important to plan for it, nonetheless.

- 10. EXECUTE YOUR PLANS:** Planning for tomorrow is great, but acting is what counts. Procrastination is a problem that needs to be dealt with. Although everyone has different capabilities, this is not an excuse for not doing what needs to be done. Focus on what you can do and leave the rest. Do not let inaction hold you back from achieving your goals.

Congratulations on completing the ten tips to practice your true knowledge! You took the initiative to invest in yourself, and I am proud of you for that. Your dedication to personal growth is inspiring, and I am confident that these tips will help you reach your goals. Do not forget, your feedback matters! Share your thoughts on my website at johnshalom.com, and let us motivate each other to continue striving for greatness. Keep up the good work!

Chapter 5

CHAPTER 5: KNOWING AND LIVING FOR JESUS

“If you don't have a mentor, you have a tormentor.” — **Peter Kariuki.**

This chapter explains my personal reasons behind my behaviour, thoughts, and lifestyle, independently from external factors such as culture and nature. As previously addressed in this book, all these elements have an impact on our lives and behaviour.

It is important to consider the impact of both natural and cultural influences on our identities and behaviours. While it may seem that these factors are deeply ingrained in us and cannot be changed, it is possible to reprogram our thinking and thus shape our actions in ways that align with who we want to be. However, it is important to recognize that nature may still play a significant role in shaping our inclinations and tendencies, and that significant change may take time and effort. Our ability to alter our thoughts and behaviours depends on a range of factors, including our

own motivations and external support systems, as well as our individual experiences and circumstances. By focusing on self-reflection and growth, we can work towards becoming the best versions of ourselves and creating a more positive impact on those around us.

By modifying our way of thinking, we can change our way of speaking and behaving. Our thoughts establish the groundwork for our language and actions, which have a considerable impact on our daily lives. However, the transformation of our thoughts, words, and actions is only the beginning. The inner alteration is where Jesus' proposal is most effective. It poses the question - who was Jesus, the Christ? Was he a legitimate individual, or a fictional character? To obtain answers to these critical questions, I encourage you to read more below.

1. WHO IS JESUS CHRIST?

This question elicits varying responses, which are contingent on the individuals being asked. The initial adherents of Jesus Christ had divergent viewpoints on the same query. These dissimilarities hinged on their comprehension of Him. Every person, by default, has a unique vision of the biblical Jesus. Nonetheless, those who do not ascribe to His existence are entitled to their perception.

In the present context, we refrain from defining the identity of Jesus. Rather, we focus on how Jesus has impacted our lives. Specifically, I will share my personal perspective on

who Jesus is to me, and how His life and teachings have had a positive influence on my life.

The first four chapters of this book reflect my state of mind, which has impacted the lives of many individuals before me. The teachings and life of Jesus have also had a profound impact on the founders of modern science.

Isaac Newton and other historical figures were not just followers of Christianity, but rather, they were deeply devoted believers. Their strong faith in the Bible and in Jesus served as a source of inspiration for positive thinking towards themselves and the world around them. As a result of this mindset, they pursued investigations into what the Bible had to say about our cosmos, or the ordered universe. It is evident that the cosmos is fine-tuned, which is the reason for our ability to exist today.

The Bible offers a unique perspective on the universe and humanity, providing insight that promotes positive thinking and responsible behaviour. By recognizing the logical organization of the universe and its knowability, the Bible encourages us to study and understand the world around us. In sharp contrast to other creation myths, which lack empirical evidence and factual support, the Bible is grounded. As a result, it provides a reliable source of knowledge and understanding. Through its teachings, we gain a deeper appreciation of the world we inhabit and our place in it. Therefore, it is essential to recognize the value

of the Bible's teachings as we seek to understand the universe and our role within it.

The Bible's teachings hold relevance in the everyday world. In this segment, I will share my personal beliefs and knowledge on Jesus, which have strongly influenced my perspective and life choices. With it, I aim to inspire you and offer aid for those who seek it, as I draft books centred on these teachings.

The teachings and example of Jesus have had a profound impact on my perspective and approach to life. Through his teachings, I have gained new insights into my relationship with God, others, and the world around me. These teachings have had a transformational effect on my outlook and have influenced the ideas expressed in this book. The historical accuracy of Jesus' existence is not a factor that alters the value of his teachings. What matters is the timeless wisdom and inspiration that his life and teachings continue to provide for millions of people around the world. Irrespective of our personal beliefs, the spiritual and moral lessons from his life are real and relevant.

As an individual with a personal relationship with Jesus, my perspective regarding His identity may seem uncommon or unconventional to others. Regardless of any doubts or scepticism, these beliefs are grounded on my own personal understanding and experiences. I acknowledge that my views may be interpreted differently by those who do not share the same faith, however, I stand firm in my

conviction. It is not my intention to impose my beliefs on others, rather, to express how Jesus manifests Himself to me on a personal level.

Many admire the life and teachings of Jesus. Regardless of one's personal beliefs about his existence, his character is respected and emulated by many individuals. The desire to emulate his kind and compassionate nature is something that transcends religious boundaries and has the potential to positively impact individuals from all walks of life.

I would like to emphasize that my intention is to share my personal journey of self-discovery and my encounter with Jesus, rather than engage in arguments or debates on whether he existed or not. It is a matter of personal belief and choice. I hope that by sharing my story, it may inspire others in their own journey of self-discovery and faith.

Please allow me to share my personal testimony with you about my experience with Jesus. If you would like to learn more about the significance of believing in Jesus Christ, I would recommend visiting the [Y-Jesus Articles](#) website, which provides in-depth insights. You may find it especially beneficial to read the Gospel books of Matthew through John for additional evidence and context. Thank you for taking the time to hear my story.

The Bible is a historical book that has been written and compiled by men over the years. It is not exclusively for religious purposes, as it contains valuable insights into the human experience and offers guidance and wisdom that

have transformed individual lives and entire nations. It is one of the oldest books in the world and was the first book ever printed, and its message remains as relevant today as it was upon its initial publishing. Disregarding the impact of the Bible and dismissing it as a mere relic without fully exploring its content is unwise. Regardless of one's personal beliefs, the importance and impact of this historical text should not be overlooked.

It is important to approach the Bible with an open mind and conduct an individual analysis of its text. Through a comprehensive understanding of this book, one can gain an immense insight into various aspects of life. The Bible holds valuable information that can assist in shaping your identity and make informed daily decisions. It is pertinent to bear in mind that despite being authored for another era, the fundamentals addressed in this book profoundly impact our lives today. In this regard, the Bible contains ample guidance and instructions for one's thought patterns and conduct. Taking time to comprehend this book can help establish a sense of morality and direction in one's life.

It was intriguing to delve into the Bible once more as it contains information about Jesus, the Christ. These facts can be substantiated beyond the Bible's boundaries, hence my terming them as such. Notably, I did not solely rely on the Bible's assertions but instead undertook some verification exercises. The results were positive- the facts in the Bible hold truth. This implies that the story of Jesus' life is factual, and it did occur.

