



Touched By The Light

## Touch By The Light Publishing

**"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." — Mark Twain**

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Other books by Gloria G. Lee:

Be Not Defeated in Hard times

Know Your Enemy

The Trial Of The Mind

It is Time You Start Walking With God

If You Believe In God You Do Not Belong In Prison

Light A Candle in My Name

God's Encouraging Words To Heal Your Mind, Soul and Body

You Are The Prophet of Your Life

The Devil's Cauldron

Murdered Voices

The Wall

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David C. Shaw, author

Do This In Remembrance of Me. 2002117872

Volume One The Deadliest Moment - Part One and Two

Volume Two Murder in the Family - Part One and Two

Volume Three The Career Rapist - Part One and Two

Volume Four The Recidivist - Part One and Two

Volume Five The Ultimate Punishment

Volume Six .....And Suddenly

Volume Seven The Silent Killer

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**“Dear office or back yard gossip, when you open your mouth it allows others to examine your mind, which is why most intelligent people keep their mouths shut.”**

## Purpose of workbook

This handbook was developed as a companion piece to the two books Women of Courage Part One and Part Two. Our entire focus is to cause a transformation in your life; to help you make clear concise decisions that will affect everyone around you.

From today forward, you will become a woman of change. That means you can affect change in your status and relevance as a woman and human being. You can get a better job, be treated better by men and other women and feel beautiful and proud in your skin.

But to gain this level of respect and admiration from peers. It can only be achieved with purpose.

Purpose, that is what will wake you out of mental enslavement and put you on your own pedestal. But to become queen of your domain, you must gain knowledge and then work that knowledge to good use. That is how you fulfill your purpose.

This workbook will assist you in that respect. Simple questions that essentially challenge what you know and request that you delve into thinking deeply about history, current trends and attitudes. It makes you remember and learn about your true purpose as a woman and how you can affect change.

These questions will help you find your purpose. But you are probably wondering how does this book really help you find purpose as a woman?

First, let us start destroying the most basic misconception. The little things do matter, as is the knowledge you know. Think of it this way, not many people know much about the constitution and law in this country. But the ones that do, are more likely to notice their rights being infringed on when they see it and complain right?

If you did not know the constitution and the law would you know when your rights are infringed on? No, you would not because you have no idea about what criteria or circumstances would lead to your rights being infringed on.

So do not think that any little knowledge you gain is irrelevant, it is. Every piece of knowledge is relevant. It may not be right now, but it can become relevant in the future. This is why you should hold the knowledge in the Woman of Courage book dear and close to your hearts because it holds the knowledge of women, women of courage.

They are brave women who had a purpose and enacted that purpose.

So as we proceed...

Women, what is your purpose on this earth?

Is it to be a mother?

Is it to be a lady?

Is it to be a society's idea of a woman?

No, it is to be you, pure and simple. To be whatever you want to be within the scope of your imagination and work effort. That is not only your purpose as a woman but a human being. To live with purpose, It sounds simple. But many people do not realize how to live with purpose.

It is the same with how many people end up staying in poverty. It is not only due to their situations **but also the acceptance of it**. They do not try to change or seek out the things that will elevate them preferring to sit in ignorance and do nothing.

If you accept a man beating you, that is how you will be treated.

If you accept being given unequal pay compared to a man, then that is what will happen.

So your purpose should be to not accept these things and strive to higher and more exceptional heights. If you want it, you must believe it and run towards it. No hesitation, no qualms. As a woman, you must put your foot down and decide what is required of the people around you.

If you do not people especially men will walk all over you.

**This workbook is the representation of your duty to yourself and to women to find purpose and chase it.**

To find your purpose you must decide what you need in life. Look in yourself, decide your goals, what you need in life. Your desire that is your purpose. No one should prevent you from that goal. Anyone that prevents and tries to stop your purpose is a toxic or negative person.

Do not surround yourself with them and do not believe them. You know what is possible or not, only you can decide what is possible or not for you. **Let no man demote your dreams and desire**, you are to be a Woman of Change.

You cannot be a Woman of Change unless you change and become something more than what you previously once was. This is where the second part comes into play.

Finding it is half the battle, chasing it is the next half. That means knowledge of how to get there is the first half, while applying the knowledge is the last half of your journey to fulfilling your purpose.

