

**THE**

**4(SE)**

**'DIVINE DRUG'**

BY  
GILBERT KINYUA MWANIKI.

**STRIVING**

To be a

**SELF-**

**STIMULATED**

**STUDENT**

Who is

**ENTITLED**

To an

**ENNOBLING**

**ENRICHED**

**EXISTENCE**

## PERSONAL PORTRAIT



**G**LARINGLY TRAVERSED THE MYRIAD AWESOME VALLEYS OF THE SHADOW OF DEATH.  
**I**LLUMINED UPON WITNESSING THE DARKEST AND FILTHIEST GROOVES OF 'EXISTENCE'.  
**L**ITERALLY INVIGORATED SUCH A *SORDID SURVIVAL* INTO A *MESMERIZING MESSAGE*.  
**B**OLDENED BY A LIFE FULL OF RIDDLES, WRAPPED IN A MYSTERY, INSIDE AN ENIGMA.  
**E**LEVATED FROM *GUTTERMOST* TO *UPPERMOST*; FROM *BACKGROUND* TO *FOREGROUND*.  
**R**ECEIVED SO MUCH WRONG CAREER ADVICE, AND FOLLOWED SO MANY FALSE LEADS.  
**T**URNED MANY SPIRIT-CRUSHING STUMBLING BLOCKS, INTO SURE STEPPING STONES.

**M**OLDED ON A RELIGIOUS UPBRINGING, AND FLITTINGLY STUDIED FOR 'PRIESTHOOD'.  
**W**ONDERFULLY TRAINED AS AN 'ENGINEER', BUT ALSO A DEDICATED DISCIPLE OF 'ICT'.  
**A**ROUSED BY AN ENCOMPASSING PASSION FOR 'PROSE', 'POETRY' AND 'PHILOSOPHY'.  
**N**URTURED, AFTER SELF-INITIATION, AND SELF-INCUBATION INTO BEING AN 'AUTHOR'.  
**I**RRÉSISTIBLY EMBARKED ON A VOCATIONAL PATH IN 'PSYCHOLOGICAL COUNSELLING'.  
**K**EENLY FOUND THE UTILIZATION OF INFINITE BLESSINGS IN 'MOTIVATIONAL SPEAKING'.  
**I**NSPIRINGLY WRITING, BESIDES DULY PROSELYTIZING FOR, AN 'AFRICAN RENAISSANCE'.

Meditational illumination by me **GURU G**, this date 1/1/2013

## **DESCRIPTIVE CATOON**

- ✓ Guru G. riding on a speedily running lion.
- ✓ The lion dancing and singing .... ‘Papa God Oh...’
- ✓ The rider also dancing and singing ... ‘Something inside so strong...’
- ✓ Having set ablaze all the garbage of low self-esteem, poor self-image, dented self-efficacy, will-to-die, will-to-fail, depression, stress, decadence and addictions.
- ✓ One hand holding the HOLY BIBLE, The HOLY QURAN and the BHAGAVAD-GITA.
- ✓ The other hand holding the map of Africa labeled AFRICAN RENAISSANCE.
- ✓ One boot designated ‘Engineering’ and the other ‘IT’.
- ✓ Heaven opening up showering poetry, philosophy and psychology.
- ✓ Africans of all ages anxiously waiting; ‘One word from Guru G and our souls shall be healed’.
- ✓ The rabbit exclaims; ‘stately moving towards the PSYCHIC PALACE’

## **PIRACY IS BLASPHEMY!!**

**Piracy is a very serious sin against God,  
Who through His wisdom created you;  
In His image, as truly distinct individual.  
Photocopying another individual's ideas,  
Is killing that person's creative power;  
And you become worse than a murderer.  
Buying a pirated material is also murder.**

**Unlike dumb Cain who slew creative Abel,  
Be your 'brother's keeper' and a nurturer.  
Buy the original because you are original,  
And be a partaker in the Divine creativity.  
Blessed is you who is watching this DVD,  
In its original form, where Divinity flows.  
Your honesty will augment your salvation.**

**Cursed be you who have stolen this idea;  
May God's wrath chill all your faculties!  
Integrate this DVD in your family affairs.  
It is a 'DIVINE DRUG' for your loved ones.  
It offers all the *conducive core conditions*,  
For deriving meaning in this 'existence'.  
And firing your ideal for self-actualization.**

**May God shower you with infinite blessings.  
Let Him refine your mind beyond all limits.  
Let Him expand all your 'PSYCHIC' horizons.  
Let Him remove all blinkers in your dreams.  
Have a purifying, and invigorating watching.  
Behold, you are the abode of all nobleness.  
Welcome! Welcome! Welcome! Welcome!**

By Gilbert Kinyua Mwaniki

- INTRODUCTION -  
**LOGGING IN**

Lets us start our 'THERAPEUTIC INTERACTIVE SESSION (TIS)' by invoking divine guidance and blessing through a word of **PRAYER**, to be led by one student.

All to sing the first stanza of the **NATIONAL ANTHEM** in English

O God of all creation  
Bless this our land and nation  
Justice be our shield and defender  
May we dwell in unity  
Peace and liberty  
Plenty be found within our borders.

Introduction by school administration *(who will later read following quotes)*

"Poverty of goods is easily cured; poverty of soul, impossible".

- French essayist, Michel de Montaigne (1533 - 1592)

"Injustice, poverty, slavery, ignorance – reform or revolution may cure these. But men do not live only by fighting evils. They live by positive goals, individual or collective, vast variety of them seldom predictable, at times incompatible".

- Latvian-born philosopher and academic Isaiah Berlin (1909-1997).

Students, teachers and staffs of .....

**GOOD AFTERNOON!!**

This creature, who is standing in front of you, is a human being by the name GILBERT MWANIKI. Most adolescents and students like you should feel comfortable referring me to as **GURU G** (SIMPLY GURU GILBERT). So from now henceforth address me as ..... *(The word GURU, is a Hindu name for a teacher, mentor, counselor or even therapist)*

For the purposes of basic introduction, I am a psychological counselor, a motivational speaker and an author of three books: "**An 'ABCD...for An Assertive African**", "**Building a 'PSYCHIC' PALACE: Provoking Positive Perceptions**" and "**STUDENTS POCKET COUNSELLOR (SPC)**".

*(Project the **PERSONAL PORTRAIT**)*

Song by **BOYZ II MEN – DEAR GOD**

Dear God  
It's me again...  
I am so far from where I could have been  
Dear God, I would be incomplete  
But u came and touched my life in time of  
need  
So I'm thanking you for all you've done  
And for sacrificing your only son

Formed in 1988, Boyz II Men is a US R&B vocal group,

Known for emotional ballads and acappella harmonies.  
This group is a trio, featuring baritone Nathan Morris,  
Alongside tenors Wanya Morris and Shawn Stockman.  
This 2001 song 'Dear God' is more sacred than secular.  
Dear God, I would be such incomplete but you came,  
And touched my life in time of need. Thank you God.  
(Full song played)

(All students to recite after me holding their chest and lifting their right hand)

My mind is open, without sordid misconceptions.  
My heart is receptive, without any iota of doubt.  
My soul is yearning, and freed of all impediments;  
To assimilate and integrate into my personality,  
Everything which GURU G, has prepared for me.  
Starting from now, I will be wholly transformed,  
Let this day be a historical turning point in my life.

I am energized to move from blunders to wonders.  
I will override all social and self-imposed scruples.  
I will break all the slavish chains of poor self-image.  
I will fully let loose all my infinite intuitive energies.  
I will fully shower with light all my cognitive powers.  
I will sprout all the latent seeds of greatness in me.  
May I be illumined by all the blessings of God, AMEN!

In this THERAPEUTIC INTERACTIVE SESSION (TIS), you will have a face to face encounter with mainstream THIRTEEN THERAPEUTIC TECHNIQUES, which will ultimately add value to your life precisely because:

(All students to reply after every sentence: "YES. LET IT BE!")

Your faculties will be nourished by 'Music Therapy';  
Your being will be cleansed by 'Meditation Therapy';  
You will be re-activated by 'Person-centered Therapy';  
Your concepts will be enhanced by 'Gestalt Therapy';  
Your percepts will have a dialogue with 'Logotherapy';  
Your values will be reinvigorated by 'Reality Therapy';  
Your beliefs will be realigned by 'Cognitive Therapy'.

Your spirituality will be stroked by 'Scriptural Therapy';  
You will be re-oriented by 'Rational Emotive Therapy';  
Your soul will be calmly relaxed by 'Laughter Therapy';  
Your personality will have a stint with 'Bibliotherapy';  
You will be ameliorated by 'Self-Instruction Therapy';  
Your latent traits will be unlocked by 'Dance Therapy'.  
You will ultimately revel in your optimum potential.

These THIRTEEN THERAPEUTIC TECHNIQUES which composes the chemical formula for our 'DIVINE DRUG' will be achieved through what I would refer to as **MAIEUTICS** (Greek *Maieutikos* meaning midwifery) MODEL. This model was designed by Greek philosopher Socrates who lived between 469 and 399 B.C., who taught that, the mind could not really come to knowledge of the good by the imposition of information from an external source. Rather, such knowledge has to be awakened within

the mind itself. Socrates seems to have derived this idea from Greek philosopher Xenophanes of Colophon lived between 570 and 475 B.C., who asserted: "To seem to know is prepared on all".

**MAIEUTICS MODEL** is based on the idea that, the truth is latent in the mind of every human being due to an innate capacity, but has to be 'given birth'. The philosopher's task, Socrates believed, was to provoke people into thinking for themselves, rather than to teach them anything they did not already know. So this concept holds that, knowledge is latent in the conscious mind, awaiting discovery. In this regard all educators should not forget that their aim is in the words of Greek philosopher Plato lived between 428 and 347 B.C., "not to put into the mind the knowledge that was not there before - though he may do that within the limits", but "to turn the mind's eye to the light so that it can see for itself."

**MAIEUTICS MODEL** paved way for what in our present psychological terminology has come to be referred to as the human innate desire for self-actualization, as Abraham Maslow lived between 1908 and 1970 teaches: "All the evidence that we have indicates that it is reasonable to assume in practically every human being, and certainly in almost every newborn baby that there is an active will toward health, an impulse towards growth, or towards actualization...What a man can be, he must be. This need we may call self-actualization...It refers to the desire for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything what one is capable".

*(Nine students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'MANENO' by Betty Bayo as the students prepares themselves)*

- M**oving beyond the dictates of passion, thus being blissful always.
- A**wakening my real nature and my experiential relation with God.
- I**ndulging in a De-suggestion process; freeing one of all stereotypes.
- E**ngaging in a De-programming process; to let loose latent powers.
- U**nchaining oneself from the clutches of darkness and ignorance.
- T**herapy's purpose is to direct the soul until it gives birth to Truth.
- I**nvolvement in endeavors to 'know myself' and 'care for my soul'.
- C**leansing myself of all illusions for the flowering of inherent traits.
- S**eeing the Supreme Truth (God) within me and in all of the Nature.

**MAIETICS MODEL** is not a stratagem but a strategy.  
It is a volcanic intellectual catalyst creatively crafted,  
To provoke you into a wholly resourceful, free thinker;  
To kindle in your *being*, that Godly-sanctioned heritage,  
To enter and thrive in the temple of self-sufficiency.  
To be a splinter of infinite Deity, like sparks from fire.  
To be in synchronicity with the 'mood of the moment'.

I am apparently not an Angel, like the Invisible Gabriel,  
But God is my most certain and immediate experience.  
My Cosmic-Consciousness rivals all theological proofs.

I find that, all my thought patterns circles around God,  
Like the myriad planets around the ever shining Sun;  
I am fully abandoned and irresistibly attracted to GOD.  
I would feel it as the grossest sin to resist this force.

I might not be a Prophet in the fine sense of the word,  
But I have that 'sixth sense' for the 'signs of the time'.  
My 'second pair of nostrils', smells the environment.  
With my 'third eye', I also have a glimpse of the future,  
That, a subtle specter is haunting our African society;  
This is the potent specter of an AFRICAN RENAISSANCE.  
And its thundering sound is loud for everyone to hear.

I might not be a Statesman, but my pragmatism illumines,  
That, while other continents' relatively advanced nations,  
Gives us the image of our progressive economic future,  
We are advantaged to learn from their reckless mistakes,  
And chart out a diligent course that is uniquely AFRICAN.  
It is either we creatively ride on the wave of this change,  
Or we will be ruthlessly swept aside by its strong tempest.

I might not be under the full inspiration of the Holy Spirit,  
Like the ancient saints and the past religious philosophers,  
But I am a subject of the compulsive Divine condemnation,  
To plod and vex you to indulge in 'Locating' your 'Bearing',  
To ignite in you the willpower to 'actualize' your 'potentials',  
To spur you to conscious reflection towards self-realization,  
To focus your mind's eye to the light, for it to see for itself.

**GOD IS GOOD** – *(all to reply)* **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – *(all to reply)* **AMEN**

*(all to recite)*

**GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

The **MAIEUTICS MODEL** which is an expression of the innate human being's impulse and desire for self-fulfillment and self-actualization can be vividly expressed in the following scriptural verses:

*(Each verse to be read by a particular student)*

**BIBLE**, Psalms, 112: 1-3 – *"Praise the Lord, blessed is the man who fears the LORD, who greatly delights in his commandments! His descendants will be mighty in the land; the generation of the upright will be blessed. Wealth and riches are in his house; and his righteousness endures forever"*.

**BHAGAVAD-GITA**, The Most Confidential Knowledge, IX: 34 – *"Engage your mind always in thinking of Me, become My devotee, offer obeisances to Me and worship Me. Being completely absorbed in Me, surely you will come to Me"*.

**HOLY QURAN** Qaf, 50:16 – *"And indeed We created man and We know what his ownself whispers to him. And We are nearer to him than his jugular vein (by Our Knowledge)"*.

Towards achievement of the above stated ends, I may use the various THERAPEUTIC TECHNIQUES singly, but be braced to experience an *eclectic* approach as I use them in combination. Of utmost importance, I would suggest that you view these approaches as complimentary rather than compartmentalized. However, I will not hesitate to point out the overriding technique in a certain instance.

“The bitterest tears shed over graves are for words left unsaid and deeds left undone”, so said U.S. writer and abolitionist, Harriet Beecher Stowe who lived between 1811 and 1896. Let me confess that, I feel highly honored and deeply appreciated for being offered by the administration of this school, this golden chance to offer a motivational talk to you. I would also like to pass my great gratitude to you students for having sacrificed your precious time to come and lender your ear to me.

“The voice of the intellect is a soft one, but it does not rest till it has gained a hearing”, so noted Austrian psychoanalyst, Sigmund Freud who lived between 1856 and 1939. In as much as your minds yearn to hear what the hell I have prepared for you, my vexations will only be cooled upon your receptive ear.

Preeminent Greek mathematician and inventor, Archimedes who lived between 287 and 212 BC, once exclaimed: “Give me where to stand and I will move the earth to its core”. I hereby request you to give me a place in your PSYCHE and I will turn your personality upside down and inside out.

I guarantee you from the highest peak on the refined layer of my consciousness, and upon the basest chambers on the bedrock of my conscience that, if you only OPEN UP to me, by the time you leave this hall, you will be a fundamentally different, refreshed and energized individual.

(In this age of IT Revolution, to SIGN IN to your e-mail, Facebook, or Tweeter account, one has first to LOG IN)

As such, having introduced myself, I beg to LOG IN, in the confines of your PSYCHIC territory!  
(*I can see the password has been verified*).

Having done so let me take an  
**‘ONTOLOGICAL OATH’:**  
(*Holding the three major scriptures*)

**In all measures**, I will strive to deal with your personal world and help you understand that internal world from your perspective.  
**Upon** my self-realization, I will arouse in you the self-awareness which will serve as a source of energy for higher achievement.  
**May** the extent of all my discourses be treasures against time, as they break down the walls of all your self-defeating attitudes.  
**Let** the tone of my utterances be chiseled by wisdom, to facilitate in you a self-imposed solution of emotional crisis and conflicts,  
**Can** my thoughts be weighed in the delicate balance of discrimination before permitting them outward garb of penetrating oratory.  
**Verily**, my mode of expression shall be a unique mark of sublimity as TRUTH flowers from me with a fragrant exhalation of the soul.  
**Behold**, the weight of divinity oozing forth from me will softly make your PSYCHE rise up towards an *existentially ennobling elevation*.

**So help me God!**

I am conscious that *Profuse Pride* precedes *Formidable Fall*.  
But my *Curative Contribution* to this *Guideless Generation*,  
Will be *Merrily Measured* or duly *Joyfully Judged* by my ability,  
To *Radically Revolutionize* and also *Realistically Raise* the bar,  
To *Ruthlessly Repudiate* all charlatanism and put a *Sure Seal*.

To this *Abused Art* but *Suitable Science* of *Motivating Minds*,  
***As all my poetry will ooze out in the mystical number 7.***

*Inspiringly Illumined* by the three major *Sound Scriptures*,  
I feel *Humanely Honoured* to lay bare all my *Solid Standards*.  
I feel *Holy Humbled* to *Decisively Declare* my *Lethal Loyalty*,  
To my core *Spiritually Sanctioned* and *Munificent Mission*:  
My *Godly Gyration*s, the hub of my *Categorical Charisma*,  
Is **HIGHLY HOLISTIC HIP HOPIC HYPOTHETICS, (5H)**;  
***As all my poetry will ooze out in the mystical number 7.***

My *Ontological Obsession*, my lingual *Gemlike Gymnastics*,  
Is being a **WONDROUS WHOOPING WORDS WIZARD (4W)**.  
My *Potent Profession*, the citadel of my *Astute Anointment*,  
Is **WITTILLY WAKING, SLUMBERING SPIRITS, (WW/SS)**.  
My *Flamboyant Formula* can be *Situationally Summarized* as:  
**FLOATING BUTTERFLY-STYLE, AND STINGING BEE-LIKE;**  
***As all my poetry will ooze out in the mystical number 7.***

(Project the **DESCRIPTIVE CARTOON**)

I undertake now to raise the curtain by offering you some tidbits on what MUSIC THERAPY entails.

MUSIC as a THERAPY was conceived by Martin Luther who lived between 1483 and 1546 and who was the father of Reformation thus: "Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us. Next to the Word of God, the noble art of music is the greatest treasure in the world." Music like religion unconditionally brings in its train a feeling of empowerment to our spirit and all the moral virtues to the heart it enters, however unworthy or hardened that heart might be. "Music soothes us with its rhythm and lifts us on its lullaby to the world less brutal than the earth", so contended American historian and philosopher Will Durant who lived between 1885 and 1981, "It may relieve pain, improve digestion and stimulate love".

British novelist George Eliot who lived between 1819 and 1880, could not conceal here amazement in regard to THERAPEUTIC effect of music: "There is no feeling, except the extremes of fear and grief that does not find relief in music. I think I should have no other mortal wants if I could always have plenty of music. It seems to infuse strength into my limbs and ideas into my brain. Life seems to go on without effort, when I am filled with music." German philologist and philosopher Friedrich Nietzsche who lived between 1844 and 1900 commented: "Life without music would be a mistake".

American writer and physician Oliver Wendell Holmes who lived between 1809 and 1894 also voiced the importance of music as a vital therapeutic tool: "Take a music bath once or twice a week for a few seasons, and you will find that it is to the soul what the water bath is to the body". "When I hear music, I fear no danger. I am invulnerable. I see no foe. I am related to the earliest times and the latest", thus confessed American naturalist and philosopher Henry David Thoreau. "Let me sum it for you. Information is not knowledge. Knowledge is not wisdom. Wisdom is not truth. Truth is not beauty. Beauty is not love. Love is not music. Music is the best", thus said US rock musician and composer Frank Zappa who lived between 1940 and 1993. Simply stated our definition of music flows thus:

(Five students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'ASILI YA MUZIKI' by Remmy Ongala as the students prepares themselves)

**M**omentous stimulation, evocation and expression of joy.

**U**ntravelling and releasing old patterns, habits and beliefs.

**S**piritual awakening and accessing the elemental powers.

**I**ntegrating the body, mind and soul for utmost working.

**C**ommunication conduit to access the Divine dimension.

If playing is to children what work is to all adults,  
Music is to adolescents what praying is to monks.  
Playing helps the child to explore and experiment.  
Work helps the adult to acquire health and wealth.  
Music can help you to channel your rogue appetites  
It may help you to quell the murmurs of passions.  
So play, work, pray and immerse in divine music.

Even if you had listened or not, to the song played,  
From today, in this THERAPEUTIC session onwards,  
For you to merrily churn out its 'existential' value,  
Don't just focus to the bare words in this music;  
But also to those hidden gaps between the words.  
Don't just listen with your closed conscious mind;  
But also with your subtle essential spiritual self.

*(All students to reply at the end of each sentence: "YES. LET IT BE!")*

Open up for it to have a pure THERAPEUTIC effect.  
Feel it ringing deep within the core of your being.  
Feel it uplifting your PSYCHE towards GODLINESS.  
Let it be a bridge from conscious to unconscious.  
Let it open you up to magnificent higher powers.  
Let it superbly amplify your total self-awareness.  
Let it be a catalyst towards your self-actualization.

Let it induce altered state of consciousness in you.  
Let it pull aside inner curtain and open inner space.  
Let it be primary entrance point to all inner states.  
Let it assist in locating the unity of body, and spirit.  
Let it drive you towards unique sense of wholeness.  
Let it help in witnessing fullest scope of imagination.  
Let it ignite you in attaining a clear glimpse of reality.

Our 'DIVINE DRUG' is intended at ensuring the development of healthy PSYCHIC practices and responses that are believed to bring about the best possible state of psychological well being of an individual. It is the sum of all experiences which favourably influence habits, attitudes and knowledge related to individual and school psychological health.

Our 'DIVINE DRUG' is a strategic, integrated multidisciplinary approach that is empowering and based on strengths and resources available at the individual level.

Shifting emphasis from *curative office-based counseling* to *preventive school-based counseling*, this 'DIVINE DRUG' derives its nourishment from all core and fundamental principles of Group Counseling. As such, the approach of this 'DIVINE DRUG' is designed to meet the needs of all students using a language that they are apt to understand and appreciate at this stage of their developmental process.

The main goal of this 'DIVINE DRUG' is to provide a conducive environment for each student's self-exploration, self-disclosure and feedback.

Eventually this 'DIVINE DRUG' will promote the 'here and now' interaction pattern and behavioural styles in a less threatening and supportive climate.

This '**DIVINE DRUG**' will radically have an *'elevating effect'*,  
It will augment you on *striving* to be a *self-stimulated student*,  
Who is relatively *entitled* to an *ennobling enriched existence*,  
Only if you have a total determination of pulling up your socks,  
To the extent of your absolute readiness to tightening your belt,  
As a measure of your commitment to rolling up your sleeves,  
In as much as you are purposive in improving on your PSYCHE.