Jesus lived two thousand years ago, yet His thoughts and actions continue to deeply influence me in many ways in 2015. Personal knowledge of Him is vital for understanding and making use of this self-discovery guide, as it is built upon His teachings. The knowledge I imparted in the initial stages is a result of my understanding of Jesus' teachings, which I acquired by empathising with those whom He served. Through Jesus' worldview, I learned that every human being is significant, and the universe has a definitive purpose. It is my sincere belief that discovering Jesus and comprehending His teachings can result in a profound and transformative experience.

Our world is often enveloped in grim news. Unfortunately, people have carried out heinous acts and invoked religion or politics to justify them. Such incidents have resulted in disdain for religion and God. Nonetheless, there are aspects of religion that I cherish, such as the teachings of Jesus. It is worth noting that religious people at the time were responsible for Jesus' death. This brings up the question, why did they commit such an act? Simply put, they were unable to fathom a different perspective on religion. Jesus focused on the importance of having a deep, personal relationship with God rather than being overly absorbed in manufactured rituals. Considering this, I hold Jesus in high regard.

It is commonly discussed as to whether humans are known as social animals. It can be argued that as a species, we possess certain unique qualities which differentiate us from

other animals. Individuals who choose to have a positive outlook may believe that we were created or evolved for a special purpose. It is important to avoid succumbing to negative beliefs about oneself as it can impact how one lives their life. Personally, Jesus Christ was, is, and will always be a real person and this belief stems from my acceptance of the Bible as a truthful document. While some may disagree with this belief, millions of people view the Bible as God's own Word, and I agree with them. It is worth reading the Bible yourself to understand why this is so.

"How did Jesus influence your behaviour and beliefs, Mr. John?" is a great question. Allow me to share my story with you below.

In May 1996, following my mother's passing, I had a significant experience in Mayom. I attended a church in a nearby location called Meer, which was about four miles away. One Friday afternoon, my aunt Rebecca Buk Pal, who was about my age at the time, invited me to join her.

We went...

While seated on a bench crafted from clay, I found myself drawn to the spiritual songs being sung nearby. Once the melodies ended, we departed the church campus and returned to our village which lay to the west. Several Fridays later, Rebecca intended to attend the weekly choir practice once more. However, instead of extending an invitation for me to join, I approached her personally, requesting to accompany her once more.

We went!

At that moment, during a choir performance, I was noticed by the esteemed choir captain, the late Evangelist Joseph Bayak Kuany (may he rest in peace). He inquired about my name, and I provided it for him. Despite this interruption, the choir continued their performance. Afterwards, Bayak kindly suggested that I join the choir as a choir member, and I gratefully accepted the invitation.

The events described here serve as a foundation for my introduction to the church. While my encounter with Jesus, the Christ had not yet occurred, my initial experience attending a church gathering left a lasting impression. Accompanied by my aunt, Rebecca Buk Pal, we attended the church service on a Sunday. Though the preaching was brief, it captivated me. I was intrigued by the topics discussed, even if I struggled to comprehend some of the religious themes presented. After the service, we departed the church, but my interest in learning more about Jesus was piqued. This moment marked the beginning of my journey towards greater knowledge of the Christian faith.

In a few days following that, I began personally reading my copy of Ruac Kuoth in Thiak, which translates to the New Testament in Nuer. Unfortunately, a complete version of the Bible in this language was not yet available at the time. I started reading from the end - beginning with the book of Revelation. Although some may speculate that my decision was influenced by the Arabic language, I did not have any

background knowledge or experience with the language beforehand. Instead, I was intrigued by the book's prophetic messages regarding the end of the world and the future. I became increasingly anxious about the things to come and in dire need of assistance. Despite previously following the gods of my father, I came to the realization that they were not capable of helping me. They were limited and unable to prevent the looming doom. I sought refuge from impending wrath and acknowledged that I could not rely on my own strength.

As a person devoted to my faith, I have been acquainted with the Bible for some time now. In November of 1999, I engaged in a spiritual practice known as fasting wherein I refrained from both food and drink for twelve hours. My intentions behind this act of prayer were a personal matter, and I approached it with sincerity and a deep conviction. Through the course of the fast, I hoped to bring to fruition certain desires and aspirations I had for my life. It is through moments like these that I reaffirmed my faith and strengthened my connection to a higher power.

To deepen my faith in God, my initial prayer was to confirm whether He was indeed my God and whether He would provide me with aid whenever I needed it. Additionally, I prayed to partake in the sacrament of Water Baptism, a religious ritual. It is important to note that during that time in the region, there was a shortage of pastors, due to the ongoing war. Many pastors were situated in larger towns,

including Malakal and others, which may have contributed to the scarcity of spiritual guidance in my area.

During my previous spiritual journey, I expressed two significant prayers. Firstly, I requested for the provision of a complete Bible to enhance my knowledge and understanding of the scriptures. Despite having heard about the Old Testament, I had yet to explore it thoroughly. Secondly, I embarked on a quest for a transformative experience that would positively impact my life and broaden my worldview.

Upon reflection, I have come to realize that my initial prayer request was a prayer of salvation, albeit one that I did not fully comprehend at the time. I held a deep desire for transformation in my thoughts, words, and actions, without fully understanding the reason behind this yearning. To my amazement, I received answers to these requests in an unexpectedly short span of time.

What? Is Jesus real? Yes. He has just proved Himself real to me. He has answered my prayers.

Following a personal and confidential prayer ceremony, my church leaders recommended that I acquaint myself with a book titled Catechism. In Mayom, I promptly received the book which contained numerous questions and answers founded on Christian Doctrines. These doctrines serve as a fundamental grounding in Christianity for those who seek to believe in Christ and be baptised. Inquiring about the purpose of the book, I was informed by the sender that it

was necessary for a new pastor who would be visiting our area soon.

In 1989, I had my first encounter with the Bible. The pastor who baptized me was Paul Ruot Nyuon (Kuyuk). A few days after my baptism, I travelled to Mataar Village where I met a kind man carrying Nuer bibles. He sold me a complete copy of the Nuer Bible for six dinars, which I happily paid. Since then, I have made it a habit to read the Bible every day. My peers nicknamed me "The Brother of Jesus" as a result. Reading the Bible has helped me to learn about Jesus and His teachings on love and compassion for all. As promised in Revelation 3:20, Jesus has come into my life, creating a strong bond between us.

However, I must also note that my experience with Jesus has extended beyond mere belief. Through prayer, I have found that He is more than real; He is present and responsive. It is truly remarkable to be able to converse with Him and receive answers to my questions. What is particularly awe-inspiring about Jesus is the fact that, despite my initial doubts, He has proven faithful to my requests. I remember asking Him, "If you are indeed God, would you make it possible for me to receive water baptism this year?" And later, "If you truly perform miracles as I have read in this book, can you change my life?" The transformation I have undergone since then is undeniable and I am grateful for Christ's loving guidance in every aspect of my life.