Women, now you must work towards your purpose. Never looking back and always running forward. Deciding to let social norms hold you back is how women become mentally enslaved. As a woman of change, you must not become enslaved to how society views you or determines your purpose.

You determine your purpose, no man can do that for you. You decide that.

This is why knowledge is important. If you learn that the only thing you can do is sew and cook. That will be the only thing you do. If you learn that a woman can become a pilot, you would want to as well. If you learn that a woman can become an astronaut, you would want to as well. If you learn that a woman can become a president, you would want to as well.

That is a simple truth, knowledge empowers people with what is possible. When you realize that it is possible you will desire it and make it your purpose. Now all you have to do is work towards it. No man or women get what they want by sitting down. The people who change things are always outside getting things done.

Think about it, why do you think successful business people seem busy and always on the move? They even need assistants to assist them. That is because they are working to get richer and stay rich. So they may have lavish lifestyles but they work very hard to maintain and improve it.

When you have your purpose that is what you need to do. Work, straight and simple. This is what this book is about, to help you work towards that purpose of becoming a Woman of Change. To be a shining example for women, to achieve your dreams and protect you and other women from people that strive to destroy the ground from beneath your feet.

This workbook will make you think and truly consider your place in this world as a woman and what your purpose is for yourself, women around and your family.



Before we begin I would like for you to read the following statement written by three women Eleanor Roosevelt, one of our greatest first ladies. She really did have to fight for herself. She was loved and hated by millions. Malala Yousafzai a young Pakistan girl shot by the Taliban for wanting to go to school and Hillary Clinton, one of this country's greatest female politicians. Her history has yet to be written. She is a woman of indomitable strength. These three women have effectively changed the lives of every woman on this planet. Imagine in one instance of time in one second people all over the world know of these woman and their contributions to humanity. Robert Duvall said "I love the smell of napalm in the morning. It smells like victory." If you want a fight bring it on. You can do no more to me than I can do to you. Life is all about the fight. It is time to fight now. One does not wait until the enemy has his foot on your neck. Why wait until your daughter is raped and sold into sexual slavery before your fight? Why wait until they start refusing to hire women citing the jobs are needed for men with families. Why wait to fight when you know men want to go back in time. Some men are willing to lie cheat, steal and to kill to go back in time. That is how afraid they are of the future.







“A woman is like a tea bag – you cannot tell how strong she is until you put her in hot water.”  
Eleanor Roosevelt



“I raise up my voice not so that I can shout, but so that those without a voice can be heard.” Malala Yousafzai



“Women are the largest untapped reservoir of talent in the world.”  
Hillary Rodham Clinton

“Every moment wasted looking back keeps us from moving forward.”

“Don’ confuse having a career with having a life.”

“Gay people are born and belong to every society in the world. They are all ages, all races all faiths. They are doctors and teachers and farmers and bankers, soldiers and athletes. And whether we know it, or whether we acknowledge it, they are our family, our friends and our neighbors. Being gay is not a western invention. It is a human reality.”

“Too many women in too many countries speak the same language of silence. “

“What did you do with the time and talents I gave you? God’s questions.....”

“Home is a child’s first and most important classroom. “

“Fear is always with us, but we just don’t have time for it. Not Now!”

“We need to make equal pay and equal opportunity for women and girls a reality so women’s rights are human rights once and for all.”

“I fought all my life for women to make their own choices, in their personal and professional lives I made mine.”

“I believe the rights of women and girls is the unfinished business of the 21<sup>st</sup> century.”

“Research shows the presence of women raises the standards of ethical behavior and lowers corruption.”

“...It’s hard to imagine progress without giving all women and men the chance to achieve their dreams. Now we must focus on the unfinished business of girls and women’s empowerment.”

“More than a few times I’ve have to pick myself up and get back in the game.”

“Every American willing to work hard should be able to find a job that pays enough to support a family.”

“Always aim high, work hard, and care deeply about what you believe in. When you stumble, keep faith

“Laws and traditions that hold back women, hold back entire societies.

“When you’re knocked down, get right back up. And never listen to anyone who says you can’t or shouldn’t go on.”