*(All students to reply at the end of each sentence: "YES. LET IT BE!")*

You will comprehend how to be in touch with your ADOLESCENCE.  
You will be awakened to your supreme prerogative as a STUDENT.  
You will be influenced on how to be empowered by EDUCATION.  
You will know the inseparability of DISCIPLINE with your success.  
You will know all the formidable parameters regarding WISDOM.  
REALITY will propel you in clarifying and integrating your issues.  
You will comprehend the basic, general ramifications of TRUTH.

You will uniquely appreciate all the essential dynamisms of LIFE.  
You will get an illuminating conception on importance of DEATH.  
Your career choice, or VOCATIONAL path will be aroused in you.  
You will have that compelling appreciation of RELIGIOUSNESS.  
You will have a curative answer to the question of HAPPINESS.  
A sense of IDENTITY will direct all your beliefs and interactions.  
A sense of DESTINY will be fully anchored in all your valuations.

DREAM will ignite you in conceptualization of new state of affairs.  
A sense of FREEDOM will inform all your endeavours and ideas.  
CHOICE will dictate whom you aspires to be in the final analysis.  
WILL, shall summon all necessary strength for you to surmount.  
RESPONSIBILITY shall amour you against petty recklessness.  
POWER will keep you focused on the realization of excellence.  
CHANGE will augment you to formulate and modify your goals.

PATIENCE will sober up your wayward, wield and wild vexations.  
RADIANCY will keep you shining and buoyant amidst all dullness.  
INTEGRITY will make you stand taller in wherever you walk upon.  
COOPERATION will really abet you in performing hilarious feats.  
EMPATHY will help you in getting into others' frame of reference.

YEARNING will enrich the core, hub and nub of your valuations.  
PERSISTENCE will be the fuel that will light up and fire your ego.

SELFLESSNESS will keep you afloat in a hoarding and mean world.  
YEA-ATTITUDE will be solidly anchored in, and uplift your being.  
CREATIVITY will be let loose and start flowering with no boundary.  
HONESTY will be kindled and awakened upon your conscience.  
INTENTIONALITY will guide you in each of your toils and hustles.  
COURAGE will keep all of your desires focused without wavering.  
PRUDENCE will be the bedrock of your impulses and motivations.

RESPECT will make you a shining star giving directions to society.  
OPTIMISM will infuse your aspirations to keep on shooting further.  
GENUINENESS will aid your soul in dialoguing with others' souls.  
RECEPTIVENESS will keep your entire thought patterns ascending.  
AWARENESS will localize your consciousness to expansive mode.  
MATURITY will prioritize your needs in the midst of all confusions.  
SOCIALITY is what will surely keep you magnetic amongst people.

Tempered by these timeless ideals,  
You will augment your aspirations,  
Towards better personal adjustment.  
Then you will have a reason to smile.  
I hereby request everyone stand up!  
Let all your subtle disillusionments,  
Be washed away by a smiling heart.

Song by **KIRK FRANKLIN – I SMILE**

*I smile, even though I'm hurt see I smile,  
I know God is working so I smile,  
Even though I've been here for a while  
I smile, smile...  
It's so hard to look up when you look down.  
?, hate to see it when you give up now  
You look so much better when you smile, so smile.*

Born on January 26, 1970, this man Kirk Dwayne Franklin,  
Is an American gospel musician, choir director, and author.  
He is known for leading urban contemporary gospel choirs  
Such as *The Family*, *God's Property* and *One Nation Crew*.  
This year 2012 song 'I Smile' is one of his best production.  
Even though I'm hurt, I will smile, I know God is working.  
You look so much better when you smile, so keep smiling.  
(Full song played)

Still standing up.

To indulge ourselves in the Promethean Process ahead of us, let us cleanse ourselves with the 'THERAPEUTIC TECHNIQUE' relevant in this regard, which is MEDITATION THERAPY.

MEDITATION as a THERAPY is a reminder of our unbounded nature, of the part of us that is infinite in space and time. Having an inherent capacity to catalyze change in people's lives, it is the universe's affirmation that we are not

alone. It is the invocation of the presence of infinite means of support and nourishment within us and the Cosmos (from Greek *kosomo*, meaning universe). It is one of the most effective methods of finding meaning because it is a way of contracting a dimension of experience that seems wiser, deeper and more than egoistic and narrow individual sense of self.

Everyone is involved in a cosmic struggle,  
Between the individual centripetal forces,  
Of self-fulfillment and self-actualization,  
And negative societal centrifugal forces,  
Of decadence, dislocation and depression.  
But by making personal and sound choices.  
One is destined to succeed and triumph.

By surmounting all tumultuous turmoil,  
Towards a state of enduring tranquility,  
You will have kindled your inner 'LIGHT'.  
Which will shine upon your new 'WAY'.  
You will have been really 'BORN AGAIN'.  
You will cross the metaphorical bridge,  
Which leads to inner personal PARADISE.

The highest experience any human being  
Is sure of attaining in his or her mortality  
Is to have an intuitive experience of God.  
This is not literal face to face encounter,  
But an intuitive COSMIC CONSCIOUSNESS.  
This experience is the core purpose of life,  
Not something you wait until after death.

I therefore demand to effect a *coup de tat*  
Upon your entire PSYCHIC PROCESSES,  
By taking you on a TRANSCENDENTAL TRIP.  
I want to illumine in you, on how you can,  
Deliberately facilitate your Consciousness,  
To temporarily re-connect to ALL-THAT-IS;  
So that you may have a 'TASTE OF HEAVEN'.

Make your body be as relaxed as you can; loosen any tight cloth if possible.

- Turn your head round ----- 1, 2, 3, 4.
- Straighten your hands -----1, 2, 3, 4.
- Move your wrist up and down ----- 1, 2, 3, 4.
- Clinch your fingers-----1, 2, 3, 4.
- Stand akimbo-----1, 2, 3, 4.
- Shake your shoulders -----1, 2, 3, 4.
- Rotate your chest ----- 1, 2, 3, 4.
- Tighten your abdomen -----1, 2, 3, 4.
- Twist your waist -----1, 2, 3, 4.
- Shake your legs -----1, 2, 3, 4.
- Lift your body with your ankles-----1, 2, 3, 4.

RELAX

Shape the palm of your hand this way...and focus you're your eyes there *(30 seconds)*

CLOSE YOUR EYES

Shut out all external objects, by fixing the vision between the eye brows

Breath-in once,

Hold once,

Breath-out once.

COUNT FROM 10 TO 1, VISUALIZING ALL THE LETTERS IN BROWN COLOUR

Breath-in to a count of 4,

Hold to a count of 4,

Breath-out to a count of 4,

REPEAT 4 TIMES

Now visualize yourself lying on a boat as it floats smoothly on a river, while being refreshed by the soothing sound of brooks. As you enjoy this 'free-floating' mood, fill your mind with the BENEFICENT BLUENESS of the sky.

*(After a minute), STOP.*

Breath-in deeply once.

Hold once.

Breath-out deeply once.

OPEN YOUR EYES.

**GOD IS GOOD – *(all to reply)* ALL THE TIME GOD IS GOOD**

**PRAISE GOD – *(all to reply)* AMEN**

*(all to recite)*

**GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

*(I would be very much pleased if I get some comments and feedback from you)*

Owing to the rigorous standards of honesty imposed upon me by my conscience, before I proceed any further, I have **SEVEN SACRED SAMPLES OF BAD NEWS** for you.

1. You did not apply to be born and you cannot foresee the cause, as well as circumstances of your death.
2. A human being is to a good extent driven by unconscious motivations and irrational forces built up during childhood. Moreover you were never consulted whether you would want to be a boy or a girl, an African or a European, a Kikuyu or a Kamba.
3. You have no conscious control over your autonomic internal body processes like digestion and respiration.
4. You have absolutely no control over almost all natural happenings like storms and earthquakes.
5. No one can reverse the wheel of daily experiences, and there has been no formal statement from the dead to the living about the experiences after death.
6. Both experimental and historical data informs us that, human beings barely use ten percent of their brain capacity
7. Whereas the absolute universal TRUTH is GOD, there is no universal TRUTH in as far human beings are concerned.

Having stated **SEVEN SACRED SAMPLES OF BAD NEWS** I feel also compelled to state **SEVEN SACRED SAMPLES OF GOOD NEWS**.

1. Having been thrust unasked into the world it solely lies upon you to mold your essence. Moreover if you are not suicidal, you don't get to choose when or how you are going to die, but you can only decide how you are going to live NOW.
2. If we construe our life to be analogous to a book, when we were children our parents and society wrote the first chapters for us, and we may or we may not like either the content or the outline. But as mature individuals it is in our freedom to turn a new page today, take the pen in our own hand, and look forward to crafting our own plot and theme. You have to accept whom you are by capitalizing on your strengths and working on your weaknesses.
3. Ensure smooth working of your autonomic processes by being discriminatory on what you ingest, more importantly avoiding all types of drugs.
4. Though you cannot change the natural events, you can always change your perceptions towards these events and probably use them as stepping stones rather than stumbling blocks.
5. In as much you have no idea of life beyond the grave you should construe each moment as a challenge to you, and respond to it with the best that is in you. Having appeared in the world one time only, you never have the chance of starting a new life equipped with the experience from a previous life, such that it is your divine duty to pluck the thorn from your seemingly or possibly cursory life and plant a rose in its place.
6. It is within the human power of every individual to plug into the other ninety percent, access and utilize ones immense latent resources.
7. You are existentially condemned to find for yourself your individual TRUTH. Your future is not far away from you, but it is precisely locked inside you. Like a maize seed which when planted in a well manured soil, subjected to abundant light, will grow into a big maize comb, when you arouse in you the latent God endowed abilities, you will grow into WHOM YOU ARE, your TRUTH where you will revel in your unique personal resources.

*Song by CHIPMUNIK - CHAMPION*

*Some people have to learn  
Some people wait their turn  
Some people have to fight  
Some people give it up*

Born on the 26<sup>th</sup> November 1990, Jahmaal Noel Fyffe, Known by his stage name **Chip**, formerly **Chipmunk**, Is a rapper and a songwriter from Tottenham, London. This new song 'Champion' was released early this year. Some people have to learn. Some people wait their turn. Some people have to fight. Some people give their lives. Some people don't believe. But, I was born a champion.

*(Full song played)*

In this era of IT Revolution characterized by the shrinking of the globe, acceleration of history, and competitive global marketplace, the demand of nothing less than total efficiency and outstanding performance cannot be overemphasized.

I have structured my whole speech with the analogy of a computer. Besides the hardware aspect of a computer, for any computer to operate effectively it has to be installed with an **'Operating System'** (OS); a process which is then followed by installing the necessary **'Programs'**.

In human affairs, an 'OPERATING SYSTEM' is analogous to what psychologists refer to as 'SOCIAL SCHEMA', simply as 'an active organization of past experiences which must always be supposed to be operating in any well-adapted organic response'. Schemas are structures or patterns of assumptions, thoughts and beliefs which an individual uses to codify, categorize, and interpret their life experiences.

By 'PROGRAMS' what is meant here are EGO-STRENGTHS or VIRTUES facilitative in making you completely relevant and fully responsive to all changes unfolding in these TUMULTOUS TIMES.

My chief assignment is to replace current obsolete 'OPERATING SYSTEM' cum 'SOCIAL SCHEMA' as well as 'PROGRAMS' cum 'EGO-STRENGTHS' or 'VIRTUES' which are the abode of uncertainty, self-doubt, loneliness, sadness, frustrations, feelings of alienation and anxiety for the future, with new versions of 'OPERATING SYSTEM' and 'PROGRAMS', which will be the abode of joy, excitement, curiosity, a sense of adventure, an appetite for education and cultivating self-critical standards to refrain from anti-social actions.

Let us now open the Pandora's Box by indulging in a 'THERAPEUTIC TECHNIQUE' which is relevant in this opening stage known as PERSON-CENTERED THERAPY. The proponent of this technique, U.S Psychologist Carl Rogers (1902 – 1987) taught that, human beings have inherent self-actualizing tendency, which helps a person to meet his or her needs, develop a positive view about one-self and interact with the other people in the society effectively. Rogers invoked that, in the essential scheme of Creation, no human being is intended to be useless, worthless or a failure; that if we get to the core of every person, we will get a good person, who is rational, objective, trusted, self-fulfilling and self-actualizing. In other words, every person has within him or herself the resources and potential to make him or herself better, make constructive changes and move from self-defeating activities. The purpose of Person-centered Therapy for those of you whose flow of *Nourishing Natural Nectar* of LIFE may have been BLOCKED, is to re-activate their internal locus of evaluation, which is the core of one's impetus to evolve; ones inherent God-endowed self-actualizing tendency.

Following the foot-steps of Karl Rogers, if I should clarify what ought to occur in this interactive session, my assignment regarding the installing of a new updated OS as well as PROGRAMS is guided by SEVEN fundamental principles:

(To be read by the teacher in charge of guidance and counseling)

1. Help you in gaining self-understanding in order to make informed decisions, change disturbing behaviours and increase your ability of making better adjustment in your developmental process.
2. Invoke you to identify your unexploited latent potential, to get access to a greater part of your personal resources, as a means of responding to the challenges of your life thus becoming more competent, more contended and more creative, by becoming more productive at personal and at social level.
3. Stimulate you to come up with strategies which will help you deal with your distress or disturbances, thus arousing your maximal capacity for growth by removing all possible obstacles towards this end.

4. Arm you with tools to address and resolve problems you are bound to encounter in your daily existence, the power to make informed decisions, cope with crisis, work through feeling and inner conflict as well as improve relationship by being of greater service to others.
5. Facilitate you to develop a positive self image and enhance your self-esteem by enabling you to establish a set of beliefs and value systems that will guide your behaviour and action. This will enable you to bear any ill fortune optimistically and make the best of ‘a bad situation’.
6. Offer you **some stimulating suggestions**, which will catalyze you in the direction of being and becoming WHOM you are supposed to be.
7. Put you at the front-seat to intuitively view your unique God’s design for you, thus broadening your net, tightening its mesh and casting it far and wide towards appreciation of ALL THAT WHICH IS.

This new version of ‘OPERATING SYSTEM’ cum ‘SOCIAL SCHEMA’ is guided by the conviction that, the only valid guidepost to your HAPPINESS in every moment of your waking LIFE is to cultivate the WISDOM to be driven by the supreme ‘existential’ question, which should propel you in the direction to your individual TRUTH:

*To what extent am I striving to ‘Locate’ my real ‘Bearing’,  
In order that I may precisely ‘Actualize’ my ‘Potential’?  
(10 seconds silence as one contemplate the meaning of this question)*

*Organize yourself in a group of two. While facing ones colleague, let everyone repeat the following statement three times:*

## **FULLY FUNCTIONAL LIFE ENTAILS FELICITIOUS FREEDOM FROM, ENSLAVING FILTHY MOTIVES.**

Now let one person immediately count aloud ‘F’s’ in that sentence. Let the other person immediately count aloud ‘E’s’ in that sentence. Let each person count them once. How many? If one spotted five, it is OK. If one spotted six, that’s GOOD. If one spotted SEVEN (which is our mystical number), then that’s EXCELLENT. However, remember that, this is just a simple mental exercise, and whatever your SCORE, you are still on the right track.

Even if you are walking in mud up to your throat, whatever happens you’ve just got to keep moving on till you are submerged or reach the dry land. ‘Existence’ means opening yourself up to find the right answer to its problems and to fulfill the tasks which it constantly sets for you. William Shakespeare in ‘Hamlet’ (1600) gives us two alternatives to choose upon:

“To be or not to be- that is the question;  
Whether it’s nobler to suffer  
The slings and arrows of an outrageous fortune  
Or take arms against a sea of troubles  
And by opposing end them.”

(Impromptu)

In our ‘existence’ as in any race,  
The sole determining factor is not,  
The narrowness of our life’s space,  
Or the humbleness of the starting

(Poverty pertaining to birth status).  
Our sordid, suffocating, rogue past,  
Should not militate on your future.

The particular lane treaded upon  
(Your profession or career path)  
Has nothing to do with your excel.  
Or rather mannerisms of running  
(Handling of bustles and hustles).  
But the greatness of the finishing  
(Your triumph against all hurdles).

As far as the humans are concerned,  
This perpetual race of our mortality,  
Will not be barely won by the swift,  
But it is the reserve of the steady.  
Not those who have infinite visions,  
But those who persue to the end;  
Who never waver in their missions.

## Kitendawili! (wanafunzi wote wanajibu) Tega!

- Ni mnyama mgani Duniani kote, hutembea na  
miguu minne asubuhi, miguu miwili  
alfajiri, na miguu mitatu jioni.

### Jibu:

- Binadamu

Casual explanation by the facilitator

When all factors are held at a constant (e.g. family background and genetics) the variables that determine a FULLY FUNCTIONING HUMAN BEING flows thus:

**ADOLESCENCE = Free Time + Energy – Money**

**ADULTHOOD = Energy + Money – Free Time**

**OLD AGE = Free Time + Money - Energy**

To keep our THERAPEUTIC INTERACTIVE SESSION (TIS) alive, some rituals will be very persuasive

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

**Taking the 4(SE) 'DIVINE DRUG';**  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**  
in order that I may,  
**ACTUALIZE** my **POTENTIAL**

Song by **R. KELLY – I BELIEVE I CAN FLY**

*I believe I can fly  
I believe I can touch the sky  
I think about it every night and day  
Spread my wings and fly away  
I believe I can soar  
I see me running through that open door*

Born on January 8, 1967, American Robert Sylvester Kelly,  
This King of R&B is better known by stage name **R. Kelly**.  
From 1990 he has been singer-songwriter and a producer.  
This 1993 song '*I Believe I can fly*', is a call to dream big.  
If I can see it, I can do it; if I just believe it, I will succeed.  
I believe I can touch the sky; I think about it every moment,  
Spread my wings and fly away; I believe I can fly and soar.  
*(Full song played)*

# PART I

## INSTALLING THE OPERATING SYSTEM

### (A) FACTUAL FORMATTING

Installing a new OS is basically acquiring the appropriate knowledge, skills and attitude to enable you process what is going on within and around you, thus gaining a better understanding and the ability to identify your unexploited potential and become productive at personal and also at social level. My assignment is to stimulate you to come up with strategies which will help you deal with your distress or disturbances, develop a positive self-image and a sense of identity by establishing a set beliefs and value system that will guide your behaviour.

It is neither idle nor in vain to first of all FORMAT your hard disk by reminding you that, you are in all perspectives an ADOLESCENT, a STUDENT and who is immersed in EDUCATION and tempered by DISCIPLINE. The 'THERAPEUTIC TECHNIQUE' relevant in this regard is GESTALT THERAPY.

The term Gestalt is a German word that means, 'whole, configuration or pattern'. It focuses on the awareness of the whole person. Individual acts as a whole unit although he or she has many parts and aspects of the body. These include emotions, thoughts, sensations and perceptions. Consequently a person can only be understood in the context of the whole person. This is reflected in the celebrated phrase by one of the major proponent of this technique German psychologist Kurt Koffka (1886-1941): "The whole is greater than the sum of the parts". Another concept in Gestalt Therapy is environment. An individual is part of his or her environment. If you want to understand a person, you need to understand his or her environment. Further, the concept of 'here and now' is crucial in Gestalt Therapy. A person can only be physically present in one place at a time. Problem is experienced when a person lives 'here and now'. As such as a method of awareness practice, what may also be referred to as 'mindfulness', Gestalt therapy, emphasize on holistic response to experiences, and that, accurate perception of one's needs and of the world is vital in order to balance ones experience for the purposes of achieving 'good Gestalten' (total awareness).

Another main proponent of this theory Fritz Perls (1893-1970), argues that personality consist of self and self-image. We develop those concepts as we interact with the environment during development. The former is what one actually is. It is the one that helps a person to become all that one is capable of becoming (self-actualization). The latter is what other people expect one to become. It hinders the tendency of self-actualization by imposing external standards. Perls claimed that a person's early interaction will determine which aspect will dominate his/her personality. He regarded maladaptive behaviours to be a developmental disorder, which involved neglect of self while attending to the demands of self-image.

As an ADOLESCENT, it is not an overstatement to categorically assert that, you are no more a child, and not yet an adult. You are in a stormy transitional period in your psychosocial developmental stage characterized by explosive bodily changes, persuasive cognitive improvements, and volcanic emotional turmoil. From a developmental psychologist's perspective, 'ADOLESCENCE' is a time sanctioned by society for one to experiment and find a place in the society. At this stage, you are required to evaluate personal assets and liabilities and come up with a clear concept of WHOM YOU ARE and what you would like to become in LIFE.

**I hereby exhort you with holy humbleness and divine dedication:**

*As an aware adolescent and a Serious Scholar;  
The clarion invocation of this GESTALT THERAPY,  
Is for you to be more fully and creatively alive,  
And to become free from all stumbling blocks,  
And unfinished business from your rogue past,  
That militates your fulfillment, and satisfaction,  
And to experiment with new ways of becoming.*

Here now flows our definition of an ADOLESCENT:

*(Ten students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song, 'NIKUMBUKE' by Christiana Shusho as the students prepares themselves)*

**A**scribing subordination to parents' and teachers' guidance.

**D**eveloping self-confidence and focusing on present goals.

**O**vercoming all infantile identifications with my parents.

**L**earning to distance from the false influence of peers.

**E**ngaging in realistic assessment of vocational chances.

**S**earching for and questioning of adult roles and values.

**C**ommitment to firm decisions towards a desired life path.

**E**ntertaining only an ideology which I can honestly follow.

**N**etworking only with those who can augment my growth.

**T**rying different ways of acting, dressing and behaving.

Besides appreciating your Psychosocial Prerogative as an 'ADOLESCENT' your *prima facie* duty as a 'STUDENT' should never escape your consideration.

**I hereby exhort you with holy humbleness and divine dedication:**

*As an aware adolescent and a Serious Scholar;  
Be your real self; who your individuality invokes.  
Break all those cocoons of folly and ignorance.  
Never be dislocated by the influence of peers.  
Never allow being molded upon others' image.  
Always cultivate and nurture your self-concept  
Always utilize the present moment optimally.*

Here now flows our definition of a STUDENT:

*(Seven students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'AKISEMA' by Jemimmah Thiong'o as the students prepares themselves.)*

**S**eeing all my teachers as allies and not my enemies.  
**T**reating my parents with all the respect they deserve.  
**U**nlocking all my inherent study and learning potential.  
**D**irecting all my subtle impulses towards a better future.  
**E**ndeavoring to clear off negative retrogressive feelings.  
**N**egating all emotional plagues against my self-esteem.  
**T**rampling upon all social and self-imposed limitations.