Through my personal experiences, I have developed a strong belief in the teachings of Jesus Christ. My faith is not based solely on blind acceptance of biblical teachings, but rather my own interactions with Jesus through prayer and reflection. As I have asked Jesus to provide guidance in my life, he has proven himself to be a real, living presence that can answer prayers. This evidence has only reinforced my belief that he is a real and impactful influence in my life. It has been a humbling experience to uncover what he must teach us about the nature of the world and how we can best navigate it.

According to my understanding, Jesus is not regarded as a religious founder. This is a common misconception among many individuals, including some Christians. Instead, Jesus is the life-giver, the way, the truth, and the life - the sole hope and source of joy of heaven. It is essential to note that the hope that Jesus provides is not the kind of hope that is offered by the world. I have come to view Jesus as a real friend, my Lord, and my King, one who can direct me to wherever He desires, and I will humbly obey without reservation.

As believers, the focus of our faith and the centre of our worldview is Jesus. When we look to Him, we see the significance we hold in the eyes of our Creator. We understand that our lives are not meaningless, but purposeful, and that we are called to share the message of Christ with others. Our lives are not merely to follow religious practices, but to truly live out a spiritual life and

share this perspective with others. The worldview that Jesus provides reminds us that all things have a reason for existence and that we too are uniquely designed with a divine purpose.

As part of my professional duties, I would like to emphasize the importance of self-awareness. It is crucial to understand your strengths, weaknesses, and values to pave the way towards success. As a professional assistant, I believe in fostering positivity and inspiring others to feel valued and appreciated. I recognize the significance of my roles on various levels and strive to fulfil them with diligence and dedication. It is my primary goal to assist you and many others in developing self-love and self-worth. I would like to acknowledge that my knowledge and beliefs stem from my faith in Jesus, the Creator. It is my pleasure to offer my professional knowledge and commitment to help you achieve your goals and aspirations.

As per this perspective, I am committed to doing my utmost. I strive to live with the awareness that my time in this physical world is finite and that one day, I will depart. My ultimate destination is determined not by my actions alone but by the divine plan of a higher power. It is important to recognize and respect individual beliefs. It is acknowledged that personal perspectives may differ, and to some, Jesus holds great significance. It is imperative to maintain a level of understanding and appreciation for the beliefs that others hold. It is also recognized that individuals have a unique purpose in life that involves a combination

of physical and non-physical attributes, and that one's existence holds intrinsic value. As a professional, the focus is on personal growth and development, achieving goals, and sharing knowledge with others in a manner that is respectful and supportive. One's measure success ability to self-edit, self-publish, and self-market books, while encouraging and inspiring others to follow in this pursuit.

If you are seeking to deepen your understanding of Jesus Christ, I would recommend reading the four Gospel books in the Bible: Matthew, Mark, Luke, and John. By exploring the life of Jesus through these texts, you may gain new insights and perspectives. It is important to note that individual faith is what guides one's beliefs and experiences. I encourage you to approach this exploration with an open and curious mind and determine for yourself what truths may be discovered.

As a person who has come to embrace the teachings of Jesus Christ, I recall the prophetic words of a woman who spoke about my future. Though others had deemed her mentally unstable, her words have taken on a greater significance in my life. She spoke of my purpose to serve the living God and minister to people all over the world. It is humbling to realize the truth of her words. Nyapieth Rik shared with me that she suffered from a mental illness during her time in Madeni, now Sudan. However, her insights were genuine, and her words continue to inspire my work. I am grateful for her prophecy and am committed to

fulfilling the task that has been assigned to me, all for the glory of Jesus.

Nevertheless, it is remarkable that her predictions are coming true. Despite living far from where she uttered these words many years ago, I have been able to author books that have positively impacted readers across the world. Moreover, I am now able to preach and teach the word of God, and my efforts have blessed numerous individuals. The validity of these predictions is further reinforced by the fact that some of them were beyond human imagination. I am eager to share more exciting developments with you in the next point, which pertains to Jesus and yourself.

2. JESUS AND YOU

It is important to note that the acceptance of Jesus and His teachings extends to individuals of all beliefs and backgrounds. Jesus is not exclusive to Christianity and can be embraced by those who follow different religions and even atheists. The Quran holds reference to Jesus; therefore, it is common for Muslims to accept Him as their Lord and Savior. It is essential to understand that Jesus' teachings have the power to transcend all beliefs and unite humanity. It is crucial that you take the time to understand who Jesus is and evaluate His claims for yourself. Instead of focusing solely on one religion, embrace the possibility of spiritual growth that comes with understanding the teachings of Jesus.

As individuals, it is our responsibility to seek out the truth about our identity, as defined by Jesus. Understanding the true meaning of life is critical for all humanity; and Jesus, who asserts to be the creator of life, is the only reliable source for this knowledge. Similarly, when it comes to seeking information about Samsung products, we rely solely on the company's representatives who possess the requisite expertise and experience in the field. In the same vein, it is imperative that we seek guidance and direction from our Creator to fully appreciate the purpose and meaning of our existence.

Many individuals, regardless of their beliefs, seek to understand the purpose of life. From personal experience, it has become evident that disregarding the value of life through the lens of Ecclesiastes is unwise. Fortunately, Jesus provides clarity on personal identity and places earthly roles into a broader perspective. By following his teachings, one can develop a sense of self-worth while remaining humble and respected.

If you take the time to study Jesus' teachings, you will appreciate the unique principles he presents. Jesus' actions also reflect the integrity of his words. He proclaimed himself to be the resurrection and the life and proved it by raising Lazarus from the dead (John 11) and by raising himself from the dead. These events are documented in the Gospels and Letters affirming their credibility. Even if you may not accept the existence of Jesus, considering his teachings alone is sufficient. Jesus himself encouraged those

who struggled with belief to focus on his actions and teachings. This message explains the same concept.

The reason we may refuse to accept certain things is our desire to verify their reality. Our concept of "real" is limited to what can be perceived through our five senses: sight, touch, hearing, smell, and taste. However, is it possible to hear or smell everything to validate its existence? Must we physically touch every object to classify it as genuine? Can we truly rely on our senses to prove the existence of all things? Water, for instance, is colourless, odourless, and tasteless according to the definition, yet it is unquestionably present.

It is important to note that embracing the truth about Jesus in your life is a decision that lies solely with you. We acknowledge that everyone has their unique perspective and the choice to make. Our publication aims to foster a deeper understanding of spirituality, free from any intent to impose religious beliefs. We believe in accepting ourselves as we are, recognizing our innate need for both physical and spiritual nourishment as beings of both material and immaterial essence. Our experiences of Jesus and his teachings have brought us immense value and personal growth. We hope our content can help you gain a similar sense of fulfilment.

