



*Thokozani Royals*

# NEWSLETTER NO.5

**05 July 2024**





LEARNING  
WITH

Noma

# Thokozani Royals

In this journey, I am learning that the most important thing is consistency. Waking up everyday and taking a few steps forward, is better than no step at all.

## CONSISTENCY

Acting or doing in the same way over time.

Repetition of a behavior, usually to achieve a positive results.

How do you measure consistency? Daily? Weekly? Monthly? Per task completed?

Honestly, I am learning all of the above. The most important thing is recognizing that rest should also form part of your consistency program. Yes, REST.

How consist are you with REST?



Learning and growing together



FINALLY!  
I've been waiting

Not for me

# Alignment

**Remember, badimo child , this journey is for those who are ready to embark on it. If this resonates with your soul, I am humbled and grateful to have you by my side.**

**If not, don't worry! The time will come when the environment will be conducive for you, and your journey will begin.**

**Trust the process.**



# LEARNING WITH *Noma*



## QUOTE FOR THE WEEK

*Rest: "Cease work or movement in order to relax, sleep, or recover strength."*

*Oxford Dictionary*

## MANTRA FOR THE WEEK

*Repeat it to yourself multiple times everyday and watch how it transforms your mindset and empowers you to embrace your true self.*





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## THE MOON



**The Earth's natural satellite.  
Orbits our planet approximately  
27.3 days.**

**Plays crucial role in many aspects  
of the Earth's system, including  
ocean tides and stabilizing our  
axial tilt, which helps regulate our  
climate.**

**#Fact1**



# MOON PHASE

## New Moon

The Sun, the Moon and Earth are in alignment.

The moon reflect light from the Sun's rays, during this phase the illuminated side of the Moon is facing away from the Earth.

**#Fact1**



# The Week Ahead



## SUNDAY

### Prayer for the week

*Maoto a ka*

*"My feet"*

Platform: Blog Page, IG  
and FB

## MONDAY

### Motherhood

*6 weeks*

Platform: YouTube

## TUESDAY

### Self-Care

*Rest is a necessity*

Platform: Blog Page and  
YouTube

## WEDNESDAY

### Spirituality

*Take your time*

Platform: YouTube

## THURSDAY

### Throwbacks

Healing requires surrender

Platform: YouTube

## FRIDAY

### Financial Education

*What is  
Financial Education?*

Platform: YouTube

**Saturdays are for my King**



# At the Practice



## CONSULTATION

*hours*

<b>MONDAY</b>	12PM-14PM
<b>TUESDAY</b>	10AM-14PM
<b>WEDNESDAY</b>	10AM-14PM
<b>THURSDAY</b>	10AM-14PM
<b>FRIDAY</b>	09AM-12PM
<b>WEEKEND</b>	CLOSED
<b>PUBLIC HOLIDAYS</b>	CLOSED

**BOOK ONLINE**

[WWW.LEARNINGWITHNOMA.COM](http://WWW.LEARNINGWITHNOMA.COM)





# At the Practice



## THIS WEEK

08 July

To

12 July

Available Slots at  
time of release

## MONDAY

08 July

12h00

## TUESDAY

09 July

Fully booked

## WEDNESDAY

10 July

10h00 11h00

12h00 13h00

## THURSDAY

11 July

11h00

12h00 13h00

## FRIDAY

12 July

09h00 10h00

11h00

**Weekend: Closed**



# Upcoming Events



## YOUTUBE SUBSCRIBER CHANNEL

 Exciting news 

**New Membership channel to launch in September  
2024**

**In this part of the classroom, I will sharing my  
personal diaries about all things life.**

**Exclusive interviews about all topics promoting  
continuous self development will be shared.**

**Above all, amazing prizes to be won 🏆,  
including one on one sessions up to 3hrs,  
with yours truly 😊**

**More information to follow**

**Launch September 2024**



# GiveAways

Yes 🥰, incredible weekly and monthly prizes still up for grabs!

## THIS WEEK

Three lucky winners will receive Dream Interpretation Vouchers worth 3 dreams each, valid for 4 weeks.

That's right, you'll have the chance to send through three of your dreams and get them personally interpreted in private. But that's not all! By winning this weekly prize, you'll also stand a chance to be our ultimate monthly winner, receiving a Consultation Voucher at the end of the month.

How amazing is that?

## RULES OF ENGAGEMENT

The competition will start Saturday midday and end Wednesday midday (12h00 to 12h00). So make sure to mark your calendars and send in your answers during this time to qualify!

***Read Rules Carefully!***



# GiveAways

*Good luck, Royals!*

## THIS WEEK'S CHALLENGE

To enter this week's giveaway, all you need to do is answer a super easy question:

**What is the title of my 1st YouTube video?**

Just drop your answer to:

**learningwithnoma@gmail.com**

with the email subject: Give Away 5

And remember, you have to send your answer during the competition time, that is, between Saturday 12h00 midday and Wednesday 12h00 midday.

## WINNER'S ANNOUNCEMENT

The three lucky weekly winners will be notified by email on Thursday before 16h00, and they will also be proudly announced in the upcoming newsletter. As for the monthly winner, they will be revealed in the first newsletter of the new month.

So keep an eye out for that exciting announcement!

***Good luck, Royals!***



## GiveAways



Our last winners were in October 2023

Dlozi timing is always perfect 🙌

If you needed a sign, maybe this is it.

A spiritual consultation might be the missing puzzle in your road to finding that life-changing solution.



It could be YOU!!!

***Makwande!***



## Download the App

Stay updated and enjoy exclusive benefits by downloading my app now, visit [learningwithnoma.com](http://learningwithnoma.com)  
Join the community and let's grow together!

## Gifts and Donations

For gifting and donations to support Learning with Noma  
Please send the word "Gifts" to +27799108841 and relevant information will be given.  
Your love and support mean the world to me.

## Thank you

Thank you for joining me on this incredible journey. Until next week, spread love, embrace your authenticity, and may peace always be with you.

Love and Peace,  
Lesedi