As a STUDENT your major condemnation is to have a good education. What is EDUCATION therefore? Education is the most persuasive *'suitable survival strategy'* to be won to the service of the individual and the general community. Education should therefore, be geared towards an *'extensively enterprising existence'* with an earnest concern on the psychic advancement of the individual, which is the basis for the cultural health of the society. The subject-matter, should be treated neither as an end in itself nor as a means of preparing the student for an occupation or career. It should be used, rather, as means toward self-development and self-fulfillment. If you amass the contention that, education ought to be the key to general social improvement and to your growth as a dynamic psychological as well as biological entity, you will also grasp the fact that, education should not simply be a preparation for future living, but rather a process of living, its own end. "Education is the most powerful weapon which you can use to change the world", so noted Nelson Mandela.

**I hereby exhort you with holy humbleness and divine dedication:**

*As an Aware Adolescent and a Serious Scholar:*  
 Education is the supreme key to your future thrive.  
 Make learning to be a joyous, invigorating experience.  
 Study not with the shallow aim of passing the exams;  
 Study with a deeper objective of acquiring knowledge,  
 And in the formidable expansiveness of your mind,  
 Passing exams will be naturally and easily achieved.

Here now flows our definition of EDUCATION

*(Nine students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
 Best part of the song 'SIKU MOJA', by Solomon Mukubwa as the students prepares themselves.)*

**E**nhancing my general outlook with all knowledge acquired.  
**D**irecting learning to affect all my behaviour and desires.  
**U**sing and verifying what is learned in class, in general life.  
**C**ultivating all my resources to being a productive person.  
**A**rousing critical thinking and perpetual thirst for more ideas.  
**T**ransforming all my old notions into self-enhancing percepts.

**I**nterrogating and reflecting on the world and all its unfolding.

**O**pening up and clearly seeing for myself new perspectives.

**N**urturing and developing every potential capacity within me.

If EDUCATION is your main diet, then the essential ingredient in education is DISCIPLINE. DISCIPLINE is the royal road to order and stability, the only basis of sound education. DISCIPLINE is the fixed point from whence the chain of individual evolution which supports all the rest of our moral valuations and intellectual orientations hangs suspended; all other human motives and further desires are the remotest links of the chain.

**I hereby exhort you with holy humbleness and divine dedication:**

*As an **Aware Adolescent** and a **Serious Scholar**:*

Discipline is basically the ever-fresh starting point  
In concise directing or changing all your behaviours,  
Be it learning something or training for something.  
It means conscious self-control over your lifestyle.  
It is having full power and command over yourself;  
Your emotions, motives, inclinations and percepts.

Here now flows our definition of DISCIPLINE.

*(Ten students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'KIATU KIVUE', by Anastasia as the students prepares themselves.)*

**D**elaying of self-gratification towards a formidable future thrive.

**I**ntentionally avoiding all those things which belong to others.

**S**eeing cheating as an arm and defective defense of the weak.

**C**reating and maintaining the reputation for honest dealing.

**I**nsistence on developing traits that enhances my personality.

**P**atterning my values to the avoidance of telling tall stories.

**L**ackadaisical in exaggerations which leads to going far astray.

**I**mputing imagination in issues, but never losing track of reality.

**N**egating aggression, for it surely shows emotional inadequacy.

**E**ncouraging amicability in the resolution of all social conflicts.

This now boils down to three fundamental questions:

**As an AWARE ADOLESCENT and a SERIOUS SCHOLAR,  
What is chiefly misleading to your personality orientation?**

*(All students to recite as projected on the screen)*

Falsefully thinking that license is freedom,  
That untutored whims are good tastes.

And that, wild passions are fashionable,  
Or crude gestures are expressive deeds.  
Following the crowd without questioning,  
Assuming that rebellion is any liberating,  
Confusing naivety with what is practical.

**As an AWARE ADOLESCENT and a SERIOUS SCHOLAR,  
Where is the fastest path of growth for your cognitions?**

*(All students to recite as projected on the screen)*

Comfortably wearing the dead men's shoes,  
By acquiring the knowledge as researched,  
Through tireless efforts of all past geniuses,  
Besides, sitting on shoulders of these giants.  
Allowing my thoughts to influenced by books.  
Much like flowing water carving out a canyon.  
To be lifted into the abode of sages and heroes.

**As an AWARE ADOLESCENT and a SERIOUS SCHOLAR,  
Which is the line of little resistance for your development?**

*(All students to recite as projected on the screen)*

Honest as well as perpetual self-evaluation,  
And critical assessment of my personality,  
In order to basically prepare for a vocation,  
That will eventually suit all my temperaments.  
So that I may balance my personal aspirations,  
With the opportunities available in my society,  
And become a productive, creative individual.

Every AWARE ADOLESCENT and SERIOUS SCHOLAR at a particular class has some duty placed upon him or her, which he or she cannot run away from, if he is to be a well adjusted individual. In Form I you are bound to EXPLORE, in Form II you are bound to EXPERIMENT, in Form III you are bound to PARTICIPATE, and in Form IV you are bound to COMMIT. As I read each of the following BENEVOLENT BEATITUDES, I would expect the specific class to stand up.

(Form I to stand up)

**Blessed is you who EXPLORES the immense possibilities of your mind and body,  
For you shall REALIZE who you know deep down you can be!**

(Form II to stand up)

**Blessed is you who EXPERIMENTS with progressive ideas through self-disclosure,  
For you shall KNOW your real mode of being in the world!**

(Form III to stand up)

**Blessed is you who PARTICIPATES in the ebb and flow of cognitive restructuring,  
For you shall RISE to being sovereign to your circumstances!**

(Form IV to stand up)

**Blessed is you who COMMITS to the perpetual utilization of your latent energies,  
For you shall DEVELOP from partially to fully functioning person!**

Anthropologists estimates the age of the earth to be 4.6 billion years, whereas the first human being may have appeared on this planet around 200,000 years ago. Now considering the present world population to be approximately 8 billion, it means that as an individual you are 1/8 billionth of the world population.

Following these revelations, then whom are you? What are you? Where are you? Why are you?

As an AWARE ADOLESCENT and a SERIOUS SCHOLAR, whom are you?

*(Everyone reply)*

**I am a self-determining conscious individual fully in charge of my destiny.**

As an AWARE ADOLESCENT and a SERIOUS SCHOLAR, what are you?

*(Everyone reply)*

**I am a combination of all positive motivations enough to propel me forward.**

As an AWARE ADOLESCENT and a SERIOUS SCHOLAR, where are you?

*(Everyone reply)*

**I am in this world faced with the responsibility of utilizing every moment of it.**

As an AWARE ADOLESCENT and a SERIOUS SCHOLAR, why are you?

*(Everyone reply)*

**I am a God's creature with an assignment of actualizing all my latent potentials.**

*Seems the devil of 'poor concentration' is haunting you. Let's see how we can scare him away. I will use my magic skills to know the day, month and the year of birth of each one of you.*

Jog your mind with the following exercise. Write down the month and day of your birth e.g. if your birthday is December the sixth, you will write down 126. Double this number and you will give the result of 252. To this add five, bringing the total to 257. Multiply this total by fifty, bringing the total to 12850. At this point add your present age, with the result of the total rising to 12887. To this add the number of days in a normal year, 365, which brings the result to 13252. From this, subtract 615, and in this case, the answer would be 12637. Give that answer sheet to your partner. He or she would then know that you were born on 12<sup>th</sup> month, the 6<sup>th</sup> day, and that you are now 37 years.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;

I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on PATIENCE

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

**Taking the 4(SE) 'DIVINE DRUG';**

**which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**  
in order that I may,  
**ACTUALIZE** my **POTENTIAL**

Song by **JASON CASTRO - ONLY A MOUNTAIN**

Another day, another fight  
It always feels like an uphill climb  
Another step, another mile  
The story of your life

Born on March 25, 1987, American Jason René Castro,  
Is a very successful acoustic folk-pop and a rock-star.  
He is also a contemporary Christian singer-songwriter.  
His '*Only a Mountain*' released in 2012, is so inspiring .  
You don't have to find your way around this mountain.  
Just tell it to move, it'll move, and tell it to fall, it'll fall.  
More vital, you don't have to let your fear to control it.

*(Full song played)*

## **(B)** **FORMIDABLE FILES**

The 'THERAPEUTIC TECHNIQUE' relevant in regard to FORMIDABLE FILES is LOGOTHERAPY. Logotherapy is a term made of two words namely, logos and therapy. Logos is a Greek word which is defined as 'meaning'.

German-born US psychologist Victor Frankl (1905-1997) developed Logotherapy, which is premised on the fact that, the will to meaning is basic to human motives. A human being struggles to know and understand the meaning one's existence, such that, the blockage of this search leads to a state of meaninglessness in life (existential vacuum) or existential frustration. The ultimate goal of Logotherapy is to help you as an adolescent and a student to find the meaning of your existence by arousing in you a solid conscious of your obligations.

The backup FORMIDABLE FILES for our '**OPERATING SYSTEM**' cum '**SOCIAL SCHEMA**' includes; WISDOM, REALITY, TRUTH, LIFE, DEATH, VOCATION, RELIGIOUSNESS and HAPPINESS.

## **WISDOM**

Recorded 5 seconds soul soothing instrumental embedded with words... WISDOM WIPES WANTONNESS. x2

Like the soft, cool and soothing morning breeze,  
Which flows forth from the tempestuous ocean,

Replenishing and sanctifying everything around,  
WISDOM assists us in intimately understanding  
Ourselves, our social and natural environments,  
So that we can operate comfortably in the open,  
And not blindly, and helplessly wildly in the dark.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: WISDOM WIPES WANTONNESS!

WISDOM is the capacity for marshaling, applying and combining all our intellectual faculties and resources towards finding solutions to various problems facing us, and involves making concrete decision in line with all relevant and available information.

Let's now consolidate this definition of WISDOM:

*(Six students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'MABAWA' by Migori Catholic Choir, as the students organizes themselves).*

**W**orking out to fully exploit our talents and capacities.

**I**nvolving our minds with new and inspiring concepts.

**S**eeing old things in an ever refreshing new percepts.

**D**estroying all fabrics of falsity and endeavoring afresh.

**O**verriding all superstitions and intellectual inhibitions.

**M**agnetizing our minds for big, ennobling enterprises.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) 'DIVINE DRUG';  
which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

## REALITY

Recorded 5 seconds soul soothing instrumental embedded with words... REALITY ROCKS RANDOMNESS. x2

Like the immortal stars which sends their light,  
Shining against the dark mantle of the night,  
Giving mortals a glimpse of cosmic benevolence,  
REALITY is fully tantamount to a ray of divine light  
That descends like a lightning bolt into our psyches,  
Passing through and lighting up the inner darkness,  
Arousing in us an urgent, deep sense of spontaneity.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: REALITY ROCKS RANDOMNESS

Our human existence is composed of continuous, successive, poetic (sometimes mundane) moments that will never return in exactly the same way. As such, there is no reality for us as human being devoid of our conscious relation, and our participation in a particular issue or affair.

Let's now consolidate this definition of REALITY:

*(Seven students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'USIJINYIME RAHA by Sipati Picha' as the students organizes themselves).*

**R**especting the individual as a pattern of continually changing parts.  
**E**verything is constantly shifting, changing, and ever taking new form.  
**A**ssuming benevolence silence on other people's morals and doctrines.  
**L**oving each moment as well as recognizing its passing wondrous beauty.  
**I**ntuitive cherishing of connectedness and lack of barriers between things.  
**T**uning our internal experience to be in synch with our external expression.  
**Y**ielding to nature wholeheartedly, and esteeming its infinite enrichment.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

**Taking the 4(SE) 'DIVINE DRUG';  
which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

## TRUTH

Recorded 5 seconds soul soothing instrumental embedded with words... TRUTH TRANSCENDS THEORIES. x2

Like the cargo ship voyaging in the high seas,  
Propelled by its crew to anchor in its harbour,  
Diligently guarded against the roguish of pirates,  
The quest for TRUTH is an individual enterprise,  
Which demands an absolute concentrated effort,  
And total as well as dedicated individual initiative;  
Freeing our instincts of all the fetters of dogmas.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: TRUTH TRANSCENDS THEORIES!

TRUTH is channeling ones aspirations as per the demand of season, dancing to the musical beat of one's historical time, appreciating each moment and making the best of it, thus becoming free to be whatever one's nature deserves.

Let's now consolidate this definition of TRUTH:

*(Five students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'USILALE' by Yusto Onesmus as the students organizes themselves.)*

**T**esting and consecrating everything in regard to consequences.  
**R**ealizing the relativity and transiency of all ideals and values.  
**U**neathing the subtle reasons beneath surface manifestations.  
**T**aking no principle as fixed and practical in all circumstances.  
**H**onouring everything that is real and positive in ourselves.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

**Taking the 4(SE) 'DIVINE DRUG';**  
which entails:

**STRIVING to be a SELF-STIMULATED STUDENT who is**  
**ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

## LIFE

Recorded 5 seconds soul soothing instrumental embedded with words... LIFE LOATHES LETHARGY. x2

Like the immeasurable natural sounds of brooks,  
Which makes soothing lyrics in the eve of night,  
Making nature to revel in its mysterious powers,  
LIFE defies any idea of a single static explanation.  
It has no definite and clear beginning, middle or end.  
It is an endlessly decisive and creative experience.  
It is getting what we want and enjoying it maximally.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: LIFE LOATHES LETHARGY!

LIFE entails meeting and overcoming obstacles and rebuffs, moving boldly into the illuminated temple of liberty by lighting a virtual flame in all our wakefulness, in a perpetual struggle at attaining all our objectives.

Let's now consolidate this definition of LIFE:

*(Four students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"*

*Best part of the song 'MATAIFA' by Migori Catholic Choir as the students organizes themselves.)*

**L**etting nature to unfold without our preconceptions.  
**I**ncensing all our impulses toward self-actualization.  
**F**reeing our PSYCHE of all infantilism and fanaticism.  
**E**ngaging in pursuits that reflect our real personality.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

**Taking the 4(SE) 'DIVINE DRUG';**

which entails:  
**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## DEATH

Recorded 5 seconds soul soothing instrumental embedded with words... DEATH DRAWS DIVINITY. x2

Like the roaring devious devastating earthquake  
Which strike without warning or being provoked  
But arouses humans to protective inventiveness,  
DEATH is a great revealer of what is in a human;  
And in its solemn somehow disguised shadow  
Appear the subtle naked lineaments of the soul.  
It is the condition of higher and more fruitful life.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: DEATH DRAWS DIVINITY!

DEATH is a very important factor in giving meaning to life, since in case of its absence, there would be no responsibilities; thereby rendering life meaningless as actions could be postponed indefinitely. As such German-born US psychologist Victor Frankl (1905-1997) exhorts us: "So live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!"

Let's now consolidate this definition of DEATH:

*(Five students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'SHALOM' by ..... as the students organizes themselves)*

**D**eciding upon our direction without any hesitation.  
**E**nnobling our evolution through daily creative tasks.  
**A**bandoning all fears in regard to cessation of life.  
**T**ranscending all historical and situational barriers.  
**H**olistic reaction to all conditions of life we encounter.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## RELIGIOUSNESS

Recorded 5 seconds soul soothing instrumental embedded with words... RELIGIOUSNESS RAPTURES ROTTENNESS. x2

Like the merry-making birds early in the morning  
Which sings out choruses to welcome a new day,

Seeing no misfortune or calamity ahead of them.  
We must see God, not just as a probable hypothesis,  
But a living, experienced reality in our existence.  
RELIGIOUS faith entails vision and commitment,  
Not mere speculative theories or rigid dogmas.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: RELIGIOUSNESS RAPTURES ROTTENNESS!

RELIGIOUSNESS calls upon us to indulge in a personal spiritual pilgrimage of reestablishing ourselves to our undifferentiated, original source of vitality. Every authentic conscious human being's ultimate ideal, in total appreciation of the mystery of universe, should be to seek communion and harmony with the presence behind the phenomena, by melting away ones individual 'being' in order to swim contentedly dissolved in the vast ocean of the 'Supreme Being'.

Let's now consolidate this definition of RELIGIOUSNESS:

*(Thirteen students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'WINGS OF DOVE' by Ferlin Hursky as the students organizes themselves)*

**R**elishing ourselves as a part and parcel of Divinity.

**E**mbarking on uprooting ourselves from self-betrayals.

**L**oving everybody as ourselves with no strings attached.

**I**ntentionally committing ourselves to a progressive life.

**G**iving out without ever expecting to be rewarded back.

**I**ncisively testing and improving on our potential quotient.

**O**pening our 'beings' to the mysteries of the 'Cosmos'.

**U**niting our innermost 'beings' with the 'Supreme Being'.

**S**hooting forth the arrow of our aspirations courageously.

**N**urturing human welfare and altruistic social co-operation.

**E**njoying fully our every moment and hour of mortality.

**S**oaking ourselves to the social and historical imperatives.

**S**urrounding ourselves with the informative companions.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) 'DIVINE DRUG';  
which entails:**

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## VOCATION

Recorded 5 seconds soul soothing instrumental embedded with words... VOCATION VENTS VISION. x2

Like capacious ocean which receives many sources  
Of waters from rivers, the streams and the rain  
And contains them without filling up to the overflow  
When our skills are in consonance with our abilities,  
Then there is satisfaction and pride in our work  
And a realization of our human value and dignity.  
We become partakers in the activity of the Creator.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: VOCATION VENTS VISION!

VOCATION is simply a sense of life mission or purpose. In this regard, it therefore goes that, choosing or planning a career is an involving, multi-step process which should be accorded the time it deserves; learning enough about oneself and the occupation one is considering in order to make an informed decision. Just because the outlook for an occupation is good, it doesn't mean that occupation is right for one's personality; one is compelled to take into account one's interests, values, and skills.

Let's now consolidate this definition of VOCATION:

*Eight students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'MTETEZI WANGU' by Christiana Shusho as the students organize themselves).*

**V**igorousness in vital aspects of our existence.  
**O**rientation towards all diverse environments.  
**C**reativity in our uniquely chosen career path.  
**A**cquisitiveness to new reinvigorating options.  
**T**raining according to our core temperaments.  
**I**gnoring anything that purges on our potential.  
**O**verriding all fantasizing in our career choice.  
**N**urturing purely clear attitudes and aspirations.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) 'DIVINE DRUG';**

**which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

## HAPPINESS

Recorded 5 seconds soul soothing instrumental embedded with words... HAPPINESS HARBOURS HOLINESS. x2

Like the river water which always flows downwards  
From the high levels through gravity to the ocean

And cannot reverse its direction under any attempt,  
HAPPINESS cannot be barely pursued; it must ensue.  
It is an unintended side-effect of personal dedication,  
To a sublime intentional cause, Greater than oneself;  
Never losing a sense of the wonder in life's mysteries.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: HAPPINESS HARBOURS HOLINESS!

“Happiness is a mystery like religion, and should never be rationalized”, thus wrote British writer and poet, G. K. Chesterton (1874 - 1936). HAPPINESS is never to be found in the objective world, nowhere we can see it, nowhere we can feel it, nowhere we can hear it, for it is a subjective condition, an attitude, a quality and a state of mind to be cultivated within us, such that, when it anchored in us, no external circumstance can deprive it from us. Simply stated, the fact that, circumstances never create character but only reveal it, likewise happiness depends on our dispositions, not on our circumstances, meaning that a happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes. “Three grand essentials to happiness in this life are having something to do, something to love, and something to hope for,” so noted English writer Joseph Addison (1672-1719).

Let's now consolidate this definition of HAPPINESS:

*(Nine students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'AMENISAMEHE' by Emachichi as the students organizes themselves.)*

**H**eightening by our own efforts our overall propagation.  
**A**ctualizing a wider range of discernible daily possibilities.  
**P**atterning our minds and souls always for joyous mood.  
**P**reserving our inner calm in the midst of a rough world.  
**I**ndulging in daily pursuits that gives a sense of meaning.  
**N**ourishing ourselves always with creative positive ideals.  
**E**ver adjusting, modifying and correcting our perceptions.  
**S**ense of self-sufficiency even in the midst of all aridity.  
**S**preading our sails in pursuit of all that is empowering.

As an ***Aware Adolescent*** and a ***Serious Scholar***,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

**Taking the 4(SE) 'DIVINE DRUG';  
which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

*Song by ACE OF BASE – LIFE IS A FLOWER*

*We live in a free world  
I whistle down the wind  
Carry on smiling  
And the world will smile with you  
Life is a flower*

*So precious in your hand  
Carry on smiling  
And the world will smile with you*

Originally formed in 1987, *Ace of Base* is a Swedish pop group, initially consisting of Ulf "Buddha" Ekberg and three siblings, Jonas Berggren, Malin 'Linn' Berggren and Jenny Berggren. This philosophical song '*Life is a Flower*' is a 1992 release. We live in a free world, that is why I whistle down the wind you should carry on smiling and the world will smile with you. Life is a flower, so precious in your hand, so carry on smiling.  
(Full song played)

## (C) **DOMINANT DRIVERS**

The 'THERAPEUTIC TECHNIQUE' relevant in regard to DOMINANT DRIVERS is REALITY THERAPY. The founder of Reality Therapy is American psychiatrist William Glasser (b. 1925). Glasser emphasized on developing a healthy functioning personality, through personal choice, personal responsibility and personal transformation. Glasser maintained that, this is precursor of a success identity, characterized by feeling good and comfortable about oneself, as opposed to failure identity which is the main source of anxiety, guilt, and self-disapproval.

The DOMINANT DRIVERS are comprised of; IDENTITY, DESTINY, DREAM, FREEDOM, CHOICE, WILL, RESPONSIBILITY, POWER and CHANGE.

## **IDENTITY**

Recorded 5 seconds soul soothing instrumental embedded with words... IDENTITY INNOCULATES INFERIORITY. x2

Like the forest full of many types and various sizes of trees,  
Each endowed with production of different flowers and fruits,  
But each occupying its space without competition or rivalry,  
IDENTITY is self-conception as a productive societal member,  
By forging for oneself some cultural perspective and direction,  
By uniquely answering the question, 'Who am I?' satisfactorily  
Failure which, one will suffer role confusion and identity crisis.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: IDENTITY INNOCULATES INFERIORITY!