“if you want to know how strong a country’s health system is, look at the well-being of its mothers/.” “The American people are tired of liars and people who pretend t be something they’re not.

# Part One

"My passions were all gathered together like fingers that made a fist. Drive is considered aggression today; I knew it then as purpose."

Bette Davis

**Preface**  
**Make The Life You Want**

"Knowing the facts is easy. Knowing how to act based on the facts is difficult."  
Han Seizi

From the Merriam Dictionary

Entry Word: **change**

Function: *noun*

Text: the act, process, or result of making different <the positive *change* in our students' attitude toward people who are somehow different was a long and gradual process>

**Synonyms** alteration, difference, modification, redoing, refashioning, remaking, remodeling, revamping, revise, revision, reworking, variation

**Related Words** amendment, correction, rectification; conversion, deformation, distortion, metamorphosis, mutation, transfiguration, transformation; fluctuation, oscillation, shift; displacement, replacement, substitution; adjustment, modulation,

To change means a person undergoes a transformation. When a person changes, that person goes from one form of existence to another form of existence. The transformation is noted by a difference in behavior. When a person stops smoking he or she has changed. When a person loses weight that person has change. One notices a difference in behavior.

A person goes from one state of rest or existence to another state of rest or existence. Presumably if one has arms, legs, eyes, ears all the rudiments for action one can make a change. But actually change does not involve the arms, legs, eyes or ears change involves the mind. After a change has taken place, these appendices may be engaged but they have little to do with **an** actual change in behavior or thought pattern. The difference in the mental attitude manifests itself in a difference in behavior. We do not see the mental change in the person's thinking but we see the results of the mental change in the

change in his or her behavior. We do not see the person telling themselves you cannot eat a second slice of cake but we see the change in their body as they begin to lose weight. Change involves developing a specific attitude, a specific way of talking, a specific way of walking and a specific way of viewing the world around you. Change involves seeing yourself at the helm, in command (self-visualization), telling yourself and others what you will and will not do. Eleanor Roosevelt, Malala Yousafzai and Hillary Clinton made changes in their lives, in fact they were constantly making changes as situations and events occurred in their country and the world. Change requires self-examination. Change requires honesty, determination. Give some thought of all the changes these women made in their lives.

Change involves concentration, determination and will power. Change involves engaging the psyche the real you. For change to take place one must get in touch with the person that is deep within; the person we all call the 'real you.' Modifications are made internally then change is seen by the world. Although the Merriam dictionary defines change it does not tell us how to change. The dictionary does not tell us how to get from point A to point B successfully. What do we have to do to change a facet of our lives? How is change accomplished? As you read the books Women of Courage you will see how change was manifested in the lives of these women which caused them to succeed.

In order to make a change you need tools. You need a set of unique tools that when applied to your psyche you will not only change your thought pattern but you will remain motivated to change regardless of what is occurring around you. The tools you need to make a change to your psyche are not physical tools they are metaphysical tools. This point should be made clear it is the essence of change. Change must take place in the mind before that change can take place in reality. The tools you use to enforce a change in your life are those tools developed during maturation, adversity and contentment. Consequently, if you did not develop the necessary tools



during these periods you will be deficient when it comes to making changes in your life. You may have to make adjustments in your life to implant the metaphysical tools you need so that you can make the required changes that you believe you need to make as you progress through life. Most assuredly these tools can be implanted through reading and rehearsing. Repetition is vital when seeking to change resistant behaviors, behaviors that have plagued you for a long time. Just because you are deficient of certain metaphysical tools and did not develop these tools during maturation learning is still possible it just requires a desire supported by an indomitable will. The world will tell you that there is no indomitable will. You must resign yourself to whatever comes your way. Eat, smoke drink and be happy. How can you possibly make a difference? You are to finish your days filled with rage thinking how could life be so unfair? If you look at the lives of Cardinal Mundelein and Nelson Mandela and others men and women cut from the same cloth, you will see indomitable wills are possible even in ordinary circumstances. Men and women become extraordinary by just saying no and digging in for the backlash.

