



**TOTAL**  
*The*  
**Woman**

*UNLEASHING THE POSSIBILITIES WITHIN*

*LIVING LIFE FROM THE INSIDE OUT*

*Tashara Luster*

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*The Total Woman*

*Unleashing The Possibilities Within- Living Life From The Inside Out*

by Tashara Luster

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## *Dedication*



**I** dedicate this book to every woman told, “You can’t!” Every woman told you never would, but always Believed that you Could. This book is dedicated to you and your quest to pursue the true woman you have always wanted to be, and envisioned you would become. This is your moment to Push Open the Door of Opportunity and become **The Total Woman: “Unleashing The Possibilities Within, Living Life From The Inside Out!”**

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# Introduction



I believe it is providential that you are now holding in your hands a book that will Unleash the Possibilities Inside of You, so that you can Live Life from the Inside Out! Everything that you need now is already down on the inside of you. Throughout this journey that you are now embarking upon, you will discover the power that is within in order to become a Total Woman. You are now in transition and I want you to know that you will fulfill everything that God has put inside of you to do.

No matter what your life looks like now, you are on the brink of the greatest breakthrough. God is literally going to transform your life from the inside out. Why the Inside Out? Because before the foundations of the world, God predestined you for greatness and placed everything inside of you that you would need not only to survive, but to live an abundant life. God never has to recreate you in order for you to achieve your destiny in becoming the Total Woman. God just presents great opportunities in your life in order for you to become all that He has spoken over you.

Right now, you just need God to breathe on you and your situation. Right now, I want to be your midwife and tell you to *push* because God is breathing on you and life is coming out of you. Although everything around you seems dead, I decree by the power of God that you will live and not die. You will be the Total Woman that God predestined you to become.

Not half the woman, not a tenth, but you will be all that God said you would be. Nothing in your past or anything you are facing now

can stand up to the word of the Lord over your life. The word of the Lord over your life is that you will move and press forward in order to accomplish greatness. You cannot move forward until you put the past behind you. If the past remains in front of you, then that is all that you will ever see, and that perspective will never allow you to seize a hopeful future.

Get this vision in your mind. Imagine a long line of people waiting to go into a place, waiting for change, waiting to be next. Now imagine that you are the last person in this long line. For many women, you don't have to imagine too hard, because your reality is in fact that you are in the back of a long line, a long waiting period for your next move in God, and your next place of elevation.

The Power of Next is all over you and it is Time! It is Time to shift your thinking and position in order to Possess. Now, back to our illustration of the long line of which you are in the back. Just when you feel like giving up and walking away, you hear a loud voice announcing for everyone to turn around and face the other direction. At that moment, you realize that you are no longer in the back of the line, but instead you are now in the front! You are first, the leader, and the catalyst! You have stepped over into "The Power of Next!"

Now notice, I said the announcement called for a turnaround right when you felt like giving up and throwing in the towel. Right when you thought that God had forgotten about you and right when you felt like your dreams were doomed to fail. The first step in becoming a Total Woman is to realize that God is getting ready to do a turnaround in your life!

Everything that looked like it was last and in the back of the line in your life is about to turn around. The marriage, the family, the finances, the ministry, the job, the business, the dreams, and everything else is about to hear the announcement, "Turn Around and face the other direction!" Woman of God, Change is all over you! Change for the better and change for your good. I declare unto you the word of the Lord, that you will be the head and not the tail.

You will no longer just exist, but you will exist to be the head. You will live in purpose and with direction and be a guiding force in the Kingdom of God. You will no longer live in the back of the

line, in the wrong position and beneath your privileges. You will be above only and never beneath. The Power of Next shifts you to walk into your divine destiny and not just stand in the back of the line when God is calling you forward. Today, make a decision that you will allow God to Unleash the Possibilities within You.

Right now, all you have to do is decide to take the step forward, in order to be a Total Woman. You have only been living a small portion of your potential and now it is time to maximize your life and destiny. All that you are and everything that you need is already inside of you; it just needs to be Unleashed! **Tell yourself, “All I need to do is just Turn Around and I will be Facing in A New Direction!”** Now turn the page and discover how to become...

**The Total Woman: “Unleashing The Possibilities Within,  
Living Life From The Inside Out!”**

*-Evangelist Tashara Luster, Total Woman*



## Chapter 1

# The War on Your Identity: “Know Who You Are, Get Your Identity Back”



**T**here is a War going on as it relates to women; it is a war on our identity and purpose. Many women are searching for meaning in their lives amid the overwhelming emotions of loneliness, despair, and heartbreak. You are wondering and asking, “How will I make it through what I am going through? How will I accomplish all that God has placed inside of me to do?”