IDENTITY was defined by American clinical and developmental psychologist James E. Marcia (1980) thus: "Identity is a self-structure, an internal, self-constructed, dynamic organization of drives, abilities, beliefs and individual history. The better developed this structure is, the more aware individuals appear to be of their own uniqueness and similarity to others, knowing their strengths and weaknesses. The less developed this structure is, the more they have to rely on external sources to evaluate themselves". American scientist Michael Spenser Waterman (1984) defines 'Identity' as: "Having a clearly delineated self-definition comprised of those goals, values and beliefs to which the person is unequivocally

committed. These commitments evolve overtime and are made because the chosen goals, values and beliefs are judged as worthy of giving direction, purpose and meaning to life”.

Let’s now consolidate this definition of IDENTITY:

*(Eight students to stand up and read each sentence loudly as others reply: “YES. LET IT BE!”  
Best part of the song ‘NAKAZA MWENDO’ by Joseph Nyuki as the students organizes themselves)*

- I**dentifying oneself with ones gender and taking ones proper role.
- D**eveloping skills and competencies in ones career and duties.
- E**xploring and accepting ones weaknesses to fulfill ones potential.
- N**urturing accurate perception of one’s reality to meet ones needs.
- T**olerance in dealing with others, and ones emotions effectively.
- I**nitiating and maintaining productive relationships with others.
- T**apping on what one competently do, cannot and ought to do.
- Y**earning for a unifying philosophy of life embracing ones values.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) ‘DIVINE DRUG’;**  
**which entails:**

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## DESTINY

Recorded 5 seconds soul soothing instrumental embedded with words... DESTINY DERIVES DECISEVENESS. x2

Like the modern state-of-art highway carefully built  
To accommodate many cars moving in all directions  
With the intent of curbing jam and reducing accidents  
DESTINY is really making ourselves other than we are;  
Becoming aware of and overcoming our blind spots,  
Developing new perspectives about our social space  
Utilizing and making use of all available opportunities.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: DESTINY DERIVES DECISEVENESS!

DESTINY is the medium about which your struggle towards authenticity takes shape, at the same time affecting any outward expression of this struggle, as you choose to throw ourselves into the future; as you choose to adjust yourself to developmental process; moving in the direction of identifying your natural bent, your REAL SELF; summoning into your ‘being’ that which was mere possibility and making it an actuality; continually amassing more power as you go on creating yourself endlessly. For the growing ambitious youngsters like you, ‘Destiny’ precisely means being keen on the elusibility of your Prime, being on the alert to recognize your Prime at whatever time of your life it may occur and the

preparedness to live it to the full.

Let's now consolidate this definition of DESTINY:

*(Seven students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"*

*Best part of the song 'RACE' by Paul Mwai as the students organizes themselves)*

**D**irecting our minds towards achievement of progressive targets.  
**E**nsuring our immortality by doing things with a lasting impact.  
**S**ynchronizing the rate of external changes with internal growth.  
**T**empering our real personalities towards the unity of character.  
**I**ncreasing the rate at which we approach our esteemed goals.  
**N**ever exaggerating our emotions to either extreme right or left.  
**Y**earning on unveiling opportunities and opening up new avenues.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) 'DIVINE DRUG';**

**which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is**

**ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

## DREAM

Recorded 5 seconds soul soothing instrumental embedded with words... DREAMS DRAWS DESTINATION. x2

Like a high-speeding bullet, defying and cutting through mist,  
Fired from the most modern gun, by a sure sharp-shooter,  
Which will not in any case stray, waver or miss its target,  
'Dreams' are the uniquely human way of ordering the future,  
Making it predictable to the extent that is humanly possible.  
As a product of creativity, when we try we are almost there;  
We anticipate our arrival because we are in perpetual motion.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: DREAMS DRAWS DESTINATION

Unlike all ill discoverers who think there is no land, when they can see nothing but sea, from DREAM, we can derive very powerful motivations, which may propel us in achieving miracles, through acquisition of movements which enables us to distinguish between the 'quick' and the 'dead'. This explains why, all great leaders, thinkers and scientists from antiquity down the present times were and are intense practical dreamers; creatures with the vision and the imagination to see realities in their mental and spiritual form before they could transmute them into physical form. They were men and women who harnessed the intangible, unseen forces of unborn opportunity, and converted those forces (or impulses of thought), into practical use, and every form of convenience that make LIFE more pleasant and bearable.

Let's now consolidate this definition of DREAM:

*(Five students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'NDOTO' by Shusho as the students organizes themselves)*

**D**oing anything which is the core object of one's wishes undeterred.  
**R**ealizing that, every failure bring with it seeds of equivalent success.  
**E**ntertaining fertile imaginations which arouse belligerent buoyancy.  
**A**waking and arising and asserting oneself as a star in the ascendancy.  
**M**oving away from the save harbor and catching the tirade in ones sails.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) 'DIVINE DRUG';**  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## **FREEDOM**

Recorded 5 seconds soul soothing instrumental embedded with words... **FREEDOM FUNDAMENTALLY FULFILS.** x2

Like the spontaneous bushfire in the savannah grassland,  
Which categorically consumes each and all on its trail,  
With devilish ferocity and without taint of discrimination,  
FREEDOM manifest in our individual self-determination;  
It is the call, duty and an imperative to categorically be,  
All we are supposed to be, all we can and ought to be;  
To be ideally our real selves, and be integrally human

That is why I *anointingly assert* in all intents and extents without fear of contradictions: **FREEDOM FUNDAMENTALLY FULFILS!**

FREEDOM is never liberating oneself from the necessities of life, which can only make a human being an empty shell of a thing. On the contrary, 'Freedom' is manifested in our creative endeavors, in spontaneous actions and most of all in making decisions. It therefore, falls squarely to the individual alone to commit him or herself at every moment to one of a limitless range of possibilities evident in this world.

Let's now consolidate this definition of FREEDOM:

*(Seven students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'NAJUA by Esther Njeri as the students organizes themselves)*

**F**ocusing on our prerogative of continually molding our essence.  
**R**idicule any idea of the suggestion of a static scheme of universe.  
**E**nhanced by a lack of absolute universally obligatory moral code.

**E**valuating our chosen ends by becoming creators of our situation.  
**D**efining what we really want to be by being source of our values.  
**O**perating and working oblivious of real or imagined constraints.  
**M**agnifying that urge of life expressing itself in the desire to grow.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## CHOICE

Recorded 5 seconds soul soothing instrumental embedded with words... CHOICE CHERISHES CONQUEST x2

Like the garden full of many flowers always blossoming,  
When blown by the monsoon wind emits a sweet scent,  
Aimed at attracting various insects to facilitate pollination,  
What people are is a function of the CHOICES they make,  
Not that, people's choices are a function of what they are.  
As such, neither social stereotypes, nor scholarly doctrines,  
Can relieve one, of the burden of having to make 'choices'.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: CHOICE CHERISHES CONQUEST!

CHOICE consists in judging the merits of multiple real or imagined options and selecting one of them and consolidating by a corresponding action. As the human circumstance is agonizing and admits no palliative, it therefore goes that neither reason, nor social convention can relieve a person of the burden and responsibility of having to make 'choices'; and none of these factors can assume the superiority of one choice over another. This simply means that what people are is a function of the choices they make, not that their choices are a function of what they are.

Let's now consolidate this definition of CHOICE:

*(Six students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'MSHUKURU BWANA' by Shusho as the students organizes themselves)*

**C**ontempt towards submitting of ourselves to the whims of others.  
**H**olistic awareness of one as a conscious agent existing for oneself.  
**O**wning up to the compulsion to strive to comprehend the world.  
**I**nstrumental in dominating world affairs, wherein our meaning lie.  
**C**ompensating for all defeats and defects by striving for successes.  
**E**ngaging in a purposive effort to become our real, authentic selves.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## WILL

Recorded 5 seconds soul soothing instrumental embedded with words.... WILL WORKS WONDERS. x2

Like the raindrops which falls upon a dry land  
To fertilize it and give it a beneficent lease of life  
To facilitate the sprouting of seeds for all living,  
We are all bound to marshal the strength of WILL,  
So as to bring to the fore a coordinating purpose,  
A creative spark to which we will readily sacrifice  
Every aim, desire, intent and motive of our heart.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: WILL WORKS WONDERS!

WILL suffices out as a natural growth of autonomy, independence and self-determination; an unbroken resolve to exercise *freedom of choice* and of self-restraint. 'Will' whose general ramifications is unity of all our desires, is the way of life; it is the characteristic form of growing life, and its strength and stature increase only as life finds for it new adventures, labours and new victories. So if we wish to be strong, we must first choose our goals and plot an appropriate road for their achievements, and then cleaving to them with all our physical and mental muscles at whatever cost.

Let's now consolidate this definition of WILL:

*(Four students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"*

*Best part of the song 'WARAKA', by Bahati Bukuku as the students organizes themselves)*

**W**orking out our motivation for self-education and self-leadership.

**I**nternalizing the imperative of living by design and not by default.

**L**everage of desires as manifested in acting through volitional efforts.

**L**ocalizing our ideals on the forward moving aspect of development.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

# RESPONSIBILITY

Recorded 5 seconds soul soothing instrumental embedded with words.... RESPONSIBILITY RUBISHES ROTTENNESS. x2

Like the galaxy way where many planets, suns and moons  
Revolves without any friction or colliding with one another  
Without pointing any blaming finger on any of its malady,  
RESPONSIBILITY entails abhorring looking for scapegoats,  
To atone for our shortcomings, mistakes and omissions.  
And moving from the illusory comfort zones of our folly,  
Being glorious not in never falling, but in rising upon fall.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: RESPONSIBILITY RUBISHES ROTTENNESS!

RESPONSIBILITY is discerning the consistent melodic theme running throughout our behaviour, though it may have many variations in tempo, pitch or intricacy, but nevertheless recognizable. It is appreciating that our development as unique and creative individuals is dependent upon the subjective interpretation we give to the world. Our behaviour is unitary in which our thoughts, feelings, actions, dreams, memories and even physiology all lead in the same direction.

Let's now consolidate this definition of RESPONSIBILITY:

*(Fourteen students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'BWANA' by Sarah as the students organizes themselves)*

**R**esisting being accountable to anybody in pursuance of personal projects.  
**E**xpunging off all the sense of powerlessness in overriding predicaments.  
**S**elf-cultivating the authority to make independent autonomous decisions.  
**P**erceiving not, ourselves as helpless hostages determined and given to fate.  
**O**pulent measure in continual success in self-preservation and propagation.  
**N**ever succumbing to any resignation even towards what seems inevitable.  
**S**olving all the myriad problems facing us using all God-endowed faculties.  
**I**nsistence on pursuance of morally valuable and intellectually viable goals.  
**B**elieving not, that what happens to us results from uncontrollable forces.  
**I**nspiration derivation from all failures by turning them into rallying cries.  
**L**ooking for a remedy instead of looking for excuses for our misfortunes.  
**I**ndulging in harmless errors, making fun of them without suffering guilt.  
**T**rashing aside all blame shifting by owning up when one makes a mistake.  
**Y**ielding not to conformity which sends one to the hell of depersonalization.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG';**

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## POWER

Recorded 5 seconds soul soothing instrumental embedded with words....POWER PROVIDES PENETRATION x2

Like the traditional melodiously thundering drumbeats,  
Which vexed and awakened the spirits of mother nature,  
To her inescapable prerogative of nourishing all creatures,  
POWER will enable us to develop those life-seeking values,  
Which can stand up alongside the brute facts of existence;  
Vital in opening our minds to every kind of understanding,  
Not readily denying, but seeking honour in affirming life.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: **POWER PROVIDES PENETRATION!**

British mathematician and philosopher Bertrand A.W Russell (1872 –1970) argued that all human activity springs from impulse and desire for POWER. According to German philologist and philosopher Friedrich Nietzsche (1844-1900) the 'will- to-power' or basically the 'love of power' is the desire to produce intended effects upon the world, whether human or non-human and each one of us shares the common goal of striving for superiority, for power, even though there are many different ways by which we may achieve this goal. This view was later advanced by Valentin Kartsev, as quoted by Eric L. Harry's novel depicting the Third World War '*Protect and Defend*' (1992): "Power over one's fellow man is the root of all human activity. For what better way to control one's destiny than to bend others to your plans and your will? The urge to amass that power is both irresistible and subliminal. Whether that power is gained by beauty, by the muzzle of a gun or by the moral suasion of one's ideas, its accumulation is the end of itself, of every human alive".

Let's now consolidate this definition of POWER:

*(Five students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'MWENYE PUMZI' by Migori as the students organizes themselves)*

**P**ursuing all that makes for, preserves and justifies the feeling of strength.  
**O**vercoming all that points towards humiliation, weakness and exhaustion.  
**W**orking towards acting according to personal highest thoughts and values.  
**E**xuberance in intensity and extensity of life as the spring of vital actions.  
**R**ediscovering by ones own, the unique road leading to a Yes and to a No.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG';**

which entails:

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

## CHANGE

Recorded 5 seconds soul soothing instrumental embedded with words....CHANGE CHEERS CHALLENGES x2

Like the Sun descending down in the twilight hours,  
Which announces the end of a tedious and toiling day  
And proclaims the beginning of a new relaxing night,  
CHANGE implies that, any person can lowly start life,  
Doomed to pass through the dirt of social decadence,  
And yet through a self-induced 'psychic revolution',  
Acquire that cleanliness and grace of body and mind.

That is why I *anointingly assert* in all intents and extents without fear of contradictions: CHANGE CHEERS CHALLENGES.

In our Human 'Existence' nothing is static, movement is imperative as everything is always in a state of motion; either backward or forward; either growth or decay. And plainly speaking, it is easier to CHANGE ourselves than to transform anyone else. "There is only one corner of the universe you can be certain of improving", wrote, English novelist, essayist, critic and poet Leonard Aldous Huxley who lived between 1894 and 1963, "and that's your own self". We might refer this as the datum of our quest for a '*luminous life*'; an impetus to self-improvement and it implicitly lies on the realization of existence of a latent germ of being – a capacity or *potentiality* striving to realize and *actualize* itself.

Let's now consolidate this definition of CHANGE:

*(Six students to stand up and read each sentence loudly as others reply: "YES. LET IT BE!"  
Best part of the song 'TURN! TURN!' by Dolly Patron as the students organizes themselves)*

**C**hanneling our impulses towards realization of elegance and richness in life.  
**H**astening our evolution through deliberate and soul nourishing commitments.  
**A**ltering our attitudes, which is the sure springboard for altering our behaviours.  
**N**egating all suffocating situations and ever seeking reinvigorating environments.  
**G**rowing fully by amassing our entitlement to all possible psychosocial unfolding.  
**E**nnobling ourselves with optimum physical, intellectual and emotional responses.

To keep the fire of our THERAPEUTIC INTERACTIVE SESSION (TIS) burning:

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

**Taking the 4(SE) 'DIVINE DRUG';  
which entails:**

**STRIVING to be a SELF-STIMULATED STUDENT who is  
ENTITLED to an ENNOBLING ENRICHED EXISTENCE**

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**  
in order that I may,  
**ACTUALIZE** my **POTENTIAL**

Song by **KENNY ROGERS – SOMETHING INSIDE SO STRONG**

*Something inside so strong  
I know that I can make it  
Though you're doing me wrong so  
wrong  
You thought that my pride was gone,  
oh no  
There's something inside so strong  
Something inside so strong*

Born on August 21, 1938, Kenneth Donald 'Kenny' Rogers,  
Is a US singer-songwriter, photographer and record producer.  
He is also a part time actor, good entrepreneur and an author.  
This country song '*Something inside so strong*' is a 1982 release.  
There's something inside so strong; I know that I can make it.  
In your deep malice, though you're doing me wrong so wrong;  
In your bad motives, you thought that my pride was gone, oh no.  
*(Full song played)*

I hope that, we are together voyaging contentedly, competently and creatively in this SEA OF SELF-SEARCH, with the hope that we shall comfortably anchor on the HARBOUR OF SELF-REALIZATION.

I can see that my time is running out irretrievably. But excuse me, our debate has just begun. We have only succeeded in installing our 'OPERATING SYSTEM'. To offer you some nutritious, if not delicious food for thought, marks the core of our discussion, by installing new 'PROGRAMS'.

# PART II

## INSTALLING THE PROGRAMS

### 21 PRICEY 'PSYCHIC' PROGRAMS for the 21<sup>st</sup> CENTURY.

1. **P**ATIENCE
2. **R**ADIANCY
3. **I**NTEGRITY
4. **C**OOPERATION
5. **E**MPATHY
6. **Y**EARNING
  
7. **P**ERSISTENCE
8. **S**ELFLESSNESS
9. **Y**EA-ATTITUDE
10. **C**REATIVITY
11. **H**ONESTY
12. **I**NTENTIONALITY
13. **C**OURAGE
  
14. **P**RUDENCE
15. **R**ESPECT

16. **O**PTIMISM
17. **G**ENUINENESS
18. **R**ECEPTIVENESS
19. **A**WARENESS
20. **M**ATURITY
21. **S**OCCIABILITY

For the '**DIVINE DRUG**' I am prescribing to you to have an '*endless existentially elevating effect*' my proposed pattern of administering it will be **PSALMIC** (the word PSALM means in Greek a 'Song'). This pattern is reflected in the words of St. Paul in Ephesians 5:18-19: "And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in PSALMS and hymns and spiritual songs, singing and making melody to the Lord with all your heart..."

True to my profession as a Psychological Counselor, I shall facilitate you in a 'Funneling Down' (beginning broadly and narrowing down to focus deeply to your individuality) process, or rather a movement from peripheral manifestation to the ontological core. Again, true to my oratorical compulsion that, *all my poetry oozes out in a mystical number 7*, this 'depth chart' shall be achieved via '**Seven Superb Steps**'. This is the essence of our **PSALMIC PATTERN**, which flows thus:

**P** – **PROVERBIAL** – Proverbial Provocation;

3 D animations expounding a relevant Swahili saying.

**S** – **SCRIPTURAL** – Scriptural Sources;

Quotes from major holy books (Bible, Koran and Gita).

**A** – **AMELIORATING** – Ameliorating Assertions;

Reaping maximally from our infinite human potential.

**L** – **LAUGHINGLY** – Lively Laughter;

High spirited, soul nourishing and educative humour.

**M** – **MODELING** – Motivating Model;

Laudable lessons from those who lived an exemplary life.

**I** – **INSPIRING** – Inspiring Instruction;

Use of self-arousing and self-instructing poetic messages.

**C** – **CATHARTIC** – Charismatic Catharsis;

Deliberate emotional release through music and dance.

(Recorded)

The chief ingredients of our '**PSALMIC PATTERN**' is an extensive religious scholarship (what was), alloyed with a thorough psychological empiricism (what is), coupled with intensive philosophical speculation (what ought), all anchored in the matrix of solid historical realism (what must). When it is built up in a musical mode, it is assimilated in a precise poetic manner and therapeutically danced out.

Let us briefly focus on our 'PSALMIC PATTERN' in the context of componential, interrelated, persuasive and indispensable 'THERAPEUTIC TECHNIQUES'; Cognitive Therapy, Scriptural Therapy, Rational-Emotive Therapy, Laughter Therapy, Bibliotherapy, and Dance Therapy.

## **P – PROVERBIAL –**

### Proverbial Provocation as a basis of and premised on 'Cognitive Therapy'

**Cognitive Therapy** - Aaron Temkin Beck (born 1921) is an American psychiatrist who is widely regarded as the father of Cognitive Therapy. This technique seeks to help the client overcome difficulties by identifying and changing dysfunctional thinking, behavior, and emotional responses. This involves helping client develop skills for modifying beliefs, identifying distorted thinking, relating to others in different ways, and changing behaviors. Treatment is based on collaboration between client and therapist and on testing beliefs. Therapy consists an invocation to test beliefs and the assumptions which one makes and identifying how some of one's usually unquestioned thoughts are irrational, distorted, unrealistic and unhelpful. Once those thoughts have been challenged, one's feelings about the subject matter of those thoughts are more easily subjected to change. While magnification of negatives and minimization of positives are breeding ground of 'Depression' which is a great detractor to our happiness, Beck calls upon us to crush and correct all cognitive distortions, which amongst them includes: quickness in drawing conclusions without apparent evidence, thus increasing the chances of making wrong conclusions (arbitrary inference); drawing general conclusions based on a single event thus making wrong conclusions (overgeneralization); attending to detail while ignoring the total context (selective abstraction).

## **S – SCRIPTURAL –**

### Scriptural Sources as a basis of and premised on 'Scriptural Therapy':

**Scriptural Therapy** – No human being is so vain of ones own religion as the one who knows no other. Just as rivers, ponds, lakes and streams which all have different names but all contain water, so is the nature of all different religions that, each contain its own truths. As we therapist turns to the professional community in our search for valuable ideas and approaches to help those in need, we must not forget the treasure of knowledge readily available through the scriptures. The scriptures present the mind and will of God for His eternal offspring. While many important truths have come to behavioral scientists as they endeavor to help those with complex social and emotional problems, the success of the methodologies used is often in proportion to their consistency with revealed eternal truth. The Lord has given us, from the very beginning, instruction on how we should live. These words are contained in our holy scriptures. If we are to gain eternal life, we need to study and learn the law of the Lord, for this will give us the course and the path to follow. We want to have peace and joy and happiness in this life and be inheritors of eternal life in the world to come. These are the two greatest blessings that it is possible for people to inherit. We can gain them by reading and learning the words of eternal life, here and now, and by keeping the commandments which prepare us for immortal glory in the world to come. The bigger we make God, the smaller the problems in our lives. Moreover, by appreciating other people's religion, you will be able to see your faith from a perspective that is free from delusions.

## **A – AMELIORATING –**

### Ameliorating Assertions as a basis of and premised on 'Rational-Emotive Therapy':

**Rational Emotive Therapy (RET)** – This therapeutic technique was developed by American psychologist and psychotherapist Albert Ellis (1913 – 2007), who was inspired by many of the teachings of Asian,

Greek, Roman and modern philosophers. It is a comprehensive, active-directive, philosophically and empirically based psychotherapy which focuses on resolving emotional and behavioural problems and disturbances and enabling people to lead happier and more fulfilling lives. It is premised on the fact that, human beings, unlike animals have value system, develop a cognitive structure and think. While rational thinking promotes a healthy functioning person, and holding irrational ideas eventually get them into trouble. The technique is pursued through lecturing and instructing the client to change negative thoughts and beliefs. Also through teaching logical thinking and problem solving to encourage self efficacy (the belief in one-self being competent, that one has the ability to do something). If a person lacks a sense of self-efficacy concerning a particular task one is likely to give up quickly. Albert Bandura (1986) claimed that, if self-efficacy is lacking, people tend to behave ineffectively even though they know what to do.

