

A BOOK written, 'FOR YOU, BY YOU'

The

CODE

to

ACTIVATE

your

SELFHOOD

By

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To ACTIVATE your SELFHOOD, is to know your PURPOSE in LIFE. It is at bottom to unravel the 'why' of your 'existence.' It is neither idle, nor in vain that you were born at this specific period in history, in a certain geographical location. God facilitated your emergence into this world to partake in the creative activities of your era. By knowing the problem you were born to solve in this world, then you will have injected meaning into your LIFE. It is only in your solutions to the question of your LIFE that monetary and emotional wealth will accrue to you. In your solutions therein you will find your SELF-ACTUALISATION. Fail to solve the problem of your LIFE, and you will be disoriented, desperate, wretched, and utterly unfulfilled.

Through competence, confidence, mastery, achievement, independence and freedom, you will definitely be able to cultivate self-esteem, while through recognition, acceptance, status and appreciation you will actually be able to propagate self-respect. When these needs are not met, you will eventually feel discouraged, weak, and inferior.

Unfortunate as it is, in these early days of twentyfirst century, the central inhibition that most Africans face is being gnawed by a pervasive conviction that the individual can not do anything effective in the face of enormous cultural, social, and economic problems. This pathetic passivity and powerlessness goes much deeper than the fact that this is an age of uncertainty and social upheavals. Contemporarv men and women feel helpless and insignificant. Our feeling of paralysis and impotence leads to anxiety and repression, culminating in turn to apathy, which is a form of protection and faulty defense mechanism. Impotence and apathy, however, also breed violence and hostility that further alienate us from one another and only serve to increase our isolation.

A sense of diminished consciousness seems to haunt most YOUTHS. However, you cannot live in an empty condition for a sustained period of time. You need something to fill the gap, be it destructive authority, spiritual fads, fantastic movies, computer games, drugs or alcohol. How else can we explain the reason why some YOUTHS are being lured into cults, criminal gangs, spends most of their productive hours watching movies, or playing computer games, or systematically and deliberately "waste" themselves on alcohol and drugs? The problem is that human consciousness, responsibility, and intentions have not been able to keep up with all of the rapid changes in contemporary society. If you are able to recognise your historical situation and its psychological implications, you might be able to move from self-defeating activities to constructive ones.

The answer to the loneliness and isolation that has become apparent in our time is to discover a new set of values (EGO and PSYCHIC strengths). There are those who would suggest that we need to reaffirm the traditional values, embodied in earlier philosophies, ideologies and theologies, that we have permitted to go by the wayside. However, because as human beings we have no "essence," there is no given or pre-established values we can turn. Our values are established in the course of our existence and our identity now includes the historical situation in which we have found ourselves. There can be no simple reaffirmation of human "essence" because there is none; the human being is forever in the process of becoming. We have to choose our values in the process of living. The choice is yours, and so is the responsibility. You MUST either affirm your distinctive human capacity to influence your own development through SELF-AWARENESS, or you will be doomed. You will simply be swept aside by the swift flux of events.

SELF-CONSCIOUSNESS as the unique mark of the human person, is the source of our highest qualities. It enables us to distinguish between ourselves and the world, to learn from the past and to plan for the future, to see ourselves as others do, and to have empathy with others. Unlike the acorn that grows automatically into an oak tree, the human being, in fulfilling his or her nature, in ACTIVATING his or her SELFHOOD, must do so in self-consciousness through choice and affirmation. SELF-ACTUALISATION is not automatic. SELFHOOD is born in a social context and grows in interpersonal relations. The emphasis of this SELFHOOD CODE, is not on the extent to which you are moulded by others, but rather on your capacity to experience and create your own SELF. This entails knowing your LIFE'S TASK, and taking diligent charge of your DESTINY.

The ACTIVATION of your SELFHOOD will not accrue to you on a silver plate. It comes at a price of anxiety and inward crisis. To aid you in *valiantly voyaging* through the *tumultous tides* of your SELF-SEARCH SEA, this SELFHOOD CODE seizes upon itself the *titanic task* of 'helping you to help yourself' in cracking the riddle of your LIFE. Consequently you will start feeling as part of a crusade, a part of history, as you indulge in the 'Mortal Mission' and distinguished 'Divine Duty' of BEING WHO YOU ARE CAPABLE OF BECOMING. As you revel in experiencing a kind of HEAVEN inside you, you will be part and parcel of those CONSCIOUS CHARACTERS who will pioneer the nurturing of a sort of 'paradise on earth' through an AFRICAN RENAISSANCE.