Imagine you are over-weight. You have decided to lose weight. You are sitting at the lunch table and your girlfriend is eating a Twinkie and she offers you one. What do you do? What tool do you use to remain on course to do what you said you were going to do regardless of what is occurring around you? One of the tools you may use in this situation is determination (developed during adversity). You may call upon your determination to overcome your desire for that Twinkie. The determination will make you recall how you hate going to the dress store not finding anything to wear or how bad you feel when you husband takes you out to dinner and you are afraid to see a baked potato. Another tool you may call upon is ostracism. You may decide to find another best girlfriend, one who has your best interest in heart; a best girlfriend that would never offer you a Twinkie to eat.

Now that we know a substantial part of change involve non-physical tools we need to identify these tools so that they can be developed and



used when we seek to change. So our problem now turns into the problem of how do we identify and develop these non-physical tools and how can we keep them sharpen for use at all times? As you read *Women of Courage* make a list of what you believe are the tools these women used to succeed. We will identify seven of these tools in our handbook. It is extremely important that you understand the meaning of the world change. Here is the definition found in the Merriam Webster dictionary. Read this definition several times. Then compare yourself to this definition. The following questions were designed to start you thinking about the intricacies of transforming one's life. Reflect on your answers, and you will find that you are now on the path to becoming a "Woman of Courage."

### Study Questions

1. What is the difference between physical and moral courage?
2. Why is physical courage regarded more important in society and morale courage ignored?
3. "Knowledge is light" Explain what does this mean?
4. "You read to accumulate knowledge." Discuss the importance of this to your education on your purpose in life.
5. "If the tiger does not write his own story, the story of the hunter will always be read." Using this axiom. Discuss how is it that many educated women tend to believe ideals that are harmful for them.
6. What does it mean to be a "Woman of Courage"?
7. Discuss the significance of being married and/or a mother as a woman?
8. Discuss the significance of women to NAACP's and other civil rights movement's success.
9. How did women help with suffrage for women, African Americans and other minorities?
10. Why are women forgotten in these movements? What does it tell you about the attitude of society as a whole?

11. Concerning women's contribution to these movements. Was it the nature of their contributions or their way they went about it that caused them to be ignored, explain.
12. Why was the courts such an effective medium to fight the policies supporting racism and racial segregation.
13. How do you secure your life from rapists considering the situations that create openings for them to attack you?
14. What do you think is at the root of women supporting contraception versus not supporting it?
15. What are the grounds that men use to suppress gender equality?
16. Discuss how do men define women in society based on race, status and appearance.
17. What is the purpose and goal of a rapist? Explain how does this determine that a rapist can never be healed or rehabilitated?
18. Why is religion or any type of strong belief system ripe for misuse and control by others?
19. Why does big business and the church work together, to what end? List associations and examples of this cooperation.
20. Discuss why should the violence against women act become an amendment in the constitution? Research and give evidence from both sides, supporting for and against it.
21. Why is it important for a female to see their potential self not what or who they are currently?
22. How does the moral of a person determine their future actions? Give examples.
23. Do you think ethics, morals and responsibilities are declining? Give reasons for your answer and define what are the optimum ethics, morals and responsibilities that should be world widely practiced.
24. Why does money and financial security accumulate power and how does that affect you as a woman in poverty?
25. When it comes to financial security, why is that independent women are regarded more positively by men, than a women in poverty?
26. Why is courage important to realizing your potential?
27. What are persistent beliefs and how do they affect woman? Give examples of two of these beliefs held by women in society today.

28. Concerning military training why do you think it enacts change so well in applicants?
29. What are the most important components of change? Discuss how you can apply each to your life.
30. List what you are not doing right now to help prevent violence against women in your country. Ask yourself what factors are preventing you?
31. Why is reading important to your future success?
32. Why are certain people not remembered in history?
33. Can men be convinced to change? Give reasons for how this can occur?
34. "Ignorance breeds violence and bigotry", discuss this statement in relation to inequality to women.
35. Why is love conditional in today's society? Define the cultural reasons for this.
36. Why is it that women find it hard to break into sports and the military fields?
37. Consider how some women would react negatively to other women being in sports or the military. What cultural reasons would they give?
38. Is there rationale for men to protect women from certain things? Why and why not?
39. Alison Piepmeier once said "A next life without work, without purpose, would be disappointing." Consider your life and what it means to be a woman, what do you think should be your purpose?
40. Bigotry is a symptom of ignorance, explain how does this develop?
41. "Bigotry like revenge is a two folded sword." Explain what this means.
42. List the progress women have made, now list the progress women have not made. Can you describe the most potent areas that women are not progressing and why this is so?  
In three sentences of less tell us who these women are