## **L – LAUGHINGLY –**

Lively Laughter as a basis of and premised on ‘Laughter Therapy’:

**Laughter Therapy** - We need to laugh more and seek stress reducing humor in our everyday lives. Laughter is the human gift for coping and for survival. Laughter ringing, laughter peeling, laughter roaring, laughter bubbling. Chuckling. Giggling. Snickering. Snorting. These are the sounds of soul saving laughter which springs from our emotional core and helps us feel better, see things more clearly, and creatively weigh and use our options. Laughter helps us roll with the punches that inevitably come our way. The power of laughter is unleashed every time we laugh. In today's stressful world, we need to laugh much more. "Before the assault of laughter nothing can stand," so noted Mark Twain (1835-1910). *Laughter* as an instant vacation was construed by German philosopher Immanuel Kant (1724-1804), as “an affection arising from the sudden transformation of a strained affection into nothing”. *Laughter* which is an audible expression or appearance of excitement, and an inward feeling of joy, has an interpersonal advantage of helping humans clarify their intentions in social interactions by providing an emotional context to conversations, in the manner of signaling acceptance and positive interactions. It is sometimes contagious such that the laughter of one person can itself provoke laughter from others as a positive feedback.

## **M – MODELING –**

Motivating Model as a basis of and premised on ‘Bibliotherapy’:

**Bibliotherapy** - In its most basic form, Bibliotherapy is using books to aid people in solving the issues that they may be facing at a particular time. It consists of selecting reading material relevant to a client's life situation. Bibliotherapy has also been explained as ‘a process of dynamic interaction between the personality of the reader and literature-interaction which may be utilized for personal assessment, adjustment, and growth’. The concept of the treatment is based on the human inclination to identify with others through their expressions in literature and art. For instance, a grieving child who reads, or is read a story about another child who has lost a parent may feel less alone in the world. Bibliotherapy serves to expand our ‘Cognition’ as well as our ‘Consciousness’. ‘Cognition’ is the memory of the results of various modes of action, and may encompass the vital historical knowledge which may serve as an antidote to contemporary ignorance, whose increase is proportionate to the increase in our foresight. ‘Consciousness’ on the other hand produce a stage for the rehearsal of imagined response, wherein through memory, imagination and reason we eliminate unwise reactions, and therefore facilitate successful realization of our goals.

## **I – INSPIRING –**

Inspiring Instruction as a basis of and premised on ‘Self-Instruction Therapy’:

**Self-Instruction Therapy** – Self-Instruction Therapy is a technique of teaching clients to regulate their behaviour by talking to themselves. According to the proponent of this therapy, Donald Meichebaum (1977) what people say to themselves will determine what they will do. In other words: “One is who one tells oneself is”. He proposes that the therapist should change the individual’s self-instructions so that his or her behaviour can change. This approach focuses on changing what people say to themselves, both internally and out loud. This is achieved through self-help techniques that promote adaptive thinking and training procedures to teach individuals to think in ways that ameliorate their problem behaviours. Clients are taught a repertoire of possible activities that they can use to make their behaviour more adaptive. In addition clients are taught to conduct private monologues or rather self-talk in which they tell themselves adaptive ways of thinking and coping with their situations. This is precisely reflected in the Proverbs 18:20-21: “From the lips of his mouth a man is satisfied; he is satisfied by the yield of his lips. Death and life are in the power of the tongue, and those who love it will eat its fruits”.

## **C – CATHARTIC –**

Charismatic Catharsis as a basis of and premised on ‘Dance Therapy’:

**Dance Therapy** - Catharsis, from the Greek *Katharsis* meaning ‘purification’ or ‘cleansing’, is a sudden emotional breakdown or climax that constitutes overwhelming feelings of great pity, sorrow, laughter, or any extreme change in emotion that results in renewal, restoration, and revitalization. Though the term *catharsis* has also been adopted by Freudian psychoanalysis, to describe the act of expressing, or more accurately, *experiencing* the deep emotions often associated with events in the individual's past which had originally been repressed or ignored, and had never been adequately addressed or experienced, it may simply be expressed in our daily life through ‘Dance Therapy’. Being a very holistic and integrative healing modality, the very nature of movement and dance demands that we be fully present. In other words, by aiming at attaining a state of emotional, mental, spiritual, and physical health, a therapeutic DANCE should engage our whole being. This relationship is mutual; our level of consciousness or attitude can greatly affect the outcome of our dances, and conversely our dances can greatly affect our level of consciousness. “Dancing is the loftiest, the most moving, the most beautiful of the arts, because it is no mere translation or abstraction from life; it is life itself”, so asserted British psychologist and author Havelock Ellis (1859 - 1939). DANCING encourages introspection, releasing toxins from the body, the elimination of the waste by-products of conditioning and support, thereby getting in touch with the part of us which never takes life too seriously, and sees life as an exciting opportunity to learn, grow and develop.

No wonder then our PSALMIC PATTERN will be culminated by what I have discovered to be a ‘GIKIMWA Dance Therapy’. The term GIKIMWA is simply an initialization of my names. GI is the shortening of Gilbert, KI is the shortening of Kinyua and MWA is the shortening of Mwaniki. Still true to my *creative compulsion* that, all my poetry oozes out in a **mystical number 7**, GIKIMWA ultimately translates into:

**G**yrations of the head expressing a KUKU dance.

**I**nfuriation of shoulders in a HELICOPTER way.

**K**runking of waist through a BELLY dance.

**I**ntonation of body as in a GORILLA walking.

**M**ovements of legs through a FOOT work.

**W**hole body shaking as if on an electric shock.

**A**brogating everything as one melts away.

Truly, truly I say to you with utter solemnity;  
In all shades that, when all is said and done,  
Our 'PSALMIC PATTERN' is the mystical 'beat'  
That is solidly intended to invoke your PSYCHE,  
To the clear conception and comprehension,  
Of experience and daily encounters in totality,  
And plays out the subtle sweetest 'melody'.

This is the 'lyric' of profound understanding,  
Which radically reveals that highest 'music',  
Clearly as well as transcendently discernible,  
Only when the waves of our individual 'rhythm',  
Synchronizes with the 'dance' of 'existence',  
Thus making the spontaneous 'orchestra' of LIFE,  
Much meaningful as our spirits are rejuvenated.

The core lyric of our 'PSALMIC' PATTERN flow thus:

*(Recorded)*

An inescapable reality of today's world,  
Is that we live in the Greatness of Times.  
It is a period of adventurous experiments;  
Characterized by acceleration of history.  
It is an era of flourishing inventiveness;  
Characterized by the shrinking of the globe.  
*For you are anointed for superb attainments.*

You should tune to the 'spirit of the age'  
By understanding all historical compulsions;  
Appreciating all psychological imperatives;  
Churning out all scriptural persuasiveness;  
Which are relevant to your circumstances,  
Which propels you to your essential calling.  
*For you are anointed for superb attainments.*

In their enduring life changing encounters,  
Of substantial, prominent historical figures,  
We learn how achievement and mastery,  
Consequently leads to status and prestige,  
As a perpetual reflection of responsibility,  
And as a candid expression of authority.  
*For you are anointed for superb attainments.*

You should indulge on a 'growth' pilgrimage,  
From being change blind; 'ignorance is bliss',  
To being ambivalent; 'sitting on the fence',

To experiencing change; 'testing the waters',  
To active work towards the esteemed change,  
To the commitment to, 'never fall from grace'.  
*For you are anointed for superb attainments.*

Endeavor to excel in your academic matters,  
Strive for a strong and good emotional health,  
Learn to master and manage your environment,  
Learn to cope with all difficulties and problems,  
Learn to adapt to the demands of adult world,  
Establish solid, satisfying social relationships.  
*For you are anointed for superb attainments.*

It is idle to stagnate by mourning of your fate.  
It is in vain to continue indulging your sorrows.  
You ought to bury all trenches upon your psyche,  
Which may have been dug in your early childhood,  
By forgiving and forgetting all past maltreatments,  
And give vent to all emotions through a DANCE!!  
*For you are anointed for superb attainments.*

In as much as we have 21 PROGRAMS, I will perform the *most modern and daunting dance* of 21<sup>ST</sup> CENTURY, through 21 MOVEMENTS as I pour out my spirit through the following SPOKEN SONG in order to stimulate you towards an individualized process of **Exploration, Understanding and Commitment.**

(All students to respond with an *NT*)

1. PATIENCE entails being AWARE of not having weak spirit, vain desires, idle aspirations and espousing being purely ardent.
2. RADIANCY entails taking CAUTION against blackening the hearts of others, and being a source of everyone's entertainment.
3. INTEGRITY entails AVOIDING soiling your soul with retrogressive deeds, and always practicing the virtue of being transparent.
4. COOPERATION entails KEEPING OFF conformity, but interacting with others only to the extent of augmenting your improvement.
5. EMPATHY entails WALKING AWAY from self-centeredness and move to the centers of others, towards personal emolument.
6. YEARNING entails ASCERTAINING the need to deeply investigate everything at hand, as a fulcrum to world daily tournament.
7. PERSISTENCE entails CULTIVATING the perpetual showering of your spirit with energy which is locus of being decent.
8. SELFLESSNESS entails AROUSING in you the rising above narrow egoistic self- interests, as a measure of being potent.

9. YEA-ATTITUDE entails EVOKING in you the swift responsiveness to changing conditions, as leverage to your adornment.
10. CREATIVITY entails ILLUMINING in your mind all that will practically make sense, thus making yourself a God's present.
11. HONESTY entails AFFIRMING in you the true sense of selfless appreciation of reality, as a citadel for existential covenant.
12. INTENTIONALITY entails ASPIRING to be the captain of your life ship, by prioritizing on important issues without postponement.
13. COURAGE entails STRIVING to amass all possible determination, to be productive, by always being actively perseverant.
14. PRUDENCE entails DEDICATING at keeping your heart fully reinvigorated which will make you a sure existential incumbent.
15. RESPECT entails CHANNELING your motivations toward making others energized, thus seeing yourself as surely important.
16. OPTIMISM entails FOCUSING on always generating novel and appropriate ideas, which are reflective of your infinite talent.
17. GENUINNESS entails DRIVING yourself toward your essence where your energies resides, thus being nature's vital incumbent.
18. RECEPTIVENESS entails PROPELING yourself towards a personal passion for details, and indulging in perpetual movement.
19. AWARENESS entails COMMITTING to a total believe in your potential, in a joyous appraisal of living fully every moment.
20. MATURITY entails LIGHTING the heartily response to the call of your daily duties as a well-adjusted, competent adolescent.
21. SOCIABILITY entails IMMERSING yourself in reflecting others' tastes which is the precise mark of a successful student.

***Song by SAIGON - BEST THING THAT I FOUND***

Another face, in the crowd  
 Fall from grace, I'm comin down  
 You're the best thing that I found  
 You're the best thing that I found  
 You lost your way, I lost my crown  
 I'm still here, feet on the ground  
 You're the best thing that I found

Born on July 13, year 1977, Brian Daniel Carenard  
 Who is better known by his unique stage name Saigon,  
 Is an American gospel rapper and an occasional actor.  
 'Best thing that I found' is his best production so far.  
 This song full of gospel message is a 2012 release.  
 You lost your way, and I lost my crown I'm still here,  
 Feet on the ground you're the best thing that I found.  
 (Full song played)

# 1. PATIENCE

Recorded 10 seconds soul soothing instrumental embedded with words...PATIENCE PRACTICALLY PAYS. x2

## PROVERBIAL PROVOCATION

Paukwa (wote wanajibu) Pakawa

Mstahimilivu hula... (jibu la wanafunzi) mbivu

(3 D animations)

(See page 125)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on PATIENCE

## SCRIPTURAL SOURCES

*(To be read by students)*

**HOLY BIBLE**, Proverbs, 25:28 - "A man without self-control is a like a city broken into and left without walls".

**HOLY QURAN**, Hud, 11:115 - "And be patient; verily, Allah wastes not the reward of the good-doers".

**BHAGAVAD-GITA**, Devotional Service, XII: 18-19 - "One who is equal to friends and enemies, who is equipoised in honor and dishonour, heat and cold, happiness and distress, fame and infamy, who is always free from contaminating association, always silent and satisfied with anything, who doesn't care for any residence, who is fixed in knowledge and who is engaged in devotional service - such a person is very dear to Me".

**GOD IS GOOD** - (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** - (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on PATIENCE

## AMELIORATING ASSERTIONS

*(Recorded)*

The world pushes us around, not because other people are inconsiderate or are bullies, but because as individuals we lack internal control and self-discipline; in a word, lack of PATIENCE. It is an inescapable fact that, anyone who has low tolerance should not have any hope of succeeding in any tough endeavor. One moment of patience may ward off great disaster, while one moment of impatience may ruin a whole life.

**I hereby exhort you with holy humbleness and divine dedication:**

Never sacrifice your future success,

To the baubles of the immediate ease.

Without a well directed self-regulation,

Without a well solidified self-efficacy,

Without the discipline of all passions,  
Life may become so much unbearable.  
Like the regrettable path full of thorns.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on PATIENCE

### **LIVELY LAUGHTER**

(Impromptu narration)

Msimamizi

(See page 133)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;

I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on PATIENCE

### **MOTIVATING MODEL**

(Impromptu narration)

BIBLICAL MOSES

(See page 147)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on PATIENCE

### **INSPIRING INSTRUCTION**

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,

Upon the inner pilgrimage of PATIENCE, I now indulge.

Let me diligently improve my threshold of tolerance.

May I develop self-control in all sectors of my life.

Verily, I will cultivate the emotional self-regulation.

Behold, I will think things thoroughly in all the details.

*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

## **CHARISMATIC CATHARSIS**

*(Still standing up*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for PATIENCE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word PATIENCE.

Breath-out as you feel PATIENCE flooding your whole being.

Silently say 'I can feel PATIENCE building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrating of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric).*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'NIPE UVUMILIVU' by Rose Muhando is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on PATIENCE

MCHONGOANO (a parabolic perversion or an entertaining exaggeration of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu raia ni mtulivu sana, hivi kwamba akipita karibu na mtungi uliojaa maji amboya yameulia tuli, maji hutepeteka, na kunguruma puruuuu.

## **2. RADIANCY**

Recorded 5 seconds soul soothing instrumental embedded with words...RADIANCY REDEEMS ROBUSTNESS. x2

### **PROVERBIAL PROVOCATION**

Paukwa (*wote wanajibu*) Pakawa

Kipendacho moyo ni ... (*jibu la wanafunzi*) dawa

(3 D animations)

(See page 125)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

## **SCRIPTURAL SOURCES**

*(To be read by students)*

**HOLY BIBLE**, Proverbs 17:22 - "A cheerful heart is a good medicine, but a downcast spirit dries up the bones".

**HOLY QURAN**, Al-Isra', 17:44 - "The seven heavens and the earth and all that is therein, glorify Him and there is not a thing but glorifies His Praise. But you understand not their glorification. Truly, He is Ever forbearing, Oft-Forgiving".

**BHAGAVAD-GITA**, The Three Modes of Material Nature, XIV: 17 - "From the mode of goodness, real knowledge develops; and from mode of passion, greed develops; and from the mode of ignorance develop foolishness, madness and illusion".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on RADIANCY

## **AMELIORATING ASSERTIONS**

*(Recorded)*

RADIANCY is an 'existential' mark of any authentic human being who is endowed with the will-to-live. In the midst of myriad duties and responsibilities facing us on a daily basis, some requiring our indulgence out of bare necessity, we should cultivate a habit of playing and laughing, and if now and then as on a stormy day in the deep sea, life seems a bitter Jest, we should try to repress the bitterness and express the Jest. "Let us play is as good as let us pray, and the results are more assured", to quote Will Durant.

**I hereby exhort you with holy humbleness and divine dedication:**

At times let go a bit, and take off the adolescence mask  
Be childlike wide-eyed, with appreciation of the world  
But not childish neglecting of the daily responsibilities.  
Making such a volitional retreat to your childlike state,  
Is tantamount to having a cold shower in the desert.  
Always try to keep the playful child in others aroused.  
Strive to make others feel better and more nourished.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on RADIANCY

## **LIVELY LAUGHTER**

*(Impromptu narration)*

Ken na Mpira

(See page 133)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on PATIENCE

## **MOTIVATING MODEL**

(Impromptu narration)

WINSTON CHURCHIL

(See page 148)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on PATIENCE

## **INSPIRING INSTRUCTION**

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of RADIANCY, I now indulge.  
Let me be an oasis in other peoples' psychic desert.  
May I be a source of refreshment to those around me.  
Verily, I will try to always be pricking the egos of others.  
Behold, I will offer positive reinforcement to everyone.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on RADIANCY

## **CHARISMATIC CATHARSIS**

(Still standing up)

Tap your neighbor on the shoulder and tell him/her

I pray for PATIENCE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word RADIANCY.

Breath-out as you feel RADIANCY flooding your whole being.

Silently say 'I can feel RADIANCY building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yraton of the head expressing a KUKU dance (spiced by 5 seconds of instrumental lyric)

**I**nfuriation of shoulders in a HELICOPTER way (spiced by 5 seconds of instrumental lyric).

**K**runking of waist through a BELLY dance (spiced by 5 seconds of instrumental lyric).

**I**ntonation of body as in a GORILLA walking (spiced by 5 seconds of instrumental lyric).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a **HOLISTICALLY UNIQUE** dance).

(*As the best part of the song 'FULI FULI' by Jimmy Gait is played*)

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on RADIANCY

**MCHONGOANO** (*a parabolic perversion or an entertaining exaggeration of the virtue*).

**HALO! HALO!** (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Binadamu ni mchangamvu kibo, hivi kwamba akipita kwenye wanyama poli, wao humfuata kwa densi wakiiba; 'huyu ni mnyama mwenzetu shinda yake tu ni kuficha uchi wake na kutembea kwa maringo na miguu miwili badala ya minne, na kifua kikiwa kimeangalia mbele badala ya chini'.

### 3. INTEGRITY

Recorded 5 seconds soul soothing instrumental embedded with words...INTEGRITY INSPIRES INNOCENCE.

#### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Ada ya mja hunena, 'mwungwana ni ... (*jibu la wanafunzi*) vitendo'.

(3 D animations)

(See page 125)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on INTEGRITY

#### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Romans 13: 13 - "Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy".

**HOLY QURAN**, Al-Hajj, 22:77 - "O you who have believed! Bow down, and prostrate yourselves, and worship your Lord and do good that you may be successful"

**BHAGAVAD-GITA**, Transcendental Knowledge, IV: 10 - "Delivered from passion, fear and anger, absorbed in Me, taking refuge in Me, many purified by the austerity of wisdom, have attained to My state of being."

**GOD IS GOOD** — (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** — (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on INTEGRITY

## AMELIORATING ASSERTIONS

(Recorded)

The key message of INTEGRITY to you as an adolescent and a student is that, you should, actively socialize with opposite members of your sex but KEEP OFF from sexual intercourse until you get your first Diploma or Degree. AVOID all temptations in this regard and designate as an enemy any one who attempts to pressurize you in towards this end. Secondly, whether out of curiosity, or search for pleasure, or through influence of peers; whether resulting from poor self-efficacy or low self-esteem, NEVER get deceived that drug or alcohol will boost your self-image, drain away your feelings of worthlessness, or elevate you from the pit of psychic boredom and emptiness. All manners of substance abuse and addiction are the chief protagonist in signing a contract with poor physical and psychical health and great impediments to acquisition of health, knowledge and wealth. The contract reads thus:

*'I whose details as pertaining my self-imposed appetite and enthusiasm for self-destruction, the will-to-die, the will-to-self-extinction, have signed this contract with folly, misery, poverty and subsequent slow annihilation, towards an early grave.'*

**I hereby exhort you with holy humbleness and divine dedication.**

Obey not cowardly the mechanistic letter of rules,  
Merely on the shaky ground of fear of punishment.  
Obey creatively the progressive spirit of all rules  
More upon their assimilation unto your conscience.  
Empty ceremonial and false scrupulous adherence,  
To doctrines, and ideologies will leave you doomed  
Love God and do what boils from wells of your heart.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on INTEGRITY

## LIVELY LAUGHTER

(Impromptu narration)

Barua kwa Maulana

(See page 134)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on INTEGRITY

## MOTIVATING MODEL

(Impromptu narration)

MIKHAIL GORBACHEV

(See page 149)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on INTEGRITY

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of INTEGRITY, I now indulge.  
Let me purely cultivate the instantaneous moral courage.  
May I develop that reputation for solid good judgment.  
Verily, fair dealings, truth and rectitude is my fortune.  
Behold, I will do my duty and leave justice to history.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on INTEGRITY

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for PATIENCE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word INTEGRITY.

Breath-out as you feel INTEGRITY flooding your whole being.

Silently say 'I can feel INTEGRITY building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrating of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'NIMETUMAINI' by Angela Chibaloza is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on INTEGRITY

MCHONGOANO (a parabolic perversion or an entertaining exaggeration of the virtue).

HALO! HALO! (Wanafunzi wote wanajibu HALO! HALO!); Huyu mwananchi ni muwajibikaji kibao, hivi

## 4. COOPERATION

Recorded 5 seconds soul soothing instrumental embedded with words...COOPERATION CHARMS CONSENSUS. x2

### PROVERBIAL PROVOCATION

Paukwa (wote wanajibu) Pakawa

Mkono mmoja hauchiji ... (jibu la wanafunzi) ng'ombe.

(3 D animations)

(See page 126)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililatupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on COOPERATION

### SCRIPTURAL SOURCES

*(To be read by students)*

**HOLY BIBLE,** I peter 3:8 - *"Finally, all of you, have unity of spirit, sympathy, love of the brethren, a tender heart and a humble mind".*

**HOLY QURAN,** Al-Mu'minun 23:53 - *"But they (men) have broken their religion among them into sects, each group rejoicing in what is with it (as its beliefs)".*

**BHAGAVAD-GITA,** Karma Yoga - Action In Krsna Consciousness, V: 19 - *"Those whose minds are established in sameness and equanimity have already conquered the conditions of birth and death. They are flawless like Brahman, and thus they are already situated in Brahman".*

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on COOPERATION

### AMELIORATING ASSERTIONS

*(Recorded)*

The central tenet of COOPERATION is derived from the fact that, since as humans we are social creatures, it follows that, what make us pleasant to be around can be practiced only by constant exposure and circulation. As isolation engenders awkwardness in our gestures, and leads to further isolation - as people start avoiding us - the more we are in contact with others, the more graceful and at ease we become. However, not all interaction is nourishing. "Competition has been shown to be useful up to a certain point and no further, but cooperation, which is the thing we must strive for today, begins where competition leaves off," so said Franklin Delano Roosevelt. A vital yardstick is the continual cultivation and indulgence in a perpetual process of self-improvement and self-creation by amongst other things

striving to network with those who have more knowledge than us, modeling our efforts on their positive achievements, adjusting and improving as we go.

