



INSPIRED

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A HANDBAG OF JOY

My sister asked me the other day for “happy thoughts” and “inspiration” because our world and lives are depressing at the best of times. She reminded me of a movie, “Yes man”, in which Jim Carrey goes to a ‘Yes’ seminar and commits to saying ‘yes’ to everyone and everything – and his life became one big ball of joy. Right or wrong, both got me thinking ... how many of us own or walk about with a handbag full of joy?

How many times are we able to look at our situations and unfortunate interactions, and instead of breaking into an insane fit or deep sadness, we rummage through our ‘emotional and spiritual handbag’ and pull out a wand of joy? Joy travels with you and you pull it out at the right time, refill yourself and put a glitter of joy all over your situations and interactions. Why is it important for you to become JOYFUL and ensure you walk around with a handbag full of ‘joy sachets’? There are way too many miserable people, who due to their sorry state of lives, are wreaking havoc so they can have company in their lonely world of hopelessness. It is for this reason that when you meet them and the situations they champion, you are able to ‘zap’ them with the ‘spray of joy’ and dilute their impact on your life and thoughts.

While joy is free and the exclusive boutique that sells the handbags of joy gives a lifetime ‘use without payment’, many of us don’t know where to go to find our joy. Worse, we don’t know how to rid ourselves of people around us who are allergic to joy. And the handbag of joy is too small to carry suitcase dosages that some of the ‘sour bugs’ in our lives need to join our ‘joy-dom’. In despair and wanting to fit in, we quickly abandon our quest for joy and become part of the ‘sour bugs’ team. It is easier to be one of the guys because becoming JOYFUL and walking around with a handbag of joy seems insane ... BUT in this case insanity is good, embrace it!

Next time you go shopping for that ‘must have’ Burberry or Louis Vuitton handbag, don’t forget to spare some change for the ‘should have’ handbag of joy!

NUGGETS FOR THE MONTH

YOU

Joy is the make-up of the soul

FAMILY

Families are made out of people who are different but find joy in creating a common legacy

FRIENDS

Declare anyone who steals your joy non-existent in your universe

WORK

A job will make you happy but living your purpose through your job, will give you joy

HARVEST CORNER

Inspired is grateful to the Big sisters who are running the Tswelopele programme for young girls. We were blessed to be part of their programme. A lot of young girls need mentors....so Big Ups to the big sisters and a challenge to our network...



Brought to you by
Thabisile Phumo



INSPIRED *Voice*

Gratitude even in darkness by Khensani Casimiro

The road to success is never smooth. People go through seasons in life, like nature's four seasons. I have been independent since my early 20s and in my late 20s, I found myself facing a restructuring at work, and within 18 months unemployment. This experience made me feel like I had regressed in life. In a blink of an eye, I became dependent on my parents for financial support as I could not meet my monthly financial obligations ... even going to the movies required asking for cash in advance, just like I did in my teens (it took me down memory lane).

I then realised that I'm going through my dark season. At times I thought things were not going to change. I felt sorry for myself on a daily basis and asked 'why me' daily and could not find answers. Having four qualifications and finalising the fifth one did not stop me from facing such challenges in life. One tends to think with qualifications the road to success should be a smooth as we are told that "education is the key to the door of plenty".

It has been a challenging journey leading towards my 30th birthday. Having gone through all this, knowing that I'm blessed and my problems always have solutions (my parents) and there are other people who have the same or bigger problems than me and not the same solution has made me truly understand the words 'I am blessed and truly favoured'.

I have always ended my prayers using the same words but somehow their profound meaning eluded me. I never fully understood them until I went through my dark season. I think I may have a spiritual guardian on earth who was able to see the struggles/challenges within my spirit. She has been able to pinpoint my challenges even though she did not know me. We met at a women's conference and that changed my life for the better. Talking to her during my darkest hour made me realise that my dark season was not going to last forever and that my season of light was upon me because I needed to go through these challenges as there is something bigger waiting for me. The minute I received this message, my attitude changed and I knew my season was about to change ... there was Light at the end of the tunnel. Thank you to my spiritual guardian.

As a result of my new attitude, the decision to be a blessing to others on my birthday was easy as children have a soft spot in my life. Seeing their smiles and happiness is priceless. And the support from my family (my parents are always supportive and understanding in every thing I do and love me unconditionally), friends and donations from the Inspired network, made it possible to fulfil my earth day wish.

I have decided to take this initiative to give back on a quarterly basis and seeing how people responded to my plea, they also wanted to do more and a name for the group is yet to be confirmed as #eachoneblessone changing one life at a time, was trending on the day. I would like to thank everyone who helped and took time to give back to those who needed it. Your contributions made a lasting difference in the kids' lives. May you all be abundantly blessed and God show his favour upon you.

Inspired Connections....

