

LIFECLUB WEEKEND

w/ Tashima Jones

#TJMLifeClubWeekend
Harlem, NYC
2019

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Greetings,

I am so excited about you being here. *LifeClub Weekend* is an event I've looked forward to for quite some time; it's truly a pleasure to experience the very first, of many to come, with each of you. The heart of this weekend is to plant a seed in your life and mind. A seed I truly believe will flourish with time and commitment.

Change is inevitable; it is the only constant we have. Seeking to remain the same is a sure road to unhappiness. And what I have come to know is that when we embrace change we start to really live life. We start to become more and more of ourselves and we start to see a new world.

In the process of writing this letter to you, I stepped away to run an errand. During this time, a small event occurred that triggered a hint of fear. Instead of panicking like the old self I shrugged my shoulders and said *I'm not supposed to be afraid of anything anyway*. I then found myself saying...*coming into this life of freedom and trusting in You, Source, is like coming out of that cave I've been in for 30 years*.

Over the next two days, we will come to a space within of vulnerability. A space of clarity and openness. A space of true freedom.

Once again, thanks for choosing to be here at #TJMLifeClubWeekend.

As always....

Remember your greatness,

A handwritten signature in black ink, appearing to read 'Tashima Jones', with a long horizontal flourish extending to the right.

Tashima Jones

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Saturday

06.15.2019

Doors Open

1230PM

Welcome

1:00PM

Allow Me to Reintroduce Myself

Life Resume

Feeding the Still Small Voice

What Do You Want in Your Room, Child?

Being Mary Jane

Mind on My Money

Monopoly

Sunday

06.16.2019

Doors Open

1230PM – 12:45PM

Live Show

1:00PM

Tashima, Fix My Relationships

Living Single

Love & Marriage

You're Already Whole

Life Boards

Closing

Allow Me to Reintroduce Myself

At a point in life, I found myself living outside of myself. It was as if I was walking in someone else's shoes; and they were way too tight. It took some time, but arriving at my core – being was like taking my first breath.

Many of us are living based on other people's opinions, the world's circumstances, childhood voids, and unfulfilled purpose. We are literally conducting ourselves outside of the fullness of who we are.

You have to first be reintroduced to yourself and then, the world.

Reintroduce Yourself

Shred the index card you received at arrival. Take the red name tag from envelope and write:
I AM: (your full name)

Components of Identity

- Our Philosophy: How you see yourself within and in the world.
- Our Self-Talk: The conversation you have with self, inside of self; also known as thinking.
- Our Actions: Behavior and the way in which we conduct ourselves outwardly.

Life Resume

Your Life Resume documents events we've overcome. It is a symbol of your strength. See Tashima's Life Resume and start yours on the next page.

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Personal Statement:

Life Experience:

Tashima A. Jones

New York, NY 10026 | E-mail: lifecclub@tashimajones.com

Personal Statement

Manifested light-being seeking the depth, the width, and the height of the Force of Life in order to love and live out the highest form of myself. Created to bring encouragement to those divinely connected to me. A source of light, hope, faith, boldness, and love.

Experience

Tashima Jones 2019 - Present
I am Me...finally me.

Stability 2014 – 2018
Stayed grounded when I got the call of the passing of my friend and the father of my child. Continued to believe in the face of adversity. Pursued purpose passionately with faith. Started to trust deeper. Started to listen intensely. Started to see the woman and soul within. Prayers changed from material to spiritual. Ascended to higher dimension of life and out of the matrix. Manifested a book, talk show, & supernatural provision. Continued to see dreams and purpose come true.

On the Run 2008 - 2013
Conscious deliverance through prayer and miraculous events. Loosed relationships, received Myself in return. Lived in 4 states. Packed up and left with whatever could be carried. Met amazing people, learned the reality of God. Found independence in being dependent on the Life Force.

Adult-ing 2005 - 2008
Excelled in school, continued cycle of serial monogamy and entering relationships out of a void of self, landed a dream job I didn't really want, ran away from home as an adult, married, bad health, debt, and unhappiness. Still searching for identity, led to separate, divorced. Surrendered life to Life, gave birth to Justice.

Freshman – *Being Broke Made Me Rich,* 2001 - 2005
Started counseling on-campus because of unhealed wounds of Mother's death after getting new information from relative who was unaware of my understanding. Searching identity in education, status, and titles. Desiring to make my mother proud. Enrolled in Computer Science when I really wanted to study Psychology.

Fourteen 1997 – 2001
Faced the death of my mother, adopted, endured first relationship heartbreak, puberty, confused about paternal truths, feeling like a broken outsider. Experienced a knowing of something greater. First time seeking counseling.

Being – Between Heaven & Earth
Before My Mother's Womb Infinity
Fearfully and wonderfully made with the specific purpose of manifesting light, joy, and wisdom through media & the mind. Shares a divine connection with the Maker of Life and all things. Still becoming what already is. Awakened to core-being and true identity.