**I hereby exhort you with *holy humbleness and divine dedication*:**

Cooperation is one of the natural escapes from loneliness.  
Through active interaction you will learn interpersonal skills.  
In the presence of others you cultivate a sense of belonging.  
It is with people that you may have access to vital information.  
So make the best of your opportunities as well as surroundings.  
Utilize fully what is in your circumstances and support system.  
For you will only apprehend yourself through active interaction.

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on COOPERATION

### **LIVELY LAUGHTER**

(Impromptu narration)

Vijana kwa Kerekani

(See page 135)

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on COOPERATION

### **MOTIVATING MODEL**

(Impromptu narration)

MAHATMA GANDHI

(See page 151)

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on COOPERATION

### **INSPIRING INSTRUCTION**

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of COOPERATION, I now indulge.  
Let me acquire the synergy from diverse contributions.  
May my individual efforts be complimented by others.  
Verily, I will ever delegate what others can do for me.  
Behold, I will never exhaust myself in other's presence.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on COOPERATION

## **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for **PATIENCE** to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word COOPERATION.

Breath-out as you feel COOPERATION flooding your whole being.

Silently say 'I can feel COOPERATION building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away (a **HOLISTICALLY UNIQUE** dance).

*(As the best part of the song 'ONE LOVE' by Bob Marley is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on COOPERATION

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Wanafunzi walipoamua kushirikian pamajo hadi taditaje watadate kukingo'a kisiki kulichokuwa katikati mwa shamba la shule, kisiki kilitoa mlio wa huzuni; 'chop my body, chop my body, I don't care, I don't care'.

## 5. **E**MPATHY

Recorded 5 seconds soul soothing instrumental embedded with words...**EMPATHY ENACTS ENCOURAGEMENT.** x2

### **PROVERBIAL PROVOCATION**

Paukwa (*wote wanajibu*) Pakawa

Maneno mema humtoa nyoka ... (*jibu la wanafunzi*) pangoni

(3 D animations)

(See page 126)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,  
Lililotupwa kwenye kidibwi kuoza.  
Ambalo halina wowote mwafaka.  
Akili kujajaruka, ni miye kubainika.  
Kupepea na walimwengu bayana,  
Ni kujiepusha na balaa na karaha.  
Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on EMPATHY

## **SCRIPTURAL SOURCES**

*(To be read by students)*

**HOLY BIBLE**, Luke 6:30-31 - *"Give to everyone who begs from you; and him who takes away your goods do not ask them again. And as you wish that men would do to you, do so to them".*

**HOLY QURAN**, An'am, 6:152 - *"And come not near to the orphan's property, except to improve it, until he (or she) attains the age of full strength; and give full measure and full weight with justice. We burden not any person, but that which he can bear. And whenever you give your word (i.e. judge between men or give evidence), say the truth even if a near relative is concerned, and fulfil the Covenant of Allah. This He command you, that you may remember".*

**BHAGAVAD-GITA**, Knowledge of the Absolute, VII: 15 - *"Those miscreants who are grossly foolish, who are lowest among mankind, whose knowledge is stolen by illusion, and who partake of the atheistic nature of demons do not surrender unto Me".*

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on EMPATHY

## **AMELIORATING ASSERTIONS**

*(Recorded)*

EMPATHY entails always aspiring to do something for somebody and being dedicated towards attending to that which needs nurturing and protection, thus avoiding unproductive and destructive acts. The differences, disagreements or misunderstandings faced everyday either at home or at the workplace and in the general society can be overcome, or better still avoided by adding a tinge of empathy.

**I hereby exhort you with holy humbleness and divine dedication:**

You may not be a psychologist in the fine sense of the word,  
But be a keen observer of human behaviours and thoughts.  
Endeavour to tactfully identify with the best in your society.  
Try your level best to understand other person's feelings.  
Organize your desires beyond narrow egoistic contentment.  
Beware of the egoistic desire to be the reason for everything,  
Which has the full reverse effect of being cause for nothing.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## **LIVELY LAUGHTER**

(Impromptu narration)

Mhubiri

(See page 136)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on EMPATHY

## **MOTIVATING MODEL**

(Impromptu narration)

ABRAHAM LINCOLN

(See page 152)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on EMPATHY

## **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of PATIENCE, I now indulge.  
Let me be able to put myself into other people's shoes.  
May I be able to enter into others' frame of reference.  
Verily, I will objectively 'feel for', but never 'feel with'.  
Behold, I will be whole in others' field but not lost in it.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on EMPATHY

## **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for COOPERATION to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word EMPATHY.

Breath-out as you feel EMPATHY flooding your whole being.

Silently say 'I can feel EMPATHY building up in me'.

Open your eyes.  
Now the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance (*spiced by 5 seconds of instrumental lyric*)

**I**nfuriation of shoulders in a HELICOPTER way (*spiced by 5 seconds of instrumental lyric*).

**K**runking of waist through a BELLY dance (*spiced by 5 seconds of instrumental lyric*).

**I**ntonation of body as in a GORILLA walking (*spiced by 5 seconds of instrumental lyric*).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

(*As the best part of the song 'UTANITAMBUAJE' by Boni Mwaitega is played*)

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on EMPATHY

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Jomvi ameelewa wanafunzi wenzake, kiasi ya kwamba akimkaribia mmoja wao roho hujawa na jadhba na kutoa mlio wa furaha; 'karibu dani na upewe kopu la penzi langu'.

## 6. YEARNING

Recorded 5 seconds soul soothing instrumental embedded with words...YEARNING YANKERS YONDER. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Mtegemea nundu haachi ... (*jibu la wanafunzi*) kunona

(3 D animations)

(See page 127)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on YEARNING

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Psalms 37:4 - "Take delight in the LORD, and he will give you the desires of your heart".

**HOLY QURAN**, Nuh, 71:19-20 - "And Allah has made for you the earth a wide expanse...That you may go about therein in broad roads".

**BHAGAVAD-GITA**, Dhyana-Yoga, VI: 19 - "As a lamp in windless place does not waver, so the transcendental, whose mind is controlled, remains steady in his meditation on the transcendental self".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on YEARNING

## **AMELIORATING ASSERTIONS**

(Recorded)

YEARNING invokes that, whereas it is good to fantasize as to who you would like to be in future, deriving joy and satisfaction in your studies to the very core of your being, will push you forward towards excellence. Consequently, the fruits of your labour will manifest themselves automatically. As a student the feeling of expansiveness facilitated by your study is the only means by which your dignity may be exercised.

**I hereby exhort you with holy humbleness and divine dedication:**

The advancement and refinement of your mind defines you.  
Never ignore anything that has remote bearing upon your life.  
Undertake to understand everything that comes by your way.  
Strive for the quest of knowledge to be your overriding desire.  
Derive your subtle motivations for living from your active study.  
Through studies you will become who you are divinely intended.  
Through studies you will be a partaker in divine act of creation.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on YEARNING

## **LIVELY LAUGHTER**

(Impromptu narration)

Vipofu na Ndovu

(See page 137)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on YEARNING

## **MOTIVATING MODEL**

(Impromptu narration)

OTTO VON BISMARCK

(See page 154)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

**THE PAST HAS RIPENED!!**

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on YEARNING

### INSPIRING INSTRUCTION

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of YEARNING, I now indulge.  
Let me always discern opportunities in the darkness.  
May my inner intuitive eyes open up to see clearly.  
Verily, I will consciously reinvigorate my evolution.  
Behold, I will be a lamp unto my individual redemption.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on YEARNING

### CHARISMATIC CATHARSIS

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for YEARNING to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word YEARNING.

Breath-out as you feel YEARNING flooding your whole being.

Silently say 'I can feel YEARNING building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'BUA WEWE' by Paul Odour is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on YEARNING

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu mwanafunzi anashauki ya elimu hivi kwamba akifungua kitabu maadishi huingia ndani ya akili mwake kwa wimbo; 'soma, soma, somaa,

Song by **CELINE DION – POWER OF THE DREAM**

*Deep within each heart  
There lies a magic spark  
That lights the fire of our  
imagination  
And since the dawn of man  
The strength of just "I can"  
Has brought together people of all  
nations*

Born on 30<sup>th</sup> March 1968, Céline Marie Claudette Dion, Is a Canadian singer who has sung in English and French. This song ‘*Power of Dream*’, released in 1990 is so incisive. Deep within each and every heart, there lies a magic spark That lights our imagination, and since the dawn of man, The strength of just ‘I can’ has brought together all people. Your mind will take you far, but the rest is just pure heart.  
(Full song played)

## 7. PERSISTENCE

Recorded 5 seconds soul soothing instrumental embedded with words...PERSISTENCE PROVIDES POSITIVITY. x2

### PROVERBIAL PROVOCATION

Paukwa (wote wanajibu) Pakawa

Atangaye sana na jua, ... (jibu la wanafunzi) hujua

(3 D animations)

(See page 127)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on PERSISTENCE

### SCRIPTURAL SOURCES

*(To be read by students)*

**HOLY BIBLE**, II Thessalonians 3: 10- “For even when we were with you, we gave you this command: if anyone will not work, let him not eat. For we hear that some of you are living in idleness, mere busybodies, not doing any work”.

**HOLY QURAN**, Ash-Shu’ara, 26: 151-152 - “And do not obey the bidding of the extravagant who make mischief in the land and do not act aright”.

**BHAGAVAD-GITA**, Attaining the Supreme, VIII: 7 - "Therefore, Arjuna, you should always think of Me in the form of Krsna and at the same time carry out your prescribed duty of fighting. With your activities dedicated to Me and your mind and intelligence fixed on Me, you will attain me without doubt".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on PERSISTENCE

## **AMELIORATING ASSERTIONS**

(Recorded)

PERSISTENCE has the potential to raise us to *elevated eminence* and *heroic heights* in all matters sublime. When we model our minds and willpower to focus on a single goal, a single task, the intensity of this magnitude will see us beating our goals into submission, as Italian adventurer, author and popular womanizer Giacomo Girolamo Casanova (1725-1798) noted: "I have always believed that, when a man gets it into his head to do something and when he exclusively occupies himself in that design, he must succeed, whatever the difficulties. That man will become Grand Vizier or Pope".

**I hereby exhort you with *holy humbleness* and *divine dedication*:**

You might at times do things grudgingly for duty purpose,  
But it is always solid nobleness to cultivate the inner force,  
That will fully inspire you to do good things spontaneously.  
Cultivate the bulldog determination to succeed at all cost.  
Keep on trying and to do always the best you can every day.  
Concentrate your efforts, even when there seems no hope.  
Continue turning failures into vital sources of motivations.

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on PERSISTENCE

## **LIVELY LAUGHTER**

(Impromptu narration)

Onyi na wanabiashara

(See page 137)

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on PERSISTENCE

## **MOTIVATING MODEL**

(Impromptu narration)

PROPHET MUHAMAND

(See page 155)

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on PERSISTENCE

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of PERSISTENCE, I now indulge.  
Let me continue knocking until I will be fully welcomed in.  
May I stop grumbling in hesitations over any vital issue.  
Verily, I will cease floating complacently on the surface.  
Behold, I will always be on a journey towards my essence.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on PERSISTENCE

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for PERSISTENCE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word PERSISTENCE.

Breath-out as you feel PERSISTENCE flooding your whole being.

Silently say 'I can feel PERSISTENCE building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy'.

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriations of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonations of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'YESU' by Daddy Owen is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on PERSISTENCE

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).  
HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Polo amekuwa na usugu wa kujifunza kucheza kadada kwa mikaka na vikaka, hivi kwamba akigusa Mpira kidogo na mguu, Mpira hupanda kwenye kichwa chake na kuanza kurukaruka.

## 8. SELFLESSNESS

Recorded 5 seconds soul soothing instrumental embedded with words...SELFLESSNESS SALVAGES SOCIETY. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Wema ... (*jibu la wanafunzi*) hauozi

(3 D animations)

(See page 127)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on SELFLESSNESS

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Psalms 112: 4-6 - "*Light rises in the darkness for the upright; the Lord is gracious, merciful, and righteous. It is well with the man who deals generously and lends, who conducts his affairs with justice. For the righteous will never be moved; he will be remembered for ever*".

**HOLY QURAN**, At-Talaq, 65:7 - "*Let the rich man spend according to his means; and the man whose resources are restricted, let him spend according to what Allah has given him. Allah puts no burden on any person beyond what He has given him. Allah will grant after hardship*".

**BHAGAVAD-GITA**, Karma-Yoga - Action in Krsna Consciousness, V:25 - "*Those who are beyond the dualities that arise from doubts, whose minds are engaged within, who are always busy working for the welfare of all living beings, and who are free from all sins achieve liberation in the Supreme*".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on SELFLESSNESS

### AMELIORATING ASSERTIONS

(*Recorded*)

In the vastness and agelessness of universe, your finite individual life can only be justified by the measure of your sacrifice; your SELFLESSNESS. Your service to others should be part of the discipline to which you propel yourself

towards the abode of sainthood. "He who bears the interest of humanity in his breast, that man is blessed", so believed Swiss educational reformer Johann Heinrich Pestalozzi (1746-1827). We should know that all those who were and are truly Great are those who fought for life of others; who have strove to enlarge the scanty thought of others; who have been lamps unto others' lives dreary roads; whose hearts were and are filled with the fires of love for others, as American writer and folklorist Zora Neale Hurston (1891-1960) noted: "There is nothing to make you like other human beings so much as doing things for them".

**I hereby exhort you with *holy humbleness and divine dedication*:**

Like a stone dropped in a pond which is full of water,  
That makes ever-widening ripples towards the dikes,  
You life should spread in growing circles to everyone,  
Inability to break off cocoon of self-inflicted confines,  
Leads to suffocation and the consequent wearing off.  
Egoistic self-containment and concentration upon self,  
Is the original sin, which renders you arrested to futility.

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on SELFLESSNESS

### **LIVELY LAUGHTER**

*(Impromptu narration 138)*

Mzee mchoyo

*(See page)*

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on SELFLESSNESS

### **MOTIVATING MODEL**

*(Impromptu narration 157)*

NELSON MANDELA

*(See page)*

As an ***Aware Adolescent*** and a ***Serious Scholar***,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;

I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on SELFLESSNESS

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of SELFLESSNESS, I now indulge.  
Let me be a liberator as opposed to being an oppressor.  
May I be a passage for all those desiring further shore.  
Verily, I will be the protector of the plight of the weak.  
Behold, I will continue fighting with misery, and sorrow.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on SELFLESSNESS

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for SELFLESSNESS to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word SELFLESSNESS.

Breath-out as you feel SELFLESSNESS flooding your whole being.

Silently say 'I can feel SELFLESSNESS building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriations of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonations of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'DUNDA MU YESU' by E. Ushindi is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on SELFLESSNESS

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Kalameni hana hata chepe ya ubinafsi, hivi kwamba ukimuomba dawa kidogo ya kusugua meno, anakupatia mkoba wote wa dawa hata mswaki, yeye anachuna kijiti na kujisugua na maji kafu.

## **9. YEA-ATTITUDE**

Recorded 5 seconds soul soothing instrumental embedded with words...YEA-ATTITUDE YIELDS YES-SAYING. x2

## PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

**Hayawi! Hayawi!** ... (*jibu la wanafunzi*) **Huwa**

(3 D animations)

(See page 128)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on YEA-ATTITUDE

## SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, I Corinthians 12:4-7 - "Now there are varieties of gift, but the same spirit; and there are varieties of service, but the same Lord; and there are varieties of working, but it is the same God who inspires them all in every one. To each is given manifestation of the Spirit for the common good."

**HOLY QURAN**, Al-Ma'idah, 5:8 - "O you who believe! Stand out firmly for Allah as just witnesses; and let not the enmity and hatred of others make you avoid justice. Be just: that is nearer to piety; and fear Allah. Verily, Allah is Well-Aquainted with what you do".

**BHAGAVAD-GITA**, Transcendental Knowledge, IV: 30 - "All those performers who know the meaning of sacrifice become cleansed of sinful reactions, and having tasted the nectar of the results of sacrifice, they advance toward the supreme eternal atmosphere".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on YEA-ATTITUDE

## AMELIORATING ASSERTIONS

(*Recorded*)

Ascribing to a YEA-ATTITUDE is to have a wrinkle-free spirit. For the purposes of sounding politically correct, (*I don't want to be accused of hate speech*) wrinkles are simply a manifestation of ageing, lack of vigour and one of the natural, vital stage towards the grave. The old in our society should be given the respect they deserve, because it is because of them that we are here. However, in the full bloom of your 'Adolescence' the greatest humiliation which can befall you is to have wrinkles in your shining brilliant face. But the worst misfortune is to be burdened by the blackest horror of guilt and a sense of failure, which may slowly fill the cells of your heart until it is wrinkled and totally paled, and in this state of 'Emotional Senility', you may lose pride as you get imprisoned to a life of virtual psychological death.

**I hereby exhort you with holy humbleness and divine dedication:**

Like a *wrinkled face* which announces the demise of the body, a *wrinkled mind* pronounces the demise of your emotional and mental powers.

Like a *smiling face* which makes the world wonder what you are up to, a *smiling mind* will cut through the world like a hot knife upon butter.

Having a wrinkle free mind is to have a soaring spirit;  
It is to fundamentally ascertain that 'will-to-conquer'.  
A wrinkle free mind serves like an incense rising to God.  
It is likened to a solid building set on a secure foundation.  
It is simply to believe that you are destined for greatness.  
It is to stamp your authority to the world by saying 'I MUST'.  
It is to accrue upon yourself the formidable winning formula.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on YEA-ATTITUDE

### LIVELY LAUGHTER

(Impromptu narration)

Wrinkles

(See page 139)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on YEA-ATTITUDE

### MOTIVATING MODEL

(Impromptu narration)

BIBLICAL ABRAHAM

(See page 158)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on YEA-ATTITUDE

### INSPIRING INSTRUCTION

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of YEA-ATTITUDE, I now indulge.  
Let all my powers be directed towards ever experiencing.  
May I clear my spirit off all black thoughts and dullness.  
Verily, my whole being will be in joyful affirmation of life  
Behold, I will merrily immerse myself in all creative tasks.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on YEA-ATTITUDE

## CHARISMATIC CATHARSIS

*(Still standing up*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for YEA-ATTITUDE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word YEA-ATTITUDE.

Breath-out as you feel YEA-ATTITUDE flooding your whole being.

Silently say 'I can feel YEA-ATTITUDE building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'SITOLIA' by Gloria Murilo is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on YEA-ATTITUDE

MCHONGOANO (a parabolic perversion or an entertaining exaggeration of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Binadamu ana mtazamo naam, hivi kwamba akikuangalia kwenye macho sauti hukutoka mdomoni bila hiari yako; 'nakujua sana lakini sijisui hata'.

## 10. CREATIVITY

Recorded 5 seconds soul soothing instrumental embedded with words...CREATIVITY COINS CLEAVING. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Mchele mmoja, ... (*jibu la wanafunzi*) mapishi mengi

(3 D animations)

(See page 128)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.  
Akili kujajaruka, ni miye kubainika.  
Kupepea na walimwengu bayana,  
Ni kujiepusha na balaa na karaha.  
Na kujinyezesha ya Mungu baraka.  
Soul soothing instrumental on CREATIVITY

## **SCRIPTURAL SOURCES**

*(To be read by students)*

**HOLY BIBLE**, Joel 2:28- "And it shall come to pass afterward, that I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams."

**HOLY QURAN**, Al-An'am, 6:138 - "For all there will be degrees (or ranks) according to what they do."

**BHAGAVAD-GITA**, Karma-Yoga - Action in Krsna Consciousness, V:26 - "Those who are free from anger and all material desires, who are self-realized, self-disciplined and constantly endeavouring for perfection, are assured of liberation in the Supreme in the very near future".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on CREATIVITY

## **AMELIORATING ASSERTIONS**

*(Recorded)*

Most of us seldom achieve an optimum potential of our 'CREATIVITY', such that, the supreme challenge is striving to unlock the reservoir of ideas hiding latently within every one of us, by developing the ability to tap that potential. What separates the average person from Copernicus, Edison or even Steve Jobs is not simply the creative capacity, but the ability to tap that capacity by encouraging creative impulses and then acting upon them. The bottom line here is that, becoming more creative is really just a matter of paying attention to that endless flow of ideas we generate, and learning to capture and act upon the new that is within us.

**I hereby exhort you with holy humbleness and divine dedication.**

Be a devotee of integration and a disciple of ambiguity,  
By applying total perspective to all your little concerns.  
Be an addict of 'sharpening the saw' that is your mind,  
By admitting your ignorance, and working on weaknesses.  
Be symbolically consumed and be metaphorically burned,  
In the heavenly intimate love for your sure bridegroom,  
Which is your innovation; the expression of Word of God.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on CREATIVITY

## **LIVELY LAUGHTER**

(Impromptu narration)

## Young men and a Millionaire

(See page 139)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on CREATIVITY

## MOTIVATING MODEL

(Impromptu narration)

### HENRY KISSINGER

(See page 160)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on CREATIVITY

## INSPIRING INSTRUCTION

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of CREATIVITY, I now indulge.  
Let me always light up my scientific spirit of inquiry.  
May the thirst for new information always propel me.  
Verily, I will always strive to unlock all my potential.  
Behold, all my faculties will always continue being fiery.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on CREATIVITY

## CHARISMATIC CATHARSIS

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for CREATIVITY to *flourish* in you;  
As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word 'CREATIVITY'.

Breath-out as you feel CREATIVITY flooding your whole being.

Silently say 'I can feel CREATIVITY building up in me'.

Open your eyes.

Now the GIKIMWA Dance Therapy!

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way (*spiced by 5 seconds of instrumental lyric*).

**K**runking of waist through a BELLY dance (*spiced by 5 seconds of instrumental lyric*).

**I**ntonation of body as in a GORILLA walking (*spiced by 5 seconds of instrumental lyric*).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

(*As the Best part of the song J.C. ANABAMBA' by Njeri Mash is played*)

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on CREATIVITY

MCHONGOANO (*a parabolic perversion or an entertaining exaggeration of the virtue*).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Binadamu ana ubunifu mwingi kiasi ya kwamba akianza kuvua nguo zake yeye hutumia maji, akisha ya mwaga ndivyo hupaka subunit halafu anazianika zile nguo.

## 11. HONESTY

Recorded 5 seconds soul soothing instrumental embedded with words...HONESTY HARKENS HIGHNESS. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Kumcha Mungu, si kilemba ... (*jibu la wanafunzi*) cheupe

(3 D animations)

(See page 128)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana.