After conducting thorough research and reflection, I have awoken to the undeniable truth of the realities of life. This knowledge guides my actions and perspective. It is my hope

that others also come to this understanding - the core message of this book. One should strive to understand oneself with the same depth and clarity that a higher power possesses. Although individuals may use different phrasing according to their personal beliefs, it is important to acknowledge the existence of a higher power who created the world we inhabit. Failure to do so could result in a lack of awareness and understanding - a state commonly referred to as ignorance.

It is important to recognize the inherent value in every individual. While this truth can be acknowledged without religious beliefs, understanding, and accepting what Jesus said about oneself can serve as a powerful catalyst for personal growth. This is not intended as a preachy or suggestive statement, but rather a reflection of my own life experience.

As a firm believer in the teachings of Jesus, I have found comfort and guidance in his powerful words. I am grounded in the knowledge that his teachings hold true for all aspects of life and serve as a beacon of hope in my journey. I approach each day with a deep understanding of my place in the world and the purpose for which I was created. This foundation provides clarity in my thinking and guides my decision-making as I walk my path in life. I am grateful for the light that Jesus has provided me on this journey and strive to remain unwavering in my beliefs.

As a professional in my field, I acknowledge my personal strengths and areas for improvement. I prioritize continuous growth and development in my work. My skill set includes proficient writing, self-editing, self-publishing, and self-marketing my works on digital platforms. By practicing the Jesus idea, I cultivate a positive attitude towards others and acknowledge the intrinsic value of all individuals.

It is noteworthy that Jesus taught His followers to love one another, regardless of their background or religion. It is also important to recognize that all people, regardless of their faith or beliefs, are created by God and hold value in His eyes. Jesus' message was one of inclusivity and acceptance, which led people to follow Him wherever He went. His teachings were not limited to a specific group or community and His ministry was for all people. It is important that we embrace this message in our daily lives and strive to love and understand those around us. With Jesus' help, we can better understand ourselves, our roles, and practice a new way of life based on His teachings of love and kindness.

As a professional, it is not my intention to impose religious beliefs or any views on you. Instead, I would like to acknowledge that as an individual, you possess the power to make choices that align with your personal values. I believe that exploring various avenues of spiritual practice can provide insight into our own existence and purpose. Philosophically speaking, there is no one answer to what constitutes a meaningful life. Some perspectives suggest

that life is defined by time, memory, creativity, or fiscal security. However, I acknowledge that others may disagree with these notions. It is up to each of us to contemplate and pursue a life's purpose that reflects our personal convictions.

EXERCISE #13: JESUS AND YOU

Ask yourself the following questions, and then try to honestly answer them one-by-one according to your best knowledge.

Questions for You:

- Did you know that Jesus is for all people on earth regardless of their religion?
- Did you know that Jesus is not a Christian?
- Did you know that there is a big difference between Christianity as a religion and Christianity as faith?
- Did you know that you need Jesus to know the real you?
- Did you know that Jesus is not the founder of Christianity as a world religion?
- Do you know that you do not need to be a Christian for you to accept Jesus into your life?

Revision

The concept of Jesus encompasses all people, inclusive of theists, atheists, and agnostics, irrespective of their

individual beliefs. As a relevant fact, one need not subscribe to it for its truth to hold sway. However, internalizing this universal belief is instrumental in leading a fulfilling life.

Jesus was a Jewish man who lived a life in accordance with Jewish traditions. He spoke in a way that reflected his heritage, wearing garments that were typical of his culture, and eating traditional Jewish foods. Jesus kept the Sabbath and other Jewish holidays and fulfilled Old Testament prophecies. It is important to note that while Christians may have differing beliefs and practices, Jesus is a figure who transcends all of that. He loves and values every individual and has created each person with a unique purpose. Jesus is a great teacher who can impart wisdom about life and any other topic imaginable. He has a deep understanding of all things and can change hearts and minds. Throughout history, Jesus has transformed the lives of countless individuals, and he can do the same for anyone, regardless of their background or experiences.

As a professional, I attribute the creativity I showcase to the transformation Jesus has brought into my life. My faith in Him has been the foundation of my success, and it is Him who helps me think positively and create standout book covers. I do not claim that people buy my books because of Jesus, but rather that all I am today is thanks to Him. As I edit my books, I keep Him in mind, and I am confident that He bestows upon me the wisdom to produce remarkable pieces of work, even with the simplest of tools. I am of the belief that Jesus can do the same for you. By putting your

faith in Him, you too can experience a transformed life and succeed in ways you never thought possible.

3. LIVING FOR JESUS

Living for Jesus means aligning our thoughts and actions with His teachings. This book was written as a guide to help us achieve this important goal. Our beliefs shape our reality, and it is crucial to think positively about ourselves and the world around us. Just like we accept that grass and leaves are green, we must believe and accept that we are capable of great things when guided by Jesus. Let us not be limited by societal labels of race, but rather see each other as siblings in Christ. We have the power to shape our reality through our beliefs and actions. Let us live each day with the confidence that comes from aligning our thoughts and actions with the love and wisdom of Jesus.

Living for Jesus is an incredible journey of self-discovery. It is about discovering the truth about who we are, just as God knows us. Even if you do not currently believe in a higher power, it is important to remember that our beliefs do not change the ultimate reality of the world we live in. In fact, it is often in challenging our beliefs that we find the most growth and beauty. So, let us keep an open mind and heart, and continue to explore the truth about ourselves and the world around us. Who knows what amazing discoveries await us on this journey? Let us live our lives with joy, purpose, and courage, as we embark on this incredible adventure for Jesus.

Friends, let me tell you that there is no greater joy than living a life for Jesus Christ. You do not have to accept Christianity as your religion to experience the love and guidance of our Lord. The power of the Gospel is not confined within the walls of a church building, but it is in the heart of those who seek Him. It is true that fellowship with other believers is crucial for our growth and encouragement, but even if you cannot attend church regularly, you can still embrace the teachings of Christ in every aspect of your life. Let us strive to live a life worthy of the calling we have received and share the good news of salvation with everyone we meet. Remember, with Jesus, all things are possible, and our lives will be forever transformed.

Isn't it incredible how the Gospel can completely overhaul our lives? Through the power of renewed thinking, we can become the most exceptional versions of ourselves and live out a life of significance and impact (Romans 12:1-2). Every one of us has been created in the image of God and by accepting the Good News, we can finally embrace our identity as His precious and beloved creation. This message is not restricted to a particular faith; it is relevant to each one of us, regardless of our background. We all have a right to hear the truth about ourselves and the world around us. By adopting a Gospel-centric view of life, we can gain a profound insight into our purpose on this earth and live in fullness and abundance. So let us open to this life-transforming power and experience the magnificence of God's plan for our lives!

Living for Jesus is a beautiful and transformative journey that each of us can embark upon. The first step is getting to know Jesus on a personal level and discovering his role in our lives. This may involve sharing our own personal stories of how we met Jesus with others around us. Once we establish a personal relationship with Jesus, we can start living for Him each day, every week, and throughout the year. It is a lifestyle that becomes a natural part of who we are and how we live our lives on earth. Let us embrace this journey with open arms, knowing that every step we take towards Jesus will bring us closer to the light and open new possibilities for our lives.