Allegory of the Cave

In this story, prisoners who have been chained in a cave for all of their lives facing a wall, with their backs to the entry, watching images they thought were reflected by fire lived in fear of the outside world and never left the cave. One day the prisoners manage to break away from the chains and realize the images were mere shadows reflected by the sun. What they perceived as reality was not life in its true form. They lived in a manufactured paradigm versus the truth.

Unlearn to Learn

Much of what we think, say and do is learned behavior based on perceived reality. From family, friends, media and culture, our language and actions are a compilation of what we see and hear. While learning from the environment around us is normal; it's not divine state. We are co-creators of the environment; we are called to produce, multiply and flourish.

We must co-create an environment that nurtures and feeds the still small voice within.

Being Mary Jane

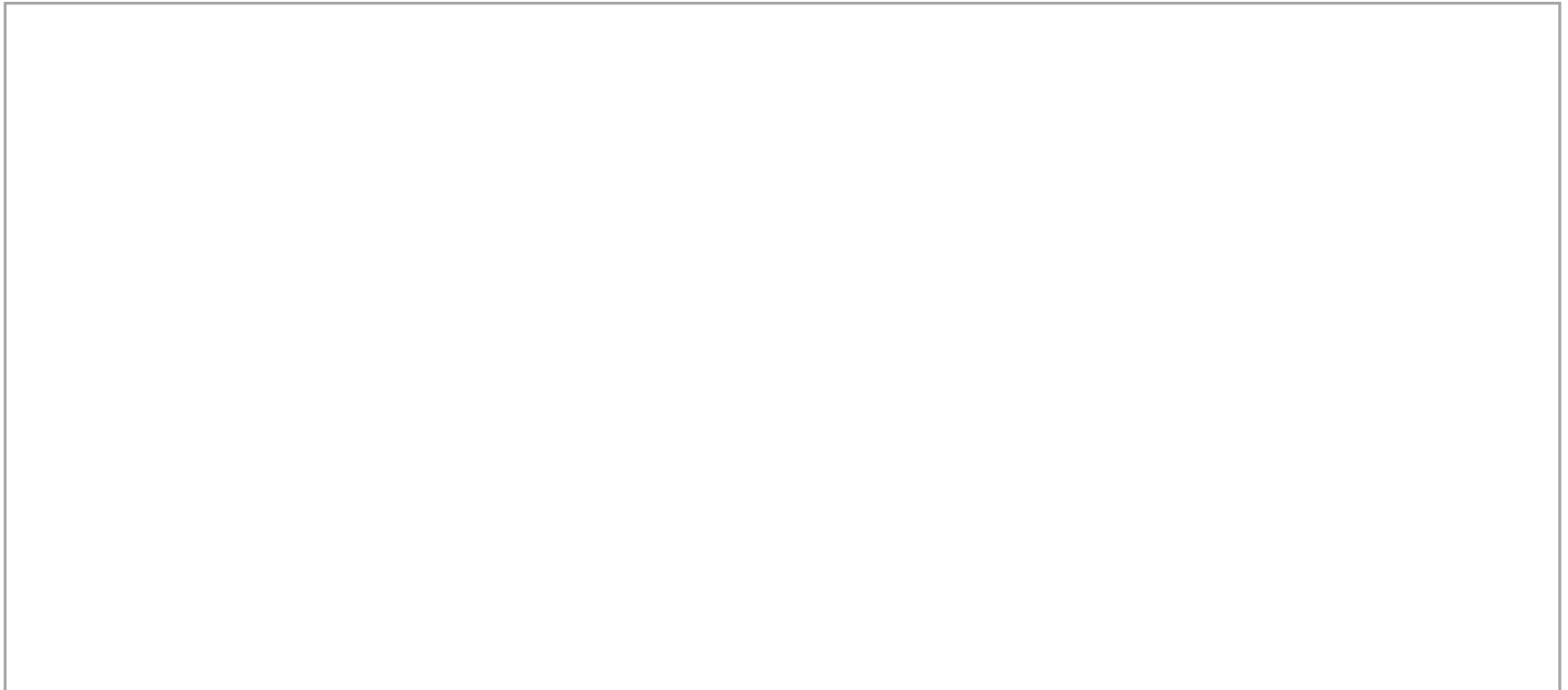
Using the sticky notes, write words of encouragement to yourself. They can be scriptures, affirmations, promises, and friendly reminders. Post them near your desk, on the fridge, or in the bathroom mirror of your home.

Doing this has truly been a part of my journey for years and proves to be uplifting at times I've needed it most.

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What do you want in your room, child?

In a vision with Harriet Tubman, I was kneeling down praying and looked up to Ancestor Harriet Tubman, repeatedly asking me: What do you want in your room, child? Initially, I replied with a list of material possessions only to be sternly asked the question again. At this moment, I realized she was asking what I wanted in the room of my soul. I begin to fill it with joy, love, peace, good health, healing and many other spiritual gifts and eternal treasures.