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on HONESTY

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Deuteronomy 27:19 - "Cursed be he who perverts the justice due to the sojourner, the fatherless, and the widow".

**HOLY QURAN**, Al-Isra, 17:35 - "And give full measure when you measure, and weigh with a balance that is straight. That is good (advantageous) and better in the end."

**BHAGAVAD-GITA**, Dhyana-Yoga, VI: 40 - "The Supreme Personality of Godhead said: Son of Prtha, a transcendentalist engaged in auspicious activities does not meet with destruction either in this

world or in the spiritual world; one who does good, My friend, is never overcome by evil”.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on HONESTY

## **AMELIORATING ASSERTIONS**

(Recorded)

“Do whatever is right, and let the chips fall where they may – you have to live with yourself”, writes American novelist James W. Huston. ‘HONESTY’ as a vital moral impulse impels us to act according to our ‘highest’ thought, giving rise to strong natural feelings of obligation, ‘I can, and therefore I must’. Unlike guilt which when it is preying on our souls makes us to flee even when we are not pursued upon, ‘Honesty’ also impels us to be truly human, and to pursue the good and the beautiful in a moral atmosphere of human brotherhood. If we are not charlatans or con-artist whose profession is the practice of the art of deception, using false sincerity, distracting people’s attention from their real purpose and hiding their ulterior intention, behind the comfortable and familiar, then ‘Honesty’ is the strongest link in our social network as people finds reasons to get well along with us.

**I hereby exhort you with holy humbleness and divine dedication:**

Any human being who is trapped in the whirlpool of dishonesty;

Any man or woman who happens to hang on the web of deception;

Excels in the existential emptiness and thrives chiefly in vanity.

Any human being who cannot be trusted and be believed upon,

Is just a moving corpse and precisely an empty shell of a thing.

To think that you can cunningly rise in any sort of higher realms,

Is like building a house on a shaky ground without solid foundation.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) ‘DIVINE DRUG’;**

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on HONESTY

## **LIVELY LAUGHTER**

(Impromptu narration)

Kufuata maagizo

(See page 140)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;

I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on HONESTY

## **MOTIVATING MODEL**

(Impromptu narration)

CONSTANTINE THE GREAT

(See page 161)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on HONESTY

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,

Upon the inner pilgrimage of HONESTY, I now indulge.

Let that selfless respect for reality solidify in me.

May true sense of moral obligation build up in me.

Verily, I will always trust in a wide range of feelings.

Behold, I will always tell what I see in all dimensions.

*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on HONESTY

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for HONESTY to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word HONESTY.

Breath-out as you feel HONESTY flooding your whole being.

Silently say 'I can feel HONESTY building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrating of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'NATANGAZA' by Reuben Kigame is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).  
HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu mwenyeinchi ni muaminifu, kiasi ya kwamba ukimtusi, ‘Sungura wewe’, yeye huchuchumaa na kuanza kutafuna majani.

## 12. INTENTIONALITY

Recorded 5 seconds soul soothing instrumental embedded with words...INTENTIONALITY INDUCES INNOVATION. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Iwapo nia, ... (*jibu la wanafunzi*) njia ipo

(3 D animations)

(See page 129)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on HONESTY

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Mathew 6:21-23 - "*For where your treasure is, there will your heart be also. 'The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound your whole body whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!'"*

**HOLY QURAN**, Al-Ahzab, 33:3 - "*And put your trust in Allah, and Suficient is Allah as a Wakil (Trustee or Disposer of affairs)"*.

**BHAGAVAD-GITA**, Opulence of the Absolute, X: 10 - "*To those who are constantly devoted to serving Me with love, I give the understanding by which they come unto Me"*.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on HONESTY

### AMELIORATING ASSERTIONS

(*Recorded*)

INTENTIONALITY invokes that, becoming our real individuals requires not only getting in touch with our feelings and desires but also fighting against those things that stands on the way of our life urge of feeling and wanting. More important, our HAPPINESS will accrue to us for no other particular reason, except we are the way we are, who we are; enjoying what we do have and not neurotically worrying about what we don't have.

**I hereby exhort you with holy humbleness and divine dedication:**

While the measure of our achievement is the degree

To which we are, in precisely all our wakeful moment  
Able to truly get what we want in at least *all the time*,  
The concise extent of our HAPPINESS is the proportion  
We are mortally able to want what we get *all the time*,  
Living is the art of getting used to what we didn't expect.  
Success is the art of using what we get when we expect it.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**  
Soul soothing instrumental on HONESTY

### **LIVELY LAUGHTER**

(Impromptu narration)

Ubishi kwa Kuku

(See page 140)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on HONESTY

### **MOTIVATING MODEL**

(Impromptu narration)

MARTIN LUTHER

(See page 163)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on HONESTY

### **INSPIRING INSTRUCTION**

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of INTENTIONALITY, I now indulge.  
Let me be future oriented towards significant goals  
May I strive to reach the frontiers which are beyond.  
Verily, unflinching singleness of effort shall propel me.  
Behold, I will concentrate on fulfilling all my vital tasks.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

## **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for INTENTIONALITY to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word INTENTIONALITY.

Breath-out as INTENTIONALITY floods your whole being.

Silently say 'I can feel INTENTIONALITY building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'UHIMIDIWE' by Shtuko is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on HONESTY

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Jomvi anakusudia kuhusika na msululu wa visa vya kuwaosha watu na mate, hivi kwamba anakusanya maelfu ya mitungi ya mate kufanikisha hili jambo. Hivyo basi ametoa tangazo: "Changa kijiko cha mate, uokoe nyoyo za mamilioni ya watu kuteketea Jehanamu".

## 13. **COURAGE**

Recorded 5 seconds soul soothing instrumental embedded with words...**COURAGE CONQUERS COWARDICE.** x2

### **PROVERBIAL PROVOCATION**

Paukwa (*wote wanajibu*) Pakawa

Ushikwapo, ... (*jibu la wanafunzi*) shikamana

Soul soothing instrumental on COURAGE

(3 D animations)

(See page 129)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.  
Akili kujajaruka, ni miye kubainika.  
Kupepea na walimwengu bayana,  
Ni kujiepusha na balaa na karaha.  
Na kujinyezesha ya Mungu baraka.  
Soul soothing instrumental on COURAGE

## **SCRIPTURAL SOURCES**

*(To be read by students)*

**HOLY BIBLE**, Psalms 57:7 - *"My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! Awake, my soul! Awake O harp and lyre! I will awake the dawn!"*

**HOLY QURAN**, Al-Baqarah, 2:38 - *"We said: "Get down all of you from this place (Paradise), then whenever there comes to you Guidance from Me, and whoever follows My Guidance, there shall be no fear on them, nor shall they grieve""*.

**BHAGAVAD-GITA**, Contents of the Gita Summarized, II: 3 - *"O son of Prtha, do not yield to this degrading impotence. It does not become you. Give up such petty weakness of heart and arise, O chastiser of the enemy"*.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on COURAGE

## **AMELIORATING ASSERTIONS**

*(Recorded)*

"Out of my way you cowardly fool, creep back and hide in your mother's womb. Vex me no more with your hollow wailings...", so lamented Ugandan poet, novelist and social anthropologist Okot p' Bitek (1931-1982). In this world, there is nothing to fear except the cowardly refusal to find out the truth; the procrastination in analyzing the causes of happenings. And in most cases the reason why we don't understand the truth about ourselves and our immediate world, is not that we haven't conducted the right experiments, or amassed enough data, or read enough books, or made appropriate deductions, or attended the best schools, or have the right associates, but because we lack 'COURAGE'. "Cowards die many times before their actual death...the valiant never taste of death but once...when our actions do not make us traitors; our fears do", so commented Shakespeare.

**I hereby exhort you with holy humbleness and divine dedication:**

Life precisely shrinks or expands in proportion to one's boldness.

Fear is the concise reason why we are constipated by constraints.

As we lack vitality, vigour, strength, enthusiasm and determination.

Fear is the greatest detractor and suppressor of personal genius.

It is an energy drawing siphon may make all our actions impotent.

Never fear adventures, experiments and exploration, even suffering.

Suffering may open the door for you to gain insight and compassion.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

## ENTITLED to an ENNOBLING ENRICHED EXISTENCE

Soul soothing instrumental on COURAGE

### LIVELY LAUGHTER

(Impromptu narration)

Muli na wezi

(See page 141)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on COURAGE

### MOTIVATING MODEL

(Impromptu narration)

FRANKLIN DELANO ROOSEVELT

(See page 165)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on COURAGE

### INSPIRING INSTRUCTION

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of COURAGE, I now indulge.  
Let me have the power to overcome dangers and fears.  
May I affirm the goodness of life with all its sorrows.  
Verily, I will never be self-absorbed and never neurotic.  
Behold, I will never be a spectator in this game of life.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on COURAGE

### CHARISMATIC CATHARSIS

(Still standing up)

Tap your neighbor on the shoulder and tell him/her)

I pray for COURAGE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word COURAGE.

Breath-out as you feel COURAGE flooding your whole being.

Silently say 'I can feel COURAGE building up in me'.

Open your eyes.  
Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance (*spiced by 5 seconds of instrumental lyric*)

**I**nfuriation of shoulders in a HELICOPTER way (*spiced by 5 seconds of instrumental lyric*).

**K**runking of waist through a BELLY dance (*spiced by 5 seconds of instrumental lyric*).

**I**ntonation of body as in a GORILLA walking (*spiced by 5 seconds of instrumental lyric*).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

(*As the best part of the song 'NAKUULIZA SHETANI' by Rose Muhando is played*)

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on COURAGE

MCHONGOANO (a parabolic perversion or an entertaining exaggeration of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Polo ni mjasiri, hivi kwamba anapopita katikati mwa Simba, badala ya kunguruma nguruuu, hawa wanyama huibua kicheko cha udaku 'heheeee...hii na kama video...ni kama drama'.

Song by **ALAINE – UP UP UP**

So what they waan say this say that  
So what they waan do this do that  
Jah love will bring you through this  
through that  
It no matter, it no matter, it no matter,  
it no matter

Born in America on 21<sup>st</sup> September, 1978, Alaine Laughton, Known by her first name, Alaine is a reggae singer/songwriter. This successful musician moved to Jamaica at the age of three. The song 'UP, UP, UP', released in 2007 is very much religious. Just open your eyes and look to the sky thereby, soaring higher. You are invoked to look to the sky; spread your wings and fly. You're a bird highly blessed and meant for immense greatness.  
(*Full song played*)

## 14. PRUDENCE

Recorded 5 seconds soul soothing instrumental embedded with words...PRUDENCE PROMOTES PERCEPTION. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Lila na fila ... (*jibu la wanafunzi*) hazitangamani

(3 D animations)

(See page 130)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,  
Ambalo halina wowote mwafaka.  
Akili kujajaruka, ni miye kubainika.  
Kupepea na walimwengu bayana,  
Ni kujiepusha na balaa na karaha.  
Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on PRUDENCE

## **SCRIPTURAL SOURCES**

*(To be read by students)*

**HOLY BIBLE**, Hosea 14:9 - *"Whoever is wise, let him understand these things; whoever is discerning, let him know them; for the ways of the LORD are right, and the upright walk in them, but transgressors stumble in them"*.

**HOLY QURAN**, Al-Isra, 17:29 - *"And not let your hand be tied (like a miser) to your neck, nor stretch it forth to its utmost reach (like spendthrift), so that you become blameworthy and in severe poverty"*.

**BHAGAVAD-GITA**, Karma-Yoga - Action in Krsna Consciousness, V:10 - *"One who performs, his duty without attachment, surrendering the results unto the Supreme Lord, is unaffected by sinful action, as the lotus leaf is untouched by water"*.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on PRUDENCE

## **AMELIORATING ASSERTIONS**

*(Recorded)*

'PRUDENCE' rests on the premise that, in our daily life, any of our actions done from the sense of duty derives its moral worth, not from the purpose or the end which is to be attained by it, but from the inner propensity which it is determined, and therefore does not depend on the realization of the object of the action, but merely on the principle of volition by which the action has taken place, without regard to any object of desire or the desire to gain praise from our contemporaries. Through 'Prudence' we are able to construe all academic disciplines and schools of thought, as catalysts to enable us to look deep into our inner thoughts where hidden meanings lie; other than burdening us with unnecessary information, theories and hypothesis.

**I hereby exhort you with *holy humbleness and divine dedication*:**

All doctrines, ideologies and philosophies,  
Are laid down by humans for the humans,  
Not that human beings are made for them.  
Always see the earthly source of all ideals,  
As pegged upon the changing basis of life.  
Stop that sordid and lazy habit of shifting,  
Your humanly possible obligations, to God.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## **LIVELY LAUGHTER**

(Impromptu narration)

Hotuba duni

(See page 142)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;

I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on PRUDENCE

## **MOTIVATING MODEL**

(Impromptu narration)

GAUTAMA BUDDHA

(See page 166)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on PRUDENCE

## **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,

Upon the inner pilgrimage of PRUDENCE, I now indulge.

Let me judge everything only on its practical application.

May good sense of judgment always be my guidance.

Verily, I will always try to see the utility in all measures.

Behold, I will have a careful focus on the consequences.

*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on PRUDENCE

## **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for PRUDENCE to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word PRUDENCE.

Breath-out as you feel PRUDENCE flooding your whole being.

Silently say 'I can feel PRUDENCE building up in me'.

Open your eyes.

Now the ‘GIKIMWA Dance Therapy!’

**G**yrating of the head expressing a KUKU dance (*spiced by 5 seconds of instrumental lyric*)

**I**nfuriation of shoulders in a HELICOPTER way (*spiced by 5 seconds of instrumental lyric*).

**K**runking of waist through a BELLY dance (*spiced by 5 seconds of instrumental lyric*).

**I**ntonation of body as in a GORILLA walking (*spiced by 5 seconds of instrumental lyric*).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

(*As the best part of the song ‘COWARD OF THE COUNTY’ by Kenny Rogers is played*)

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on PRUDENCE

MCHONGOANO (*a parabolic perversion or an entertaining exaggeration of the virtue*).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Kalameni ana busara kibao, hivi kwamba anapokula Githeri, yeye huchagua mahindi kwanza halafu anakula mahareagwe baadaye.

## 15. RESPECT

Recorded 5 seconds soul soothing instrumental embedded with words...RESPECT REPULSE RUDENESS. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Heshima, si ... (*jibu la wanafunzi*) utumwa.

(3 D animations)

(See page 130)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on RESPECT

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Jeremiah 30:21 - "Set up waymarks for yourself, make yourself guideposts; consider well the highway, the road by which you went".

**HOLY QURAN**, Luqman, 31:18 - "And turn not your face away from men with pride, nor walk in insolence through the earth. Verily, Allah likes not any arrogant boaster".

**BHAGAVAD-GITA**, The Divine and Demonic Natures, XVI: 21 - "There are three gates leading to this hell - lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on RESPECT

## **AMELIORATING ASSERTIONS**

*(Recorded)*

"Do unto others what you would have them do unto you". This is the Golden Rule, but the more gentler invocation, the Silver Rule is: "Do not do unto others what you would not wish done unto yourself". The former is misleading for if I love wine, I should not serve it to all. The latter helps you consider your actions from other person's viewpoint. It also implies that, obligation entailed by relationships are mutually binding. The most refreshing conception of the 'RESPECT' is to keep yourself in synchronicity with the ever-powerful and ever-progressive motion of nature; to live according to your essential calling, towards your self-actualization.

**I hereby exhort you with holy humbleness and divine dedication:**

As the animalistic moths rush swiftly into a blazing fire to perish,  
If you succumb to the sordid and exhausting desire to overwhelm,  
To the overly negative impulse to outmaneuver or outsmart others,  
Then you will have in all measures trapped yourself in the filthy web,  
Of sequential, continuous strivings that will keep you ever exhausted.  
Never be blinded by ignorance to assume a holier-than-thou attitude.  
Never be deluded by arrogance to trample upon the right of others.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on RESPECT

## **LIVELY LAUGHTER**

*(Impromptu narration)*

Mwaka wa 2030

*(See page 142)*

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on RESPECT

## **MOTIVATING MODEL**

*(Impromptu narration)*

MARGARET THATCHER

*(See page 167)*

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on RESPECT

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of RESPECT, I now indulge.  
Let me have a warm appreciation for others opinions.  
May I be considerate of the human dignity of others.  
Verily, I will nurture unconditional positive regard to all.  
Behold, I will never ignore others decision-making power.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on RESPECT

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for RESPECT to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word RESPECT.

Breath-out as you feel RESPECT flooding your whole being.

Silently say 'I can feel RESPECT building up in me'.

Open your eyes.

Now, the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'GREAT I AM' by Esther Wahome is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on RESPECT

MCHONGOANO (a parabolic perversion or an entertaining exaggeration of the virtue).

HALO! HALO! (Wanafunzi wote wanajibu HALO! HALO!): Huyu Mwenyeinchi anaheshima kupita kiasi hivi

## 16. OPTIMISM

Recorded 5 seconds soul soothing instrumental embedded with words...OPTIMISM OPENS OPPORTUNITIES. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Heri kufa macho, kuliko kufa ... (*jibu la wanafunzi*) moyo.

(3 D animations)

(See page 130)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on OPTIMISM

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Psalm 23:4 - "*Even though I walk through the valley of the shadow of death, I fear no evil*".

**HOLY QURAN**, Ash-Sharh, 94:5 - "*Verily along with every hardship is relief*".

**BHAGAVAD-GITA**, Transcendental Knowledge, IV: 40 - "*But ignorant and faithless persons who doubt the revealed scripture do not attain God consciousness; they fall down. For the doubting soul there is happiness neither in this world nor in the next*".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on OPTIMISM

### AMELIORATING ASSERTIONS

(*Recorded*)

As an unlimited power of positive thinking, and an unbounded magnitude of future focus, 'OPTIMISM' was defined by U.S. writer, printer and editor Elbert Hubbard (1856-1915) as "a kind of heart stimulant – the digitalis of failure", by U.S. writer F. Scott Fitzgerald (1896-1940) as "the content of small men in high places", by French Poet Stephane Mallarme (1842-1898) as "that virgin, vital, fine day: today", by British Poet William Wordsworth (1770-1850) as "that which sets ...budding rose above the rose full blown".

**I hereby exhort you with holy humbleness and divine dedication:**

Nurture and cultivate the necessary ideals about your future.

If you are absolutely committed to realization and actualization,

Of all your dreams, visions, missions and general expectations;

You will in the final end throw yourself in the 'Promised Land',

The land of 'honey and milk' of all your hopes and aspirations.  
Always harbour a patient thirst that has not yet been fulfilled.  
Undertake only that which you may rely upon yourself to finish.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**  
Soul soothing instrumental on OPTIMISM

### **LIVELY LAUGHTER**

(Impromptu narration)

Kutapeliwa Thika

(See page 142)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on OPTIMISM

### **MOTIVATING MODEL**

(Impromptu narration)

NAPOLEAN BONARPATE

(See page 169)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on OPTIMISM

### **INSPIRING INSTRUCTION**

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of OPTIMISM, I now indulge.  
Let me react to setbacks from a presumption of power.  
May I develop the conviction that all will turn out well.  
Verily, I will greet the unseen with a cheer march forward.  
Behold, I will construe all failures as source of enthusiasm.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on OPTIMISM

## CHARISMATIC CATHARSIS

*(Still standing up*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for OPTIMISM to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word OPTIMISM.

Breath-out as you feel OPTIMISM flooding your whole being.

Silently say 'I can feel OPTIMISM building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'FUNDI WA MBAO' by Zaidi ya Muziki is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on OPTIMISM

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! *(Wanafunzi wote wanajibu HALO! HALO!)*: Huyu Raia anamatumaini chungu nzima, hivi kwamba jambo lolote analolifanya, yeye hutoa jasho halafu analinywa lile jasho kujiongeshea nguvu.

## 17. **G**ENUINENESS

Recorded 5 seconds soul soothing instrumental embedded with words...GENUINENESS GENERATES GROWTH. x2

### PROVERBIAL PROVOCATION

Paukwa *(wote wanajibu)* Pakawa

Pa Kisu, hapaingii ... *(jibu la wanafunzi)* Shoka.

(3 D animations)

(See page 131)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on GENUINENESS

## SCRIPTURAL SOURCES

(To be read by students)

**HOLY BIBLE**, Romans 12: 3 - "Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you".

**HOLY QURAN**, Al-Isra', 17:36 - "And follow not (O man i.e., say not, or do not or witness not) that of which you have no knowledge. Verily, the hearing, and the sight, and the heart, of each of those one will be questioned (by Allah)".

**BHAGAVAD-GITA**, Devotional Service, XII: 13-14 - "One who is not envious but is a kind friend to all entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress, who is tolerant, always satisfied, self-controlled, and engaged in devotional service with determination, his mind and intelligence fixed on Me - such a devotee of Mine is very dear to me".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on GENUINENESS

## AMELIORATING ASSERTIONS

The core message of 'GENUINENESS' is that, you can pretend at times to some people, but you cannot pretend all the times to everyone. The moment of truth will eventually dawn upon you, and probably at a very high cost. To have an enduring impact on the world, to ACTUALIZE your inherent POTENTIAL you have to 'LOCATE your BEARING', by setting yourself on a 'personal prudent pilgrimage' towards *your individuality, your being, your essence, your GODLINESS*; to what Friedrich Nietzsche referred to as 'down below...the unteachable' in you. This implies being guided by the notion that, anything that is of importance comes from within you, thereby invoking in you the thirst to turn at the immense reservoir of energy within you and finding what really ticks in you.

**I hereby exhort you with holy humbleness and divine dedication:**

Embark on a road in search of your distinct individuality.  
Dedicate yourself to answering the question 'who am I'.  
To erect a symbolic wall around your beliefs and valuations,  
But to lubricate your mechanisms for response and change,  
Is a tricky path which may look impossible at the outset,  
But which must be spiritedly followed without wavering.  
If you have to direct and focus yourself to your essence.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on GENUINENESS

## LIVELY LAUGHTER

(Impromptu narration)

Hamina mwanafunzi

(See page 144)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on GENUINENESS

### **MOTIVATING MODEL**

*(Impromptu narration)*

GEORGE WASHINGTON

*(See page 170)*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on GENUINENESS

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of GENUINENESS, I now indulge.  
Let me always be fundamentally real and authentic.  
May my internal and external experience be in synch.  
Verily, fakeness will never find entry into my psyche.  
Behold, I will assist others to be true to themselves.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on GENUINENESS

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for GENUINENESS to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word GENUINENESS.

Breath-out as you feel GENUINENESS flooding your whole being.

Silently say 'I can feel GENUINENESS building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriations of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance (*spiced by 5 seconds of instrumental lyric*).