Living for Jesus is the greatest decision I have ever made. It has given my life true meaning and purpose. I am filled with joy and peace beyond measure, something that the world cannot offer. I know it may seem unbelievable, but it is the absolute truth. The reality of living a life dedicated to Jesus is what keeps me grounded and secure. It is not about being a part of a religious group or following a set of rules, it is about having a personal relationship with the One who created us all.

This is why I urge you to consider living for Jesus too. Embrace the reality of His promises and the transformation it brings to your life. Know that you are loved and valued, and that there is a purpose for your existence. I encourage you to seek Him with all your heart and watch Him reveal Himself to you in ways you could never imagine. Let us

journey together in knowing Him more and more, and live a life of fulfilment and purpose.

Below is the ways Jesus helped me discover my life:

Self-discovery

Through a spiritual journey, I was able to discover my true self with the guidance of Jesus. His teachings helped provide me with a deeper understanding of my purpose in life. Jesus showed me that I am more than just a physical being, but also a spiritual one. I now have a greater appreciation for the precious gift of life and the fulfilment it brings.

It can be said that events in our lives have a pre-determined purpose. While we may not be privy to the specific details of this purpose, we can take comfort in knowing that everything that happens in our lives serves a greater reason. Therefore, it is important to accept ourselves for who we are, regardless of any external factors.

As an individual who values my physical and spiritual well-being, God also values both aspects of my being. However, my identity lies in Christ, which brings me great peace. It is important to note that this same truth applies to everyone else as well; each person has a unique purpose and value. Understanding these positive aspects of myself and others will empower me to always live by them. I take comfort in knowing that God regards me and others as significant and valuable individuals deserving of love and respect.

It is important to recognize our natural tendencies as humans, such as jealousy and stubbornness, which can lead us astray. These traits, along with a desire for what is not ours, are often the result of our inherent sin nature. While we may struggle with these tendencies, we can strive towards improvement and live as we ought.

As a Christian, I have found that my faith has helped guide me towards being a more virtuous and compassionate person, despite my natural inclinations. However, it is important to acknowledge that certain desires, such as attraction, may persist. It is important to exercise self-control and responsibility in these situations.

Overall, recognizing and acknowledging our natural tendencies and working towards improvement can lead to personal growth and positive change in our daily lives.

Jesus is a constant source of focus and support for me. He reminds me that in this life, we can only have one lifelong partner, and I am grateful that my wife is that person for me. Through His guidance, I strive to love and cherish my wife in the way that she deserves as a fellow child of God. As I have learned to value my spouse, I have also gained a deeper understanding of my own unique talents and abilities. By embracing these talents, I have been able to build a successful career that allows me to positively impact my family, community, and the world at large. This journey of self-discovery has also helped me to identify areas where I can improve and grow. I am thankful for the opportunity

to continually learn and better myself under the guidance of Jesus Christ.

I know where I am heading life after death.

It is enlightening to consider that life encompasses more than just our earthly existence and that there are various life forms beyond our current understanding. As such, it is imperative that I seek to understand my purpose and identity from the Creator of all things' point of view. It is my desire to share this knowledge with others and continue to learn more about myself. I am composed of both physical and spiritual components, and though my purpose may not yet be fully comprehensible, I am confident that there is a reason for my existence. As I continue to navigate life on earth, I look forward to discovering and fulfilling my unique purpose.

As someone in a position to guide and support others, I passionately believe in the importance of helping individuals gain clarity and understanding about themselves. It is up to each person to form their own beliefs and perspectives about their identity. My goal is to empower individuals to recognize and embrace their strengths, and to utilize these inherent qualities to inform their actions and way of life. I would be pleased to see individuals acknowledge and accept the positive aspects of their nature and am committed to facilitating this process to the best of my abilities.

Worldview Changed

As per our understanding, God is the creator of everything on earth and in the sky above, including trees, plants, insects, fishes, and animals. While we may not necessarily know which mechanism God used to create everything, we must accept what He said. The story of the creation of our universe has been told in Genesis 1 and 2. While God may not describe His creation process in scientific terms, we can still discover the mechanisms He used through scientific exploration and future discoveries. Therefore, it is crucial that we approach our scientific endeavours with an open mind and a willingness to apply our knowledge to gain a deeper understanding of the world around us.

It can be argued that if we refer to the processes utilized by God in creation as evolution, it can be accepted. It is vital to recognize that these processes are not limited, as someone employs them far beyond our comprehension. The names we give to the Creator are not necessarily His true names; they are simply our interpretations of Him. It is crucial to note that He refers to Himself as "I AM who I AM." This title insinuates that He is indescribable, and his very nature is incomprehensible. He was, as He is, and He shall remain unchanged. Therefore, using "I AM who I AM" is not a mistake in grammar.

The following is a description of the divine entity that created everything: the visible and the invisible. As an individual, it is my belief that the Creator is truly remarkable, and I strive to live my life in awe of this divine being. My personal experiences have solidified my

assurance of the Creator's existence, and I am humbled by the ability to communicate with Him through prayer.

SOME ANSWERED PRAYERS

Water Baptism

Water baptism holds significant importance for Christians. It marks one's public proclamation of their commitment to follow Jesus Christ. Despite facing obstacles, I was grateful to have the opportunity to receive baptism on December 25th, 1999, at Meer Local Church, located in Upper Nile State, South Sudan. It had been a long-awaited moment as there were no pastors available in my area at that time. However, I understand that baptism does not guarantee our salvation, but rather serves as an outward symbol for believers. I am humbled by this experience and grateful to have been able to take this step in my faith journey.

Complete Bible

As mentioned earlier in this book, and in my other literature, the availability of a comprehensive Bible was scarce in my region. Considering this, I made a request through prayer to acquire one. It is remarkable to think that I had never seen a complete Bible at that point. I did not even know what it looked like. Miraculously, my prayer was answered within the same week. I was able to obtain the complete Bible, including both the Old and New Testaments, translated in the Nuer Language. It was

entitled, "RUAC KUᵀTH IN RĒL Rᵀ" which translates to "GOD'S HOLY WORD."

A Changed Life

I once prayed for a "Changed Life"—a prayer I made without fully comprehending the magnitude of its meaning. I yearned for God's will to be done in my life, but more than that, I wanted to test His existence and hear my plea for change. I challenged Him with the question, "Can God change my life and make it what He wants?" To my amazement, God proved that my life was capable of transformation, and He continues to mould me each day. This realization of salvation has been a profound part of my life.

A Changed Location

In 2000, I asked for God's guidance on relocating to a new area without any specific destination in mind. To my surprise, my prayer was answered when I was taken to Ngok Land, an unfamiliar place where the local language is Dinka. Though different from my previous experiences in Nassir, I fully embraced the opportunity to learn and connect with the community here. Since then, I have witnessed many more of my prayers being answered. I am grateful for the guidance that has led me to Ngok Land and the new perspectives and growth that have stemmed from this change in location.