I call it a **War** on your Identity, because a war is defined as an aggressive conflict and struggle between two opposing forces. There is now an aggressive conflict and struggle between you and the enemy for your sanity and your identity. The primary purpose of the conflict is to **undermine** you. To undermine means to weaken by wearing away at the base or foundation of something. When something is trying to undermine you, it comes in order to injure, or impair you, which causes you to be out of order. It causes you to be immobile, useless, and unable to produce anything.

There are now weapons of mass destruction targeting your identity. The enemy is trying to distract you so that you will not complete your destiny; he wants to render you useless. Woman of God, the enemy has declared war on your identity and purpose. He wants you to get so tied up, messed up, and entangled with distractions that rob

you of your identity until you do not know who you are or what God has called you to do.

Many of you are searching for purpose amid your current circumstances. For some of you, the situation is so hard right now, you can't even see your way out of it. I can hear you saying, "How did I get here? I am not supposed to be here." However, you find yourself right in the middle of a War. A war, the fight for your life, your happiness, your joy, your future, your finances, your marriage, your family, your job, your house, your children, and even a war for your very sanity!

In the heat of battle, there is an atmosphere of adversity between the two opposing forces. Both forces are fighting to win, but they are fighting for very different reasons; each is motivated by a driving desire to annihilate their opponent. The enemy is in battle with you to annihilate your mind, peace, understanding, marriage, salvation, and everything that you hold dear. However, you are standing on the other side fighting just to keep your mind and everything else that you hold dear to your heart. However, unbeknownst to you, the battle is also a testament to others of your faith. Yes, sometimes, you are in battle for someone else. Sometimes, you are fighting to bring someone else out, and you may even be in battle so that the Kingdom of God can be elevated to the next dimension.

The war you are in is not just about you, but it is for your family and the future generations after you. This war is symbolic for others as it testifies to the greatness of God in your life. I like to tell myself that I am in battle because God can trust me to stand for Him. If you stand for God, He will deliver you every time. The fight has already been fixed; you have already been destined to win! Jesus covered your battle and more when He died on the cross and when He got up with all power in His hands. He has given us power to get up too. So today, I tell you to get up, but this time, get up in the power and strength of the Lord. There is more strength and power on the inside of you than you can even imagine!

***“Don’t Be Sorry, Be Sure!”***

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You must realize that who you are is not wrapped up in what you do. Who you are is attached to what God has called you to be. You are His daughter, an heir to the Kingdom, but most of the time we act like orphans or bastard children instead of the righteous and royal priesthood that we are. *“But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light”* (1 Peter 2:9). Beloved, you are a chosen woman, and a chosen vessel of God. On this journey to becoming a Total Woman, you must realize that you are a **“Certain Woman.”**

As a Certain Woman, you have to be free from doubt or reservation when preparing for your destiny. A Certain Woman is confident, sure, and destined. When something is certain, it is bound to happen; it is a sure thing. You are a woman bound to make it, bound to be blessed, bound to succeed, bound to the anointing, bound to lead, and bound to fulfill your destiny. You are a Certain Woman who is bound to live the Total Life! You can’t doubt now, because God has already placed His blessing on you and you will make it with the strength of the Lord.

***“You must be certain of who you are, who God is, and what He has called you to do when you are preparing for your destiny!”***

You are a woman who has been set apart and called for such a time as this. You have to know that God is the one who has called you, anointed you, and equipped you. God is looking for a ‘*certain*’ type of woman to carry His anointing. A type of woman that is whole, divine, intelligent, wise, and submitted to His call. God is looking for a Few Good Women! A few good women who will go where no one else is willing to go, who will do what no one else is willing to do, and who will preach what no one else is willing to preach (the truth). Are there any Good Women left in the world today? If so, are you one of them? The real question is, **“Can you handle the truth about you?”**

Don't ever be sorry about who you are, but be Sure! Have assurance and be certain of who you are. If you don't know who you are, no one else will. The greatest thing in life is to be called by your own name and to answer when some calls you. Don't ever feel you have to apologize to anyone for being who God has created you to be. Don't get amnesia and forget who you are, and don't allow anyone to rob you of your identity.

As women, we share many common experiences, but our genetic makeup causes us to be unique. It is what distinguishes us from one another. When you neglect your identity, you not only rob yourself, but you rob others of the greatness that comes from you. Tell yourself, "There can only be one me- God only created one!" When you realize that God thought so much of you that He only created one of you to do what only you can do on this earth, then you will rise up and be silent no more. You will hear the great clarion call to walk in your God-ordained purpose.

### ***"If You Don't Be You, then Who Will?"***

Let me tell you now that you are beautiful. You are the apple of God's eye, and you are fearfully and wonderfully made (Psalm 17:8, 139:14). Don't believe the lie of the enemy that you are a mistake, a failure, a disgrace, fat, unattractive, and that nobody will ever want you. He is a liar! If you are going to be victorious in this war that the enemy has launched against you, then you have to be bold to stand and declare who you are in the Lord!

