

Talib Jasir



Adviser to the Throne

Becoming Royal Minded

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Written by:
Talib Jasir

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Introduction

This book is a quick read for an intentional boost of power to my people. When I started this journey as a life coach my goal was to affect positive change in people's lives. This is the beginning work of a long and exciting journey ahead.

Adviser to the Throne, Vol. 1 will be the first of a series of books. Each subsequent volume will evolve and grow with client feedback and my experiences as a coach.

One love and FWD Movement!

Dedications

To everyone who has ever doubted their gifts.

To anyone who has ever forgot their worth.

To those of us who ever felt invisible.

To someone who didn't think they fit in when it's really the other way around.

This is for you.

FWD Movement

About the Author

Talib Jasir is a Life Coach, Writer, Visual Artist and Advocate for the people and their collective power.

He currently lives in Jersey City with his family, including two dogs and is committed to fostering meaningful relationships, health and fitness, writing until his fingertips callous, believing in self and creating an intergenerational legacy.

He received his Bachelors of Science (Summa Cum Laude) in Public Policy/Urban Studies, Social Justice and Africana Studies from St. Peter's University.

Talib currently attends the Institute for Professional Excellence in Coaching (iPEC) to receive his Certified Professional Coach (CPC) & Energy Leadership™ Index – Master Practitioner (ELI-MP) certifications January 2016.

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Prologue

Pharaoh:

A good Pharaoh understands all there is to know about who and what they govern.

Adviser:

Agreed. But what would you say makes a great Pharaoh? One that will leave a renowned legacy for generations to come?

Pharaoh:

Well, if I am just and kind to people, they will surely remember that always.

Adviser:

And what if you had no people to govern and your justice and kindness affected only you?

Pharaoh:

How could I call myself a Pharaoh if there's only me? I would be of no importance!

Adviser:

No, you'd be a kind and just person all the same and you'd still govern the most significant person in the land – yourself. A good Pharaoh may know what it is to rule many but a great one seeks ways to first understand how to govern themselves.

Pharaoh:

Go on.

Do you consider yourself a Pharaoh?

Let's assume you said, "Yes." That would affirm your place right now, in the world and in your own life.

You are majestic and mighty. You govern all that you touch and have access to all that you desire. Yes, you.

**“I am, indeed, a king (Pharaoh)¹,
because I know how to rule myself.”**

Pietro Aretino

¹ Author's addition as Pharaoh is a gender neutral term.

Chapter 1

Forward Movement

*“You can spend minutes, hours, days, weeks, or even months over-analyzing a situation; trying to put the pieces together, justifying what could’ve, would’ve happened...or you can just leave the pieces on the floor and move the f**k on.”*

Tupac Amaru Shakur

That's what we all do isn't it? Even when we say out loud that we're over it, our past lingers. We replay it like a syndicated show; what was done to us and what we've done to ourselves.

At some point, we should recognize that the energy we lend to instigating our internal battles becomes a lose-lose situation. Healing and forward movement can only begin once we allow space for it.

The past is just that – the past and only in the movies has time ever reversed to change the outcome of the present.

It's time to move on. Say it out loud and as many times as it takes to believe and live it, "It's time to move on."

Over the years, we can all say that life has had its share of ebbs and flows. Frankly, we can all attest to lived experiences with how quickly sugar can turn to shit.

Needless to say, you're still here. Yes, it was painful but you survived. Yes, it may have derailed you from living your best life. And yes, trouble can and will arrive without a moment's notice. Yet, every day births fresh opportunities. You just have to let go of what you're already carrying to catch it.

The question then becomes, are you a victim or a victor? Will you conform to this world or will you transform it? Do you have the power to create your own final chapter or will you allow others to write it for you?

Before you answer those questions, consider the wisdom of Dr. Angelou:

“Each of us has the right and the responsibility to assess the roads which lie ahead, and those over which we have traveled, and if the future road looms ominous or unpromising, and the roads back uninviting, then we need to gather our resolve and, carrying only the necessary baggage, step off that road into another direction. If the new choice is also unpalatable, without embarrassment, we must be ready to change that as well.”

Maya Angelou, *Wouldn't Take Nothing for My Journey Now*.

Chapter 2

Why Not You?

*“When I let go of what I am, I become
what I might be.”*

Lao Tzu

You made it to the next chapter. That's big! It's big because it's not just the next chapter of this book but potentially a renewed state of mind. I, for one, am thankful for that inner voice convincing you that there is more in life for you to seek and achieve.

We are in constant battle with our many voices calling out from the sidelines of our life, here are just a few:

- Cheerleader: *"Let's go, let's go, L.E.T.S. G.O.!"*
- Menace to Society: *"If I have to deal with, such and such today, I'm going to jail."*
- Too cool for school: *"I just want to chill today, we can do it tomorrow."*
- Chastiser: *"Why can't you just do what I ask you to do, is that so hard?"*
- Overachiever: *"I have to do this, that, and some more stuff today and I can't be late!"*
- Enabler: *"I've got your back. So, we didn't accomplish what we said we were going to do today. We'll eventually get it done."*

The list of voices goes on and on, each vying to be the loudest and wanting the last word. Which voice should you listen to? The one that speaks with compassion, clear intention and a plan for action.

Do you know the difference between you and everyone that you admire and consider a success? They listened to the voice that mattered most, trusted that they were enough, and did the damn thing.

If you are an artist, produce art. Set an intention, activate a plan and create it. Perfection doesn't exist but you do.

If you are an activist, advocate for what you believe. Your voice and what you stand for is important and will affect change. Don't stop. Do practice self-care.