SOME DREAMS THAT BECAME REAL

I had some dreams that came true either the next day or after some days. Some are still happening, while others have not happened yet.

First Antonov bombing.

This was my first time in my life to see a plane bombing. However, the dream was exact as it was shown to me. I was in Mataar when this dream took place. I was at my Uncle Ding Nyaw's home. Yet, in that dream, I found myself in Kiech Kuon, about thirty miles away from where I was, physically.

I was not in Kiech physically, but my maternal uncle was there. Then the plane came from the east, and it dropped six bombs. These bombs fell in their exact positions in the dream, just as they did in the following day. To be exact, one bomb landed near Deng Bum's house. Another bomb landed on a bull. It scattered the bull all over. The jaw bone of the bull was then taken by the same bomb and it fell on that road to the Piorjak Village.

One bomb landed in the centre of Kiech Kuon Village and that was where I was in the dream. It cut down some branches of a Lalob Tree as I saw it in the dream. I was just lying down near that tree. For sure, my maternal uncle, Biel Deng, was lying down near that Lalob Tree when the bombing took place. This means I was representing him in the dream. This happened during the dry season of 1998. I could not remember the exact date, since I thought these were only normal dreams at the time.

The Snakebite

In August of 2000, I had a dream that played out in the following afternoon. The dream involved a little hut for cows that had been constructed in Thiangchor Village, with a grass roof that needed to be lifted onto the top of the wall. While we were in the process of lifting the roof, I unfortunately stepped on a viper that bit the second toe on my left foot. Although I managed to kill the snake, this experience has stayed with me and has since been included in some of my written works. It is worth noting that this event occurred in the real world, during the same afternoon that the dream took place.

New Places

In November of 2000, I was fortunate enough to be shown new locations, including Gelkou in Wunbut area in Abwong Payam of Baliet County. As someone who was born in the Nuer area, I had never had the opportunity to see the Dinka places. However, I was able to gain an understanding through a dream in which I saw the trees, river, and other aspects of the area just as they are. I was amazed to find that my dream was an accurate representation when I was able to visit Gelkou later that same year.

In 2001, I had a dream about Magang Village, also known as Malual Ding. A year later in 2002, I had a vision of Lankien Village in Jonglei State. Both experiences were vivid and detailed, including my eventual visit to each location. Although I did not fully comprehend the

significance of these dreams at the time, the events eventually unfolded exactly as I had seen them. In September of 2003, I was able to participate in the activities I had previously seen.

In 2006, I had an unusual experience where I dreamt of a place named Goli. This place was mentioned in relation to Loki, an area near the border of Kenya. Surprisingly, I had previously dreamt of the exact same place before I travelled to Goli in 2005. When I eventually visited these locations, I found everything to be as I had seen in my dreams. Remarkably, I ended up acquiring a farm in Goli, which I had seen before in my dreams - even down to the exact placement and condition of trees that I later planted on the farm. It was truly a bizarre moment when I realised that everything, I had seen in my dreams had come true.

Rainfall

In July of 2001, while staying in a location called Abiel, there was a drought that had persisted for a long period. In this region, the rainy season typically spans from May to October; however, that year, there was not enough rainfall to support the planting of sorghum until July. During this experience, I had a vision of rain and the events that led to its eventual arrival. From the building up of the clouds to the direction that the rain came from, everything was revealed in precise detail. The exact rainfall measurement was also revealed, and it was confirmed by using a nearby pool where the water level was at the same height as my

umbilical cord. This measurement was later confirmed with others in the area, just two days following the rainfall.

Second Antonov Bombing

It was also in the year 2001 at Abiel Village that the plane came and dropped three bombs. These bombs fell in the bush where there were no people. The direction where the plane came, and the exact place where we were sitting as it released the bombs, were revealed. The places where those bombs landed were also seen in the dream. Gabriel Mabil began to believe there was something going on. It was because when the dream comes to me, I loved telling people about it. It always happens some minutes or hours away from the time I tell people the dream.

The sinking Boat

The boat from Renk to Melut experienced a tragic sinking in 2008, resulting in the loss of several SPLA soldiers. This unfortunate incident was reported to me as a vision or dream, leaving me extremely saddened. My emotions were so intense that I even found myself crying upon waking up. While I did not witness the sinking firsthand, I received confirmation of this unfortunate event the following day. For context, this tragedy occurred while I was situated in Abwong town.

The War

Since 2004, I have been dreaming and seeing the real war in South Sudan. In the dream, I find myself commanding soldiers to fight. The main combatants were always my people of South Sudan, the Nuer, and the Dinka. This for sure took place since 2006. During the disarmament carried out in Jonglei State in 2006 by the SPLA, many people I knew by name died.

The actual events were also revealed to me. I confirmed this from those who survived the attack of the Lou Nuer armed youth of which they were trying to disarm. This is also confirmed by my cassettes recorded in both English and Dinka, back in April 2004. In that radio cassette, I talked of the death of our late leader, Dr John Garang de Mabior. This cassette was then taken away from me by Abushok, an SPLA battalion. Up to today, I do not know what happened to it. In it, did not say how Garang will die, but I made statements about his death. I did not even know why I was saying those things. I was only trying to make a point regarding his mission as a service to the South Sudanese. I even called him, Moses of the South Sudan.

The South Sudanese civil war had a profound impact on my thoughts, which in turn influenced the messages recorded and played over the years on Feba Radio. Additionally, these messages were also broadcasted on Across Radio in Yei (99.9 Spirit FM) in South Sudan. Undoubtedly, if you had listened to them, the predictions of forthcoming wars would have been crystal clear to you. As expected, many of us in South Sudan were aware that we were on the edge of

another conflict. Thus, these claims are not particularly exceptional. However, the dreams seemed to bolster and reinforce our sense of certainty around the future. Although there are many other dreams that I cannot recall, it is clear that they played a critical role in shaping our understanding of the situation.

The nature of how our minds perceive and process dreams is still a mystery. As an individual who has experienced vivid and sometimes troubling dreams, it is important to examine their manifestations. It is essential to maintain a professional attitude as we explore and understand these phenomena. While some dreams may appear to be out of the ordinary, it is important to approach this matter with an open and rational mind. It is important to determine whether these dreams are an accurate indicator of reality or simply a product of our subconscious. We must recognize the potential impact that they may have on our psyche and take appropriate measures to confront and deal with them.

As an individual, I believe that each of us is composed of two distinct elements - hardware and software, also referred to as physical and spiritual components. Regarding the latter, I nourish my spiritual element through reading the Bible, while my physical element requires appropriate sustenance to maintain good health. It is for this reason that I am sharing these beliefs with you to encourage your growth and nourishment as an individual. It is imperative to remember that you possess full control of your thoughts and mind, something I can attest from personal experience.