Alice H. Parker  
Anna Mangin  
Annie Easley  
Annie Minerva Turnbo Malone  
Beatice L. Cowans  
Bessie Blount Griffin  
Carol Randall  
Cathleen Mccoy Garrett  
Dr. Shirley Jackson  
Ellen Elgin  
Gertrude Downing  
Henrietta Bradberry  
Joan Clark  
Joanna Hardin  
Judy W. Reed  
Julia Terry Hammonds  
Louise H. Andrews  
Lyda D. Newman  
Lydia M. Holmes  
M. Thomas  
Madame C. J. Walker  
Madeline M. Turner  
Mae C. Jemison  
Marie Brown  
Marie V. Brittan Brown  
Marie Van Brittan brown  
Marjorie Joyner  
Marjorie S. Joyner  
Mary B. Kenner  
Mary J. Reynolds  
Mary Kies  
Mary Moore  
Maxine Snowden  
Mildred A. Smith  
Miriam E. Benjamin  
Natalie R. Love  
Patricia Bath, M.D.  
Roger Arliner Young  
Ruane Jeter  
Sara E. Goode  
Sarah Boone  
Theora Stephens  
Valerie Thomas  
Virgie M. Ammo

How did these women win at life?

How did women demand more inclusivity?

Are these women examples of a strong women and why?

Why did these women not accept what society taught that being a woman means accepting a status inferior to men? Did not society tell these women that they should help men to achieve, but should not achieve anything themselves?

What was the basis of their unconventionality?

Please write a short essay on the following questions

What are some existing gender stereotypes being used today to keep women oppressed?

How have women been portrayed in the media and religion?

When did women begin to have a broad range of job opportunities?

What role does abortion and Birth Control play in a woman's life?

How can you best advocate for gender equality against people trying to turn the clock back.

How close are women to equality?

How does the book Women of Courage play a role in your understanding of the world around you as it relates to both men and women?

How did women demand more inclusivity?

Why do you think some women want to be soldiers?

Why aren't women doing more about fighting sexual slavery and sex trafficking in this county and in the world?

Why do some women believe they must emulate the behavior of men to become successful in corporate America?

How did these women avoid depending on men for success?

How does life in America compare to life in aboard for women in the military?

List 50 career occupations or professions where women dominate the field and 50 professions where they are almost absent. There is a book in the library that lists all occupations.

What do you think of the letter written by James C. Green, the Wasatch Co. GOP Vice-Chair, to The Wasatch Wave and the Park Record regarding equal pay for women?

## **From The Wasatch Wave**

Letters to the Editor 2/15/17

Equal Pay For Women Has Consequences

Editor: Here's the problem with the Equal Pay bill being considered by the Utah Legislature... Traditionally men have earned more than women in the workplace because they are considered the primary breadwinners for families. They need to make enough to support their families and allow the Mother to remain in the home to raise and nurture the children.

If businesses are forced to pay women the same as male earnings, that means they will have to reduce the pay for the men they employ... simple economics. If that happens, then men will have an even more difficult time earning enough to support their families, which will mean more Mothers will be forced to leave the home (where they may prefer to be) to join the workforce to make up the difference.

And as even more women thus enter the workforce that creates more competition for jobs (even men's jobs) and puts further downward pressure on the pay for all jobs... meaning more and more Mothers will be forced into the workforce. And that is bad for families and thus for all of society.

It's a vicious cycle that only gets worse the more equality of pay is forced upon us. It's a situation of well-meaning intentions, but negative unintended consequences.

We should encourage our Legislators to drop the whole notion. Let the marketplace determine what free-market forces should prevail. It is not the role of government to dictate to businesses what they should pay anyway... either as a Minimum Wage or Equal Pay for men and women.

James C. Green

Wasatch Co. GOP Vice-Chair

**Below is the response by** Stephanie Pitcher, Director of the Utah Women's Coalition:

*"I think that the letter was very disappointing... He was very straight forward and blunt about his thoughts on women in the work force and that was really surprising, but the first thing I*