### **The Story of Gideon**

Don't be sorry for who or what you are. Gideon's negative view of himself started with his family. Sometimes the remorse we have about ourselves started generations before us. Judges 6:11 states, "*Gideon son of Joash was threshing wheat at the bottom of a winepress to hide the grain from the Midianites*" (NLT). Gideon was in a winepress, a closed, tight, and small place threshing wheat, when he should have been in an open, wide, and large place doing this task. He was hiding from the enemy. The angel of the Lord spoke to him in his closed,

tight, and small place and said unto him, “*The Lord is with thee, thou Mighty Man of Valor*” (Judges 6:12-KJV).

In your Closed, Tight, and Small places, listen for the voice of the Lord. He will speak to you even when you are hiding from enemies, responsibilities, and even your calling. God will say, “Daughter of Destiny, I am with you!”

Today, the Lord is saying, “Come Out, Come Out, Wherever You Are!” Come out of the small place, come out of the tight place, and come out of hiding from the enemy. The Lord will cover and protect you. A positive future can come out of a negative past.

Like Gideon, your initial response to the Lord may be to address first the situation that you are in before acknowledging what He just said to you. Just as Gideon asked, “Why has all this happened?” Even more so, “Why has all this happened to me?” God addressed the question, but used the word “mighty” again in order to stir up the spirit of God on the inside of Gideon! The answer to Gideon’s questions was Gideon. The answer to your questions is you! You are the one and the answer that God is going to use to change things in your life, your family, your church, and your community.

God told Gideon that he was the answer, but he just needed to be mighty. After this, Gideon didn’t question God anymore, but rather himself. He felt a sense of sorrow about who he was. He told the Lord that his family was the weakest among all the others. His family’s generational curses had shaped his world and his view of himself. Because they were weak, Gideon felt that he was the least of his family, the weakest link. “*So he said to Him, “O my Lord, how can I save Israel? Indeed my clan is the weakest in Manasseh, and I am the least in my father’s house”* (Judges 6:15).

Notice, God never asked Gideon how he felt or what he thought about himself. Gideon offered this up as an excuse. Sister, let the excuses go today! What God thinks of you is different from what you think of yourself. You are offering God information that He already knows and is not concerned about at this time. God is trying to take you from shortcomings to the next dimension. God told Gideon that he was not only mighty, but that he would also strike and defeat the Midianites as one man.

As it relates to your situation, God is going to do this with you and you alone. You are coming out of the winepress into an open field. No more hiding and no more excuses; you will strike the enemy as one Total Woman. You will finish the degree, build the business, do ministry, fulfill your calling, write the book, and so much more.

Finally, Gideon asked for a sign of favor and change. Mighty Woman of Valor, I declare a sign to you! There has been a shifting in your life and calling. No longer will you see yourself as who and what you see right now in the mirror, but with spiritual eyes, you will rise and soar above anything in the natural. You will make it! God is equipping you to become the Total Woman.

Just as God told Gideon, I tell you today, “Come out of the Closed, Tight, Small, and Obscure places, Mighty Woman of Valor! Know the Lord is with you.” End the generational curses today. Be the one in your family that will make it, no matter where you are now and no matter what you have done.

Remember you can only be made to feel sorry at the hands and mercy of someone else when you relinquish that right and power to them. Don't be like Gideon and allow your family's history to define you. Gideon thought just because his father was entangled in idol worship, that he was destined to be bound in the area of his worship as well. God will always reveal Himself in a way that causes you to worship and give Him glory. God will always call you what you are supposed to be, which is far beyond what you see right now. **Gideon projected onto God the mistakes of his father, but God projected onto Gideon his true identity and his destiny.**

*“Never Be at the Mercy of Any Man to Define Who You Are!”*

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## **“The Proverbs 31-Total Woman”**

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The book of Genesis records that the first woman was named **Eve**. Her name means Life, and mother of living things. So in actuality, woman means life and mother of living things. If you are a

## **The Total Revolution Has Begun!**

### **Coming Soon...**

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*The Total Man: Exit Wounds*

*The Total Single: I Just Don't Want to Be Alone-  
The Searching Man & The Waiting Woman*

*The Total Health & Wealth Connection:  
May You Be in Health Even As Your Soul Prospers*

*The Total Wife: A Wife After Her Husband's Own Heart*

*The Total Husband: A Husband After His Wife's Own Heart*

*The Total Marriage:  
The King & Queen: Returning to the Love Connection  
in the Garden of Eden*

*The Total Parent & Family: Parenting & Loving God's Way*



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