As a writer, my motivation comes from knowing that I have worthwhile information to share, one that I believe in wholeheartedly. My purpose is to live a life that aligns with Jesus' teachings and to utilize my given talents while on this earth.

As a professional, it is important for me to constantly strive for self-improvement and deepen my understanding of my beliefs. My priority is to gain a better understanding of my relationship with God and His plan for me. Upholding the teachings of Jesus is vital, and it is important to submit myself to His will every day. As I continue to seek His guidance, I hope to grow in my knowledge of His character. With a greater understanding of Jesus and His will for my life, I am confident that I will become a more effective professional and servant to those around me. I am not simply holding onto a dream, but rather, I know that Jesus is already present in my life. All I seek is His guidance, as He holds the key to my future and knows what lies ahead.

As I proceed with my plans, I am aware that success will come because of following the divine will. Although this notion may seem like it entails a loss of freedom, it brings about a great sense of liberation. It is essential to understand our true selves, much like the way our Creator knows us intimately. We must submit ourselves to the will of the Creator, as His plan for each one of us is flawless. Uncovering this plan is something I focus on daily, as it is an integral part of my spiritual journey. My goal is to learn more about myself, according to the guidance of my Maker.

I want to know what He wants me to do in this world before I die. I have discovered that I have roles and duties that I must finish before I disappear for an eternal home. As a professional, part of my responsibilities involves composing written pieces. I take pride in documenting my interactions with various machines and describing how they are utilized. My commitment to sharing my insights centres around the acknowledgement that my time is finite, and I aim to impart valuable information to others based on my experiences.

As a multi-faceted individual, I have gained valuable experiences in both the physical and spiritual realms. Through my insightful life stories, I have gained a deeper appreciation for the supernatural. These stories are a testament to the divine and have helped me understand the existence of God. If you are interested in gaining further insight into these experiences, please do take a moment to peruse my autobiographies.

Living for Jesus has instilled in me the importance of understanding oneself and one's role in helping others understand themselves. I strive to achieve this by using multiple mediums such as writing, preaching, teaching, and the classroom setting. Thank you for taking the time to learn more about my journey.

It is important to remember that there is meaning to life. Personally, my experiences have led me to believe in a higher power. The answered prayers and fulfilled dreams in

my life could not have been purely coincidental - there must be someone watching over me. While some individuals have claimed to hear God's voice audibly, I have not experienced that myself. Instead, God speaks to me through the Bible, my thought process, and even through my dreams. Distinguishing between the voice of God, my own thoughts, and the voice of the Devil can be difficult, but God's voice always contradicts the other two. Overall, my story serves as a testament to the existence of a higher power and the ways in which that power communicates with us.

10 Most Important Spiritual Growth Tips

Welcome to the ten simple ways to grow spiritually and personally. These tips are designed to help you unleash your potential and take your spirituality to a new level. Remember, they are not rules to be obeyed or commandments to be followed. Each tip is meant to guide and inspire you on your journey. By incorporating them into your daily routine, you will begin to experience profound transformations in your life. So, let us dive in and discover the power of spiritual growth. With an open mind and a willing spirit, you have everything you need to step into your divine purpose. Let us get started!

1. **EMBRACE YOUR HUMANITY:** Each one of us, no matter who we are or where we come from, is uniquely and beautifully human. We all have flaws and imperfections, but that is what makes each one

of us special and worthy of love and acceptance. Instead of focusing on our shortcomings, let us strive to embrace our humanity and all that comes with it - the good, the bad, and everything in between. It is only by embracing our true selves that we can grow and evolve into the best versions of ourselves. Remember, we are all in this together, and our differences are what make us strong. Let us celebrate our unique biology and recognize the beauty in our shared human experience. So, take a deep breath, look in the mirror, and affirm I am human, and that is something to be proud of.

- 2. EMBRACE GOD'S GIFT:** Believe it or not, the most precious gift that you can receive in your life is Jesus. He's God in person. Do you want to know what God thinks about you? What better way to find out than from Jesus? He is the Living Word of God. The Word that created the universe. The Word that gives us hope. The Word that heals our wounds. The Word that brings life. Remember that God is one and speaks to us in three persons: the Father, the Son (Jesus), and the Holy Spirit. They work seamlessly together to make our lives better in every way. They offer us peace, comfort, guidance, and love that surpasses all understanding. Just as you have a spirit, soul, and body, God manifests through His Word and Spirit, all of which are dedicated to your well-being. Believe in Jesus and embrace the gift of God that brings light to your life and fills you with hope.

3. **READ THE BIBLE:** Embark on a spiritual journey like no other. The Bible holds the keys to unlock your understanding, knowledge, and wisdom. It is easy to read the Bible as just another book, but it is not. Once you start digging in, you will experience a transformative journey towards uncovering more about yourself. Believe in the message that God has for you, it is personal and unique. It is time to claim the ownership of your entire world, both the spiritual and physical. The Bible reminds you that you can accomplish all things through divine strength. These statements are meant for you, whoever you are. It is not about being part of any religion, it is about embracing the power of the Bible to lead a fulfilling life. So, that for which are you waiting? Start your journey today and see how your life flourishes.
4. **STUDY THE BIBLE:** Do you ever feel like something is missing in your life? Do you wish to grow spiritually and deepen your connection with God? Look no further, because studying the Bible can help with that! You do not need to be a priest, pastor, or church leader to experience the incredible transformative power of this holy book. Regardless of your religious background, the Bible has something to offer everyone. In fact, I encourage you to not only study the Bible but to also explore other holy texts such as the Quran. Through exploring different faiths, we can gain new perspectives and broaden our understanding of the

world around us. Take the first step towards personal growth and really delve into what these texts have to say. Ask yourself thoughtful questions and see how these messages can apply to your life, today. Empower yourself through the wise words found within these pages and let the journey to spiritual growth begin!

5. **MEDITATE ON THE BIBLE:** Allow yourself to fully immerse in the teachings of the Bible. Take a moment to contemplate and reflect on what you have learned, even if it seems difficult to understand at first. Dig deeper and connect with the powerful message that can guide you towards self-discovery. With the ancient practice of meditation, you can uncover endless possibilities in your personal life. Trust in the process, embrace the journey, and witness how the Bible can inspire and transform your life.
6. **SPEAK THE BIBLE TO YOURSELF:** The Bible has so much wisdom to offer us, not just about life in general, but about who we are as individuals. Take a moment to reflect on the teachings that resonate with you the most. These are the powerful affirmations that should become an integral part of your life. Believe in your heart that you are the light of the world and the salt of the earth. Acknowledge that you are rich in God's eyes and that you lack nothing. Trust that you can overcome all challenges and accomplish everything that God has planned for you. These are not just

affirmations, but powerful declarations that can transform your life. Keep speaking to them into existence with conviction and watch as your life unfolds in beautiful ways. Remember, the power of your words can change your life, so speak boldly and with intention.