If you are an entrepreneur, analyze, plan and strike while your passion is hot (or even lukewarm).

You are capable of being and becoming your best self. Your conscious will lead the way to a power filled breakthrough if only you heed its call.

Before moving on to the next chapter, consider these words:

"Greatness does not approach him (them)* who is forever looking down."

Hitopadesha

Chapter 3

Ahh, Change!

*“When the music changes, so does
the dance.”*

Hausa proverb

Change happens whether you're prepared or not. Don't you feel it? Change is ever present and once it has you in its sight, there's no hiding and no amount of resistance will aid you. Fighting, as they say, is futile.

There is a brilliant song, written by Sam Cooke titled, "A Change is Gonna Come." If you've never heard it or it's been a while, push play, close your eyes and listen with your heart and mind. What did you hear?

As the saying goes, "the only constant in life is change," we've heard it said a million times but what does it mean? Every second of every day change is occurring all around us. At this moment, life as you and I know it is transforming both directly and indirectly. Whether these changes are good, bad or indifferent is a subjective judgment.

Be ready for change by preparing your foundation of self-love and acceptance. The truth is, only constructive energy can help you escape destructive behaviors and attitudes.

How much longer will you allow fear and self-doubt to saddle and ride you, literally, to death? The struggle to overcome these two saboteurs from mooching off your spirit ends today.

Exercise:

Close your eyes and imagine yourself as a wild stallion roaming free. Fear and Self-Doubt catch you off guard and jump on your back, determined to tame (conform) you. Now rare back like the strong and beautiful beast that you are. Run, buck, and throw yourself to the earth until you've knocked them loose. Now trample them over and over until the other horses beg you to stop.

Ha! How did that feel?

Fear and self-doubt are not conquerors. They are mere companions to the willing. It'll take determination and relentless action to shake them but you can. Yes, change is inevitable but so is your success, adjust and adapt until you reach the finish line.

“Act with determination not to be turned aside by thoughts of the past and fears of the future.”

Robert E. Lee

Chapter 4

Encore

*If you can't fly then run, if you can't run
then walk, if you can't walk then crawl, but
whatever you do you have to keep moving
forward.*

Dr. Martin Luther King Jr.

Are you ready to move forward?

Are you ready to reintroduce yourself as a deliberate giant?

Not yet? Let's ask it a different way. What if this was it? If this was the last time you had to just do it – whatever your “it” is. Your destiny is waiting on you to catch-up. Your stamp on the world is ready for you to customize it and mark everything you touch.

It's your time.

If you need to learn something new to master a craft. Do it. If you need to contact that person already handling business for mentorship or advice. Do it. If you need to print business cards, launch a website, and start your business. Take the first steps to start the process and DO IT.

If you never take the first step how will you ever take the final?

Think about your last achievement. It doesn't matter how big or small -- it's your achievement so recognize it. How did it make you feel? You did that. That feeling of accomplishment can recycle again and again.

Be greedy. Perfection is a myth. Effort is all we have. Don't say, "I can't, it's too hard, or that kind of success doesn't happen for a person like me," if you won't even try.

You must start the work, actively do the work, and complete the work. There is a beginning and an end to everything. The trials and triumphs throughout is what makes life interesting and promises growth.

When your destiny is to fly, NOTHING can stop your flight. Sure, the pattern may change. At times, your wings may not have as much wind beneath them. You may even run into bad weather. During these times, it may be wise to land but when it's time, start again.

Wherever you are, you can begin. Wherever you stopped believing in yourself you can believe again. Right now.

"In the end, everything will be ok. If it's not ok, it's not yet the end."

Fernando Sabino

Chapter 5

It's Your Throne

*A journey of a thousand miles
begins with a single step.*

Lao Tzu

It's the new millennium and the world is still unkind. And here you stand, living, loving, interacting, and creating.

For some, the world suggests that your life doesn't matter because of your ethnicity, gender identity, sexuality, disability, beliefs, social and/or economic status. Yet, daily you set out to claim the life your ancestors desired; one of freedom, equality and respect.

Your very existence decrees that you matter and if you matter, so do your hopes and dreams.

The goals you have conceived from your talent and ability is waiting on you. "Hey, don't forget about me, because I haven't forgotten about you," says that great idea you haven't even started. "I'll be back tomorrow or next week to remind you again." Sure enough, it returns like a haunting spirit that isn't ready to die, asking, "is today the day?"

You may not have been ready before, but you are ready now. Go ahead and tell it, "let's get started." To do this, you'll have to forget all the lies people have told you or you've told yourself that's halted your progress to greatness.

Don't worry about changing the world, change yourself and what you tolerate. You will be surprised of the impact you will have on those of us who are waiting and watching for you to show up.

You are the wisest Pharaoh, the wildest stallion, the soaring bird, and a giant in your own right.

What will you do with all that power?

Well, Pharaoh we have reached the end of *this* chapter. What will you conquer first? How will you govern yourself? What will you let go?

Most important, what's next for you? The choice is yours alone.

It's your throne; take it!

Living is a constant process for deciding what we are going to do.

Jose Ortega y Gasset

Epilogue

This is the right time.

You matter.

Challenge social constructs.

Write your own rules.

Your experience is your expertise.

Change will occur...adjust and adapt.

You are ready.

The world is YOURS.

Gratitude

**The world is before you,
and you need not take it or leave it
as it was when you came in.**

James Baldwin

**That is our challenge. Each of us. To arrive...live, experience, touch lives and depart.
Leaving this world with as much wisdom, knowledge and change, we can achieve;
individually and collectively.**

Talib Jasir

Thank you for reading.

FWD Movement!