

A BOOK written for YOU, by YOU

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CODES

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WHAT IS 2A/3P SELF-ACTUALIZATION MODEL?

SIMPLY:
Involve, **E**volve and **R**evolve

An **IDEAL** upon which African **I**MPROVEMENT should **I**NVOLVE
A **DIRECTION** in which African **E**MANICIPATION should **E**VOOLVE
The **AXIS** about which African **R**EDEMPTION should **R**EVOLVE

which are the precise parameters of BEYONDISM?

Non-sectarian and non-political, **BEYONDISM** is basically a MODE of VALUATION which implies amassing that 'little extra' - to bring forth the 'reserve energy'. **BEYONDISM** is simply aspiring to be at the cutting edge of knowledge (either personal, social or scientific, or ALL). It is seeking to grow in POTENTIAL and 'developing some more'. It is to obey a voice within you which whispers: What next? And to hasten with an unlimited resolve. It is to ULTIMATELY UPGRADE your awareness on Human Nature and Human Situation. These periods may justly use plus ultra - more BEYOND - where the ancients used non plus ultra. It is an age of achievement, hope and vigour; of new beginnings and enterprises in every field; an era that waits for a voice, some synthesising souls to sum up its spirit and resolve. It is YOU and I, as one of the most powerful minds of modern TIMES, who will ring the bell that shall call the wits together, and announce that Africa has come of age. The key is: Moving BEYOND vulgar valuations and petty perceptions, to becoming an Assertive African who has Provoked Positive Perceptions (a Blessed Beyondist).

Therapeutic tonics to LOCATE your HEALTH **BEARING:**

- i. **B**ANK on respecting the 'healing power of nature' (Greek, *vis medicatrix naturae*). The body's power to heal itself is key. The clinician's role is to support and enhance that process.
- ii. **E**MBRACE the many things you encounter in LIFE, but first, do no harm. Naturopathy begins with the simplest and least invasive approaches and scales up only as necessary.
- iii. **A**LWAYS find the cause (do not just treat the symptoms). Naturopathic physicians seek out the underlying cause of a disease; simply suppressing symptoms is strongly discouraged.
- iv. **R**EDUCTIONISM and focusing on an isolated case is fatal. Treat the whole person. Physical, mental, emotional, spiritual, and social factors are all taken into account.
- v. **I**N all cases and situations, strive to verily focus on prevention. This is highly valued. Patient education and lifestyle choice counseling are considered fundamental.
- vi. **N**ATIVELY seek to focus on optimal health and balance. This can mean focusing on reaching greater wellness, regardless of the severity of a disease or one's risk of death.
- vii. **G**ENERALLY, the clinician is a teacher. The word "doctor" is tied to the word *docere*, from Latin "teacher". One engages the patient as a respected member of one's team.

“Use your health even to the point of wearing it out. That is what it is for. Spend all you have before you die, and do not outlive yourself.”

- Irish playwright George Bernard Shaw (1856 - 1950)

“Hold him alone truly fortunate who has ended his life in happy well-being.”

- Greek tragedian and dramatist Aeschylus (525? - 456 bc)

“People want others

To speak of them,

They want to live without pain, for a long time,

And before they die

To be just a little immortal.”

- Swiss poet and novelist Jörg Steiner (1930 -)

“A physician is obligated to consider more than a diseased organ, more even than the whole man—he must view the man in his world.”

- U.S. neurosurgeon Harvey Cushing (1869 - 1939)

“Effective health care depends on self care...The medicalization of early diagnosis not only hampers and discourages preventative health care but it also trains the patient-to-be to function...as an acolyte to his doctor. He learns to depend on the physician in sickness and in health. He turns into a life-long patient.”

- Austrian-born U.S. educator and researcher Ivan Illich (1926 - 2002)

“Medicine may be defined as the art or the science of keeping a patient quiet with frivolous reasons for his illness and amusing him with remedies good or bad until nature kills him or cures him.”

- French scholar, lawyer, and cleric Gilles Ménage (1613 - 1692)

“Some day when you have time, look into the business of prayer, amulets, baths, and poultices, and discover for yourself how much valuable therapy the (medical) profession has cast on the dump.”

- German-born U.S. physician and author Martin H. Fischer (1879 - 1962)

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THOU SHALL BUILD LIVING MONUMENTS unto thy victory and thy liberation. Thou shall mould thyself BEYOND thyself. But first, thou MUST cultivate thyself square in body and soul. “Let medicine be thy food, and food be thy medicine,” so taught Greek physician Hippocrates (460? - 377? BC). Naturopathy is often classed as system of medicine, rather than a specific therapy. It might best be viewed as an overall approach or philosophy of care. The key here is: Seek first a good diet, emotional and physical well-being, but when any disease strikes, you MUST rush to a qualified physician.

PUTTING SUPREME VALUE TO YOUR HEALTH BEYONDIST FORMIDABLE FORMULA

i. **F**OOD is the beginning of learning, to put anything in your head, first put something in your stomach.

Core Choice: *The first duty of a human being is to be a good animal with superior appetites.*

Sure Score: *No human being can purport to be wise when he or she is malnourished.*

ii. **H**EALTH! Health! The blessing of the rich! The riches of the poor! Who can buy thee at too dear a rate?

Solid Stance: *There is no enjoyment of this world, without health.*

Catalysing Consideration: *Health is supremely better than wealth.*

iii. **R**EGIMEN (a prescribed or recommended program of medication, diet, exercise) is superior to medicine.

Mighty Mission: *Nothing is more fatal to your health, than an over care of it.*

Vivid Vision: *You will have reached middle age when all you exercise is caution.*

iv. **M**UCH of your eating should not be a solitary affair, but must be shared with the people you really love.

Gaining Ground: *This act of eating together increases the pleasure.*

Capturing Clouds: *Food is our common ground, a universal experience.*

v. **U**PON your best health you will be one whom even your enemies cannot blame without a word of praise.

Lofty Leap: *A good eater must be a good person; for a good eater must have a good digestion.*

Merry Momentum: *A good digestion depends upon a good conscience, which is the noblest gift.*

vi. **L**IVING a well nourished LIFE is having rest, food, fresh air, and exercise — the quadrangle of health.

Holy Harken: *Health is the first muse, and sleep is the necessary condition to produce it.*

Divine Distinction: *Exercise preserves something of your early strength even in old age.*

vii. **A** well balanced diet which augers with your Blood Type is worth fifty thousand nutritional manuals.

Prudent Planting: *A nourished diet is great softener of temper and promoter of PSYCHIC harmony.*

Hoped Harvest: *Your spiritual intensity will simply be a function your eating discriminatory regime.*