Mind Your Money Mentality

Money is a form of exchange for goods and services. It is a tool to obtain material wealth. Money in and of itself does not equate riches. To be financially free is to be free from depending on money for our identity, needs, and desires in order to effectively steward our wealth.

During this session, we will discuss

- The importance of first obtaining spiritual wealth and wholeness
- Recognize our personal relationship with money
- Open ourselves up to abundance

Questions to Ask Yourself

- What's your money mentality?
- What does money represent to you?
- Do you have a sense of peace or anxiety in regards to money?
- How much do you trust that all of your needs are met? Think of the last three times you fully trusted in the LifeForce to provide all of your needs and wants.

Next Steps

- Journal about how you feel when it comes to money. Specifically, write about self-image. For example, do you see yourself as a better person when you have financial gains and/or other material possessions? Do you work for money or from a space of purpose? How do you see the LifeForce in regards to your needs and desires?
- Ask for wisdom in managing your finances and choose 1 -2 scriptures or affirmations to meditate on.
- Write a Gratitude List of at least five blessings you currently have.

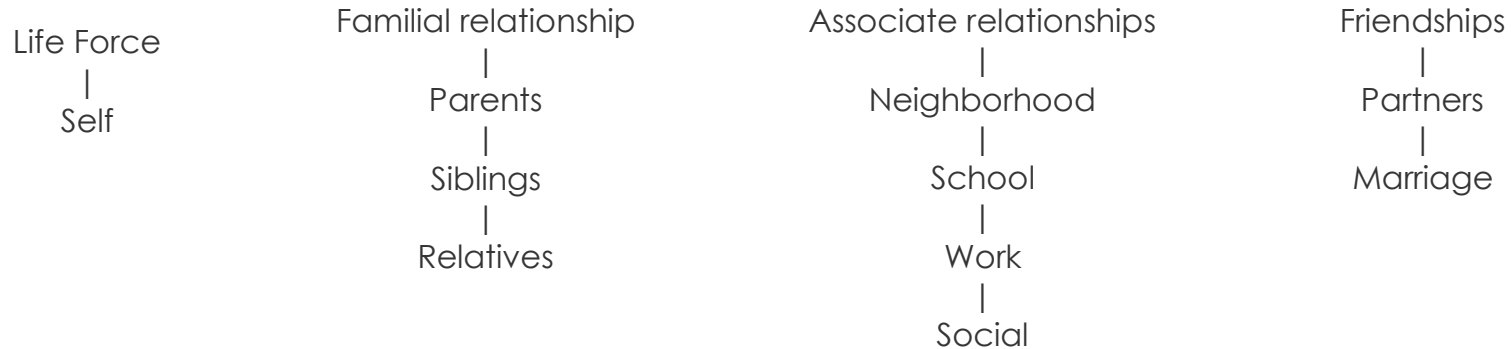
Tashima, Fix My Relationships

Relationships are made up of the two people involved. If there is brokenness in the individual, the same will be true in the relationship. And no relationship can ever make you whole. You must be whole as one.

A relation-ship is the connection between two or more people with a shared vision working towards a specific destiny and purpose.

LIFECUB DEFINITION OF RELATIONSHIP

A spiritual bond divinely built over time through shared experiences designed with purpose to reach an ordained destination.



Questions to ask yourself

- What is the state of my relationship with Life Force and self?
- Do I know myself? Do I know my divine Creator & purpose?
- What are my core beliefs about establishing relationships with others?
- Am I secure in engaging in intimacy, growth, and connection with others?

You're Already Whole



Value
Worthiness
Purpose
Calling
Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-Control

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(Life Board)

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About Tashima Jones



Tashima Jones is the Host of *LifeClub with Tashima Jones*, Founder of Connects, Creator of TJMtv - The App, and Author of *Being Broke Made Me Rich* – a financial memoir likened by readers to Paulo Coelho's *The Alchemist*. #BBMMR is about the journey of becoming rich financially and spiritually. Based on actual events and reviewed by NYTBS author of *The Millionaire Next Door*, #BBMMR is a short work to be read over and over again. Tashima is also a personal development teacher inspiring others to be more of themselves through #TJMLifeCourses & more.

LifeClub Weekend is an annual event focused on all things that give us life. The goal is to aid you along the path of personal development and self-discovery. Each day is designed to dig in to the soul and restore identity, purpose, and healing. It's a tribute to living and loving and laughing our way through life.

Catch *LifeClub with Tashima Jones* live on WHCR 90.3FM NY and subscribe to the podcast on TJMtv, iTunes, Spotify, Google Play Music, and other digital platforms.

Visit www.tashimajones.com for more LifeCourses and other tools for inspiration and personal development.