7. **PRAY:** Prayer is a powerful tool that opens doors to endless possibilities. It is not limited to any religion, and anyone can practice it. Prayer is an avenue for gratitude, requests, and a means of communication with the divine. Do not underestimate the power of prayer because it is a direct line to the source of all things. You can pray in whatever way works for you, whether it is in human words, through tongues or both. When you pray, sing, or speak in tongues, you send positive energy into the universe which in turn, blesses your spirit. Therefore, always remember that prayer is not just a religious ritual; it is a personal means of expression that can have a significant impact on your life. So, whenever you feel down or lost, take a deep breath, say a prayer, and watch as the universe responds.
8. **SING:** Singing is a powerful way to connect with God and grow spiritually. It is a form of prayer that can uplift your heart and soul. Even in times of sorrow, singing can offer comfort and healing. So do not hesitate to sing about your joys and your sorrows, about nature, or about God - regardless of your beliefs. Sing in your own understanding, or let

your spirit guide you. Sing out of gratitude and praise, or to express your deepest emotions. Singing can heal your spirit, soul and body and have a positive impact on those around you. So, embrace the power of music, and let your voice soar. Sing boldly, sing joyfully, and sing with your whole heart.

9. **LISTEN TO OTHERS:** The world is filled with amazing people who have so much to offer, and listening to them can be a life-changing experience. Whether it is through their words, their teachings, or their music, opening your heart and mind to others can help you grow in ways you never thought possible. Take advantage of the abundance of resources available to us, such as YouTube, to access the teachings and hymns of spiritual leaders and teachers. Soak up the powerful messages of gospel songs and allow them to uplift and inspire you. Remember, even the greatest teachers are only human, and it is okay to question and form your own opinions. Just be wary of those who try to take advantage of your faith for personal gain. Seek wisdom from those who genuinely care about your spiritual journey and trust in the goodness of humanity.
10. **SHARE YOUR FAITH:** There is no better way to experience growth in your spiritual journey than to share your faith with others. Right here and right now, I hope to inspire you to do the same. Sharing your faith is not a selfish act, it is a selfless one. You can spread your wings and share your faith in any

way that resonates with you. Allow yourself to feel the blessings that come with sharing your faith and spreading the message of Christianity as a relationship with God. Remember, the path to spiritual growth is paved with acts of kindness and love towards others. So, let us take this as an opportunity to inspire and uplift others!

Congratulations on finishing each chapter of this book! The ten tips provided after each chapter are there to help reinforce what you have learned. They serve as useful reminders to help you retain the valuable information you have just read. Remember, these tips are not strict guidelines or rules that you must follow; they are simply helpful suggestions. Take what you have learned and apply it to your life in whichever way works best for you. Keep up the great work and continue to learn and grow!

SUMMARY AND CONCLUSION

Congratulations! You have just discovered the different levels of your self-discovery journey. This journey involves understanding that we are made up of both software and hardware, and by discovering both, we can reveal our earthly roles. Reflect on your career-oriented roles, or as they are affectionately called, your "career roles," and remember that they are things you can do out of enjoyment and happiness, not pressure. Accepting your roles is the next step in this self-discovery process. Embrace your unique path and move forward with confidence as you explore the best version of yourself at every level of this journey!

We are all capable of growth and learning. Knowledge is something that we acquire through our experiences and education. However, it is not enough to simply absorb information, we must also internalize it and genuinely believe in its value. When we embrace the ideas presented to us, we allow ourselves to be transformed by them and use them to make positive changes in our lives. Remember, we have the power to choose what we accept into our hearts and minds. We can be discerning and critical of the information we receive. By being selective and intentional with our learning, we can elevate ourselves to higher levels of success and happiness. So go forth with confidence and use your newfound knowledge to achieve your dreams.

We are blessed with the gift of five senses that allow us to learn and grow. However, true knowledge is gained when we put these senses to use and put our learning into practice. This final step in our journey can transform our minds and change our entire thought process. With the power of Romans chapter 12 verse two, we can change our negative thinking into a positive one. It takes a supernatural force to bring about such a change. For me, it was encountering Jesus that revealed the path to true positivity. I urge you to find your own inspiration, for each of us has a unique journey to embark upon. You are capable of greatness and with the right mindset, there is nothing you cannot do. So go out there and conquer your dreams!

Believe in yourself and in the power of Jesus to transform your life. By seeing yourself through the eyes of Jesus, you can find a new perspective that allows you to recognize your unique talents and abilities. Trust in Jesus to help you understand yourself and your purpose in life. Let Him change the way you think and reason so that you can see yourself as the special, capable person that you are. With Jesus by your side, you can overcome any obstacle and live your life to the fullest. Remember that you are special and full of potential, and that Jesus is there to guide you every step of the way. Embrace this message and let it inspire you to pursue your dreams with confidence and determination!

Believe in yourself and your uniqueness! Knowing and acknowledging your worth as God sees it is the key to having a positive outlook on yourself and others around

you. Embrace your individuality and realize that you are special in your own way. You are not comparable to anyone else, and that is a beautiful thing. Discover what makes you unique and pursue it with passion. When you value yourself, others will see your worth and value you too. Remember, you are wonderfully made and have a purpose in life. With this mindset, you can accomplish great things and inspire others to do the same. So, go out there and shine the light that only you can shine!

Through my story, you will see how my dreams and prayers have been answered, providing me with the unwavering belief that there is indeed a higher power. What is even better is that I have come to know God in a personal and loving way. He has shown me that He is more than just a figure of faith, but a loving father who cares for me in a way that surpasses any earthly father. The beauty of it all is that you too can experience this loving Father. I urge you to catch up on my [autobiography series](#) to find out more about my life-changing journey. Remember, with faith, anything is possible!

Just imagine the incredible journey you are about to embark on as you discover your true self, both physically and spiritually. This book was written to inspire and assist you in uncovering your unique purpose and roles in different levels of your life. Let its pages guide you towards a greater understanding of yourself and the world around you. Remember, this is not a religious handbook, but a tool to help you uncover your own personal truth. So, let us get

started on this exciting and transformative adventure together! You now have the power to explore your talents, gifts, and roles even further. Remember, it is all in your hands whether you choose to take the knowledge presented in this book and apply it to your life or not. You can create the right life for yourself, so do not be afraid to take chances and try new things. I am confident that the new life promised in this book is waiting for you to experience it. So go ahead, take on the world and become the best version of yourself!

This book is a powerful tool that will guide you through the journey of discovering your true self. The contents are designed to help you flow logically through the various stages of self-discovery so that you can fully comprehend the concept. You will start by discovering your hidden talents and your role in life while learning to accept and practice them. By the end, you will be equipped with the knowledge of how to discover your life's purpose. This book is founded on the belief that each of us must have a positive self-image before discovering our unique abilities and gifts. It is an instrument that empowers you to identify your weaknesses and turn them into strengths. Take advantage of this incredible resource, and I am confident that you will uncover your true self!

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