

A Guide to Life African Proverbs Made Relevant Today

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Published 27/04/21

Lesson 1:

‘When the shepherd comes home in peace, the milk is sweet.’

- Ethiopian Proverb

Peace of mind doesn't come easy in this world, there are many factors that cause one to stress, worry, and doubt one's capabilities.

Work, family, relationships, school, friends, and the environment itself can affect us all negatively and many of us allow these stressors to take over our minds and lives. But It is important to note that stress is always dependent on your attitudes towards the problem at hand- meaning you don't have to let these things or people affect your peace of mind, you can simply prevent that negative feeling from taking over by adjusting how you think about that person, thing or situation.

Peace of mind is defined as ‘being in a mental state of calmness or tranquillity, and freedom from worry’ (peace of mind | Dictionary.com, 2020).

Take a moment and think about what peace of mind looks like to you, think about what areas in your life are not at peace and what needs to be done to create and/or restore peace in your life. It is also important to take a moment to reflect on how your stress and negative energy can affect those around you and disrupt their peace of mind.

When we have peace of mind it simply means we have the right balance within ourselves and we have created an environment within ourselves that allows only positive energy to shine through.

Only then can everything flow naturally, our ideas, goals, and prayers can be achieved and the journey of the shepherd can be one of peace.

Affirmation: I will not allow anything to affect my peace of mind.

Kesi Steven

Lesson 2:

'When there is no enemy within, the enemies outside cannot hurt you.'

-African Proverb

Simply put 'You are your own worst enemy', a statement that carries a lot of weight and truth; but rather than look within; some choose to place the blame on 'the outsiders', 'the haters', those that oppose our ideas. But you must understand that fear, doubt and worry are your true and worst enemies. You will not find them on the outside, you will never see them in person, because they live within your mind and will challenge you every day.

Fear of the unknown, doubting yourself and your abilities, worrying about what other people may think, or what could go wrong, is what blocks you from reaching your goals, and being successful in life. Take a moment and think of all the times you blocked your own blessings by allowing doubt, fear, and worry to enter your mind. Think of all the times an opportunity was presented to you, maybe it was a new job, a new relationship, a chance to travel and explore, etc, and your immediate reaction was to question, doubt, and find faults, rather than embrace, and welcome something new. - Don't worry because it happens to the best of us, but know that there is work here to be done.

In order to remove this enemy from within you must first understand 3 things:

Firstly, we are all God's children, God protects us, guides us, and will never give you a task or opportunity you can't handle. If there's a time when you feel lost, scared, anxious or you are struggling; speak to God, ask for assistance as God is always willing and able to help when you need it.

Secondly, rather than fear the unknown, simply open your mind and heart to it. Embrace the unknown with your whole being, stare it dead in the eye and step into it because as the saying goes 'you'll never know until you try'. But if you

always stop yourself from trying then you will never know, and you will miss out on countless experiences.

Lastly, when these fears, doubts and worries enter your mind, identify what the issue is, pause your thoughts, and say out loud, 'I will not allow these negative thoughts to take over', and 'I embrace all opportunities that come my way with an open mind'.

It's a natural part of human nature to be afraid, but you mustn't allow that fear to stop you from experiencing life. Once you learn to remove the enemy from within; you create space for love, self-confidence, peace of mind, and positive thoughts to manifest, and that is more than enough to discourage the enemies on the outside from attacking and disrupting your life's journey.

Affirmation: ' I will keep my mind open to all opportunities life has to offer me'

Full book available via my website www.kesisteven.com and Amazon!