**I**ntonation of body as in a GORILLA walking (*spiced by 5 seconds of instrumental lyric*).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).  
*(As the best part of the song 'KIGEUGEU' by Jaguar is played)*  
 Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**  
 As everyone sits down in a relaxed manner.  
 Soul soothing instrumental on GENUINENESS

MCHONGOANO (*a parabolic perversion or an entertaining exaggeration of the virtue*).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Binadamu ni mhalali hivi kwamba akijiangalia kwa kioo, kioo hupiga makofi huku kikimualika; 'karibu, karibu mshemiwa'.

## 18. RECEPTIVENESS

Recorded 5 seconds soul soothing instrumental embedded with words...RECEPTIVENESS RELISHES REALITY. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Usisahau ubaharia kwa sababu ya ... (*jibu la wanafunzi*) unahodha.

(3 D animations)

(See page 131)

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on RECEPTIVENESS

### SCRIPTURAL SOURCES

*(To be read by students)*

**HOLY BIBLE**, Proverbs 2:20-22 - "*Wisdom cries aloud in the street; in the markets she raises her voice; on top of the walls she cries out; at the entrance of the city gates she speaks: 'How long, O simple ones, will you love being simple? How long will scoffers delight in their scoffing and fools hate knowledge?'*"

**HOLY QURAN**, Al-An'am 6:50 - "*Say (O Muhammad): 'I don't tell you that with me are the treasures of Allah, nor (that) I know the Unseen; nor I tell you that I am an angel. I but follow what is revealed to me'. Say: 'Are the blind and the one who sees equal? Will you then take thought?'*"

**BHAGAVAD-GITA**, Contents of the Gita Summarized, II: 52 - "*When your intelligence has passed out of the dense forest of delusion, you*

shall become indifferent to all that has been heard and all that is to be heard”.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on RECEPTIVENESS

## **AMELIORATING ASSERTIONS**

(Recorded)

‘RECEPTIVENESS’ is precisely a passion for and openness to details and comprehension, and we can learn this inclination from the ancient Greeks who believed much in using their minds. In contrast to the ancient priests who said; “thus far and no further, we set limits to thought”, the Greeks said; “all things are to be examined and called into question, there are no limits to thought”. Being the great lever, and a process upon which human intellectual thirsts are ultimately quenched, receptiveness implies a thorough investigation on any issue at hand. Receptiveness as an opener for new avenues for understanding yourself as well as others, was stated by Dutch rationalist philosopher and religious thinker Benedict de Spinoza (1632-1677) thus: “I have striven not to laugh at human actions, not to weep at them, nor to hate them, but to understand them”.

**I hereby exhort you with holy humbleness and divine dedication:**

Strive to obey your natural propensity and instinctual desire,  
To do things more than the merely formalistic and ritualistic.  
Merely ‘keeping rules’ does not make you authentically human,  
For you may go through motions wearing the ceremonial garb,  
But divorce away your emotions, intuitions and your cognitions.  
Embark on a conscious effort at crushing all inner distortions.  
Endeavour at dismantling all the childhood illusions of safety.

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) ‘DIVINE DRUG’;**

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is

**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

Soul soothing instrumental on RECEPTIVENESS

## **LIVELY LAUGHTER**

(Impromptu narration)

Mwanafunzi wa Chekechea

(See page 144)

As an **Aware Adolescent** and a **Serious Scholar**,

WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;

I am a sovereign heir in this worldly Kingdom;

I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on RECEPTIVENESS

## **MOTIVATING MODEL**

(Impromptu narration)

JESUS THE CHRIST

(See page 172)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!

THE PRESENT IS ENRICHING!!

THE FUTURE IS FERTILE!!

Soul soothing instrumental on RECEPTIVENESS

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of RECEPTIVENESS, I now indulge.  
Let me be able to be truly joyous in the HERE and NOW.  
May self-exploration be my ever shining guiding star.  
Verily, I will continue sharpening my intuitive powers.  
Behold, acquisition of new knowledge shall be my ideal.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on RECEPTIVENESS

### **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for RECEPTIVENESS to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word RECEPTIVENESS.

Breath-out as RECEPTIVENESS floods your whole being.

Silently say 'I can feel RECEPTIVENESS building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriations of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonations of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'AHADI ZAKE' by Marion is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

MCHONGOANO (a parabolic perversion or an entertaining exaggeration of the virtue).  
HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Jomvi ni mpokelevu, hivi kwamba dhana na mitazamo yake hubadilika na majira, na akiona Paka anayakimbia, yeye humuita Simba mdogo, ana akiona Simba anayelala yeye humuita Paka mkubwa.

## 19. AWARENESS

Recorded 5 seconds soul soothing instrumental embedded with words...AWARENESS ANOINTS AWAKENING. x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Mchakacho ujao, haulengwi na ... (*jibu la wanafunzi*) jiwe.

(3 D animations)

(See page 131)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on AWARENESS

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, Jeremiah 17:11 - "Like the partridge that gathers a brood which she did not hatch, so is he who gets riches but not by right; in the midst of his days they will leave him, and at his end he will be a fool".

**HOLY QURAN**, Al-Jathiyah 45:15 - "Whosoever does a good deed, it is for his ownself, and whosoever does evil, it is against (his ownself). Then to your Lord you will be made to return".

**BHAGAVAD-GITA**, Dyana-Yoga, VI: 7 - "For one who has conquered the mind, the Supersoul is already reached, for he has attained tranquility. To such a man happiness and distress, heat and cold, honor and dishonor are all the same".

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on AWARENESS

### AMELIORATING ASSERTIONS

(*Recorded*)

'Existence' has thousands several tongues, and every tongue brings in several tales, and every tale tells us: 'Know Thyself. Cultivate SELF-AWARENESS'. As a student, 'Awareness' entails focusing your attention on yourself, evaluating, comparing and aligning your current behaviour to your internal standards and values, which is prerequisite to intensifying various emotional states. In this somehow absurd world, your individual quest for a thorough understanding of 'Truth' besides your attitudes, aspirations and your motives – your 'Self-awareness' -

shall be the only precise measure upon which you will be able to enjoy the 'natural nourishing nectar' of 'existence'.

**I hereby exhort you with holy humbleness and divine dedication:**

The eternal harmony and serene order immanent and evidence in nature,  
Is because it follows the laws of God spontaneously without compulsion.  
As in the case of gravitational pull governing the movements of planets,  
Divine precepts must be obeyed not only because they are God's Word,  
But also because they lead to overall personal fulfillment and satisfaction.  
Sincerely appreciate all your impulses, motivations, desires and percepts.  
Focus not on outcompeting anybody but on the improving of your potential.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

*(All students to reply)*

Taking the **4(SE) 'DIVINE DRUG'**;  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**  
Soul soothing instrumental on AWARENESS

### **LIVELY LAUGHTER**

*(Impromptu narration)*

Ndevu za mhubiri

*(See page 145)*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on AWARENESS

### **MOTIVATING MODEL**

*(Impromptu narration)*

FIDEL CASTRO

*(See page 174)*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on AWARENESS

### **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of PATIENCE, I now indulge.  
Let self-understanding illumine all my endeavours.  
May I grasp the reason for my attitudes and emotions.  
Verily I will have an expanded appreciation to issues  
Behold, I will have an accurate assessment of myself.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on AWARENESS

### CHARISMATIC CATHARSIS

*(Still standing up*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for AWARENESS to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word AWARENESS.

Breath-out as you feel AWARENESS flooding your whole being.

Silently say 'I can feel AWARENESS building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'UPEWE UTUKUFU' by Agape is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on AWARENESS

MCHONGOANO *(a parabolic perversion or an entertaining exaggeration of the virtue).*

HALO! HALO! *(Wanafunzi wote wanajibu HALO! HALO!):* Huyu Polo anaufahamu kibao, hivi kwamba kama kuna jambo linalohitaji kuchambuliwa ili kujua maana fiche, yeye huliandika pahali kwa karatasi halafu kwa madhumini ya kulidhibiti kabisa, anaikatakata ile karatasi kwa vidonge vidogo vidogo.

## 20. **M**ATURITY

Recorded 5 seconds soul soothing instrumental embedded with words...MATURITY MOTIVATES MOVEMENT. x2

### PROVERBIAL PROVOCATION

Paukwa *(wote wanajibu)* Pakawa

Yaliyopita si ndwele, tugange yaliyomo na ... *(jibu la wanafunzi)* yajayo.

*(3 D animations)*

*(See page 132)*

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*

Mimi si kama lile robota la pamba,  
Lililotupwa kwenye kidibwi kuoza.  
Ambalo halina wowote mwafaka.  
Akili kujajaruka, ni miye kubainika.  
Kupepea na walimwengu bayana,  
Ni kujiepusha na balaa na karaha.  
Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on MATURITY

## **SCRIPTURAL SOURCES**

*(To be read by students)*

**HOLY BIBLE**, Mathew 7:17-19 - *"So, every sound tree bears good fruit, but the bad tree bears evil fruit. A sound tree cannot bear evil fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus they will know them by their fruits"*.

**HOLY QURAN**, At-Taubah 9:41 - *"March forth, whether you are light (being healthy, young, and wealthy) or heavy (being ill, old and poor), and strive hard with your wealth and your lives in the Cause of Allah. This is better for you, if you but knew"*.

**BHAGAVAD-GITA**, Karma-Yoga - Action in Krsna Consciousness, V:7 - *"One who works in devotion, who is a pure soul, and who controls his mind and senses is dear to everyone, and everyone is dear to him. Though always working, such a man is never entangled"*.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on MATURITY

## **AMELIORATING ASSERTIONS**

*(Recorded)*

The invocation of 'MATURITY' is that, the secret of existence is to be conscious of your personality predispositions, intellectual inclinations, in order to carve a niche or rather your space in the infinite world. You should see the world as a very voluminous book. Every step you take opens a new page for you. So, what is travelling? Simply changing your present place to another? By no means? Travelling is changing your opinion and your prejudices and always developing yourself into a new person.

**I hereby exhort you with holy humbleness and divine dedication:**

To be born and to eventually face death is a matter of fact.  
But, to live in relativity of contentment is a matter of tact.  
By being thrift, our minds shall become absolutely clear  
And consequently, our perceptual ability shall get heightened,  
Becoming immensely sensible; a kind of huge spider web  
Of the finest thread suspended in the lab of consciousness  
And catching each and every airborne particle in its tissues

As an **Aware Adolescent** and a **Serious Scholar**,

WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

## **LIVELY LAUGHTER**

(Impromptu narration)

**Mtoto na mzee**

(See page 145)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

Soul soothing instrumental on MATURITY

## **MOTIVATING MODEL**

(Impromptu narration)

**JULIUS CEASER**

(See page 174)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on MATURITY

## **INSPIRING INSTRUCTION**

*(All students to recite while standing; left hand on the chest the other one slightly lifted)*

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of PATIENCE, I now indulge.  
Let me always amass freedom from my rogue past.  
May I always change in pursuit of enhancing ideals.  
Verily, I will wholeheartedly respond to all my duties.  
Behold, I will be in the right place at the right time.  
*Surely, with these concise convictions, I will conquer!*

**GOD IS GOOD — (all to reply) ALL THE TIME GOD IS GOOD**

**PRAISE GOD — (all to reply) AMEN**

**GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on MATURITY

## **CHARISMATIC CATHARSIS**

*(Still standing up)*

*Tap your neighbor on the shoulder and tell him/her*

I pray for MATURITY to *flourish* in you;  
As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word MATURITY.

Breath-out as you feel MATURITY flooding your whole being.

Silently say 'I can feel MATURITY building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way (*spiced by 5 seconds of instrumental lyric*).

**K**runking of waist through a BELLY dance (*spiced by 5 seconds of instrumental lyric*).

**I**ntonation of body as in a GORILLA walking (*spiced by 5 seconds of instrumental lyric*).

**M**ovements of legs through a FOOT work (*spiced by 5 seconds of instrumental lyric*).

**W**hole body shaking as if on an electric shock (*spiced by 5 seconds of instrumental lyric*).

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

(*As the best part of the song 'TIMIZA' by Ben Githae is played*)

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S!**

As everyone sits down in a relaxed manner.

Soul soothing instrumental on MATURITY

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Kalameni ni mkomavu hivi kwamba ukimngonga kwa 'cheek' badala ya kulipisha kisasi, yeye hukuambia, 'hata kichwa kata, Lakini unibakishie akili, macho, masikio na mdomo'.

## 21. SOCIABILITY

Recorded 5 seconds soul soothing instrumental embedded with words...SOCIABILTY SANCTIFIES SUITABILTY . x2

### PROVERBIAL PROVOCATION

Paukwa (*wote wanajibu*) Pakawa

Hewalla! ... (*jibu la wanafunzi*) Haigombi

(3 D animations)

(See page 132)

Ni wazo lipi ambalo LINAANGAZA?

(*wanafunzi wanaliiba wakiwa wameketi*)

Mimi si kama lile robota la pamba,

Lililotupwa kwenye kidibwi kuoza,

Ambalo halina wowote mwafaka.

Akili kujajaruka, ni miye kubainika.

Kupepea na walimwengu bayana,

Ni kujiepusha na balaa na karaha.

Na kujinyezesha ya Mungu baraka.

Soul soothing instrumental on SOCIABILITY

### SCRIPTURAL SOURCES

(*To be read by students*)

**HOLY BIBLE**, I Corinthians 12:12-13 - "*For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For by one Spirit we were all baptized into one body Jews or Greeks, slaves or free - and all were made to drink of one Spirit*".

**HOLY QURAN**, Al-Jathiyah 45:17 - "*And gave them clear proof in matters [by revealing to them the Taurat (Torah)]. And they differed not until after the knowledge came to them, through envy among*

themselves. Verily, Your Lord will judge between them on the Day of Resurrection about that wherein they used to differ”.

**BHAGAVAD-GITA**, Contents of the Gita Summarized, II: 57 - “In the material world, one who is unaffected by whatever good or evil he may obtain, neither praising it nor despising it, is firmly fixed in perfect knowledge”.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

Soul soothing instrumental on SOCIABILITY

## **AMELIORATING ASSERTIONS**

(Recorded)

Every social situation has its hidden structure. As such, ‘SOCIABILITY’ entails cultivating ‘Social skills’, which are sets of responses that enable a person to be effective when interacting with others and in particular situations. They include knowing what (content) in order to elicit a desired response (consequences) as well as how (style) and when (timing) to do it. This is based on the premise that, an individual’s inadequate social performance is due to the *situation specific skills* deficit, thus increasing performance competence through skillful response to alternatives.

One of the most common social skill problems is lack of assertiveness – the inability to state one’s own thoughts or wishes in a clear, direct, non-aggressive manner. The style for an assertive response is usually direct and open, demanding ones right and expressing ones genuine feelings in noncoercive or aggressive manner.

Above all differentiate between humour and sarcasm. While humour reinterpret situations and control such emotions as anger, anxiety and depression, sarcasm is a kind of emotional plague which arouses or aggravates anger, anxiety and depression. Whereas humorous jokes provide moderate amount of intellectual challenge, sarcastic jokes are a spirit killer that knocks the sail out of LIFE.

Moreover, avoid the debates or arguments on the dreaded three subjects, religion, politics, or finances when in presence of people you are not intimate with. These subjects are a powder keg waiting to explode, and if you happen to find yourself on the subject, amongst companions please refrain from speaking loudly, yelling, or using profanity.

When all is said and done, as a student, an imperative social skill you should merrily cultivate is giving THANKS. Guided by the realization that each human being is always yearning for kind words of appreciation, learn to say THANK YOU, to everyone after receiving a service, however minimal it might be, to everyone regardless of the social class. And when a person says THANK YOU to you, reply with an alive and sincere WELCOME. Saying thanks is an easy way to add to the world’s HAPPINESS. Thankfulness sets in motion a chain reaction that transforms people around you – including yourself. It is an ‘existential’ law that no one ever misunderstands the melody of a grateful heart; its message is universal; its lyrics transcends all earthly barriers; its music touches the heavens.

**I hereby exhort you with *holy humbleness and divine dedication*:**

Be sociable, but don't be gullible;  
Be praising, but don't be a flatterer;  
Be ambitious, but don't be envious;  
Be a believer, but not be dogmatic;  
Be confident, but not be arrogant;

Be cooperative, but not be gullible;  
Be analytic, but not be judgmental.

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;  
which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**  
Soul soothing instrumental on SOCIABILITY

### LIVELY LAUGHTER

(Impromptu narration)

Lugha chafu

(See page 146)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

(All students to reply)

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!  
Soul soothing instrumental on SOCIABILITY

### MOTIVATING MODEL

(Impromptu narration)

HELMUT KOHL

(See page 176)

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

(All students to reply)

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

Soul soothing instrumental on SOCIABILITY

### INSPIRING INSTRUCTION

(All students to recite while standing; left hand on the chest the other one slightly lifted)

In as much as I am committed towards self-actualization,  
Upon the inner pilgrimage of PATIENCE, I now indulge.  
Let me interact with people of all ages, gender and races.  
May I assume different selves in synch with all people.  
Verily, I will play various roles in response to the moment.  
Behold, I will learn all required social skills and etiquettes.  
*Surely, with these concise convictions, I will conquer!*

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

(All students to reply)

**LOCATING** my **BEARING**

in order that I may,

**ACTUALIZE** my **POTENTIAL**

Soul soothing instrumental on SOCIABILITY

## **CHARISMATIC CATHARSIS**

*(Still standing up*

*Tap your neighbor on the shoulder and tell him/her)*

I pray for SOCIABILITY to *flourish* in you;

As I meditate that it *fully flowers* in me.

Close your eyes.

Breath-in as you visualize the word SOCIABILITY.

Breath-out as you feel SOCIABILITY flooding your whole being.

Silently say 'I can feel SOCIABILITY building up in me'.

Open your eyes.

Now the 'GIKIMWA Dance Therapy!'

**G**yrations of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriations of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric)*.

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric)*.

**I**ntonations of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric)*.

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric)*.

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric)*.

**A**brogating everything as one melts away (a HOLISTICALLY UNIQUE dance).

*(As the best part of the song 'UTAWALA' by Juliani is played)*

Hands up-dropping, pent-out a relieving **Y-E-E-E-E-S-S-S-S!**

As everyone sits down in a relaxed manner.

*Soul soothing instrumental on SOCIABILITY*

MCHONGOANO (a *parabolic perversion* or an *entertaining exaggeration* of the virtue).

HALO! HALO! (*Wanafunzi wote wanajibu HALO! HALO!*): Huyu Binadamu anaudamisi mwingi hivi kwambo, ukimsalamia, 'How are you' yeye hukujibu' 'Salama sana'. Ukimsalamia, 'Habari yako' yeye hukujibu, 'Fine thank you!' Ukimsalamia, 'Wi museu' yeye hukujibu, 'Ni kwega'. Ukimsalamia 'Wi mwega', yeye hukujibu, 'Ndi museu'

### Song by **TENTH AVENUE NORTH - WORN**

I'm Tired I'm worn  
My heart is heavy  
From the work it takes  
To keep on breathing  
I've made mistakes  
I've let my hope fail  
My soul feels crushed  
By the weight of this  
world

Formed in the year 2000, the Tenth Avenue North, is a US contemporary Christian music (CCM) band. It features five musicians Mike Donehey, Jeff Owen Ruben Juarez III, Jason Jamison, and Brendon Shirley. This soul revamping song 'Worn' was released in 2008. Let me see redemption win and know the struggle ends That you can really mend a heart that's frail and torn.  
*(Full song played)*

# PART III

## INSTALLING THE ANTIVIRUS

### (A) CATEGORICAL CONVICTIONS

Having installed all the necessary 'PROGRAMS' it is vital that we finish our assignment by installing an 'ANTIVIRUS', by mounting a strong 'firewall' in your PSYCHES in order to keep off any 'malware' from entering your systems in the manner of all emotional plagues, crippling criticisms, or even outright insults that may knock the sail out of your life. To be successful in this regard, each one of you should *provoke upon yourself the prerogative of personally and deeply ascertaining the following 10 CATEGORICAL CONVICTIONS.*

*(Ten students to stand up each student read each conviction loudly)*

- 1) From today onwards, the LANGUAGE of my mind shall be experimentation, exploration, acquisition of new knowledge and skills indiscriminately, in order to avoid being submerged by events and keep in pace and afloat in the fast changing world.
- 2) From today onwards, the METHEMATICS of my adaptation as pegged on my effective interaction with environment shall involve *assimilation* (incorporating new knowledge to existing one) and *accumulation* (modification of an activity to conform to environmental demands).
- 3) From today onwards, the GEOGRAPHY of my awareness shall be unfenced as I shall persistently strive to draw the hidden into the light of consciousness, recording it, comparing its myriad phases, noting its history, and reflecting on error.
- 4) From today onwards, the CHEMISTRY of my temperaments shall be to strive to achieve a state of balance between my world and the outside world, by systematically reorganizing my mental patterns in case the existing structures cannot handle new experiences.
- 5) From today onwards, the PHYSICS of my thoughts, feelings and expectations about a situation will greatly influence the magnitude and directionality of my response to the situation. However, spontaneity and flexibility will always be guiding star.

- 6) From today onwards, the **BIOLOGY of my genetic programming** will find utmost expression in a nurturing and supportive environment, where the best theme of my *being* will be drawn out and find utmost expression and realization.
- 7) From today onwards, although the **HISTORY of my past events** may have some negative implication on present status, I will build my future development on the solid ground of present potentialities and future aspirations.
- 8) From today onwards, the **MUSIC of my life** shall be to revere in divine appreciation of the subtle melody in the unidirectionality of 'Times Arrow', to dance to the beat of the acceleration of modern history, and to revolutionize my psyche to tune to the rhythm of the shrinking of the modern world as facilitated by the IT Revolution.
- 9) From today onwards, the **ACCOUNTING of my life** shall be to evaluate personal psychic assets and liabilities and come up with a clear catalogue in the manner of the concept of WHO AM I and WHO I would like to become in the long run.
- 10) From today onwards, the **ECONOMICS of my 'psychic energy'** shall lie in the prioritization of its utilization, either physically, intellectually or emotionally, such that the maximum amount of energy shall mobilized to the area of major concern; intellectual advancement.

Song by **SIXX: A.M. - LIFE IS BEAUTIFUL**

You can't quit until you try  
 You can't live until you die  
 You can't learn to tell the truth  
 Until you learn to lie

Formed in 2007, Sixx: A.M. is a US hard rock band,  
 By trio Nikki Sixx, DJ Ashba, and James Michael.  
 It is a combination of all of the member's last names  
 First **Sixx** for Sixx, **A** for Ashba, and **M** for Michael.  
 This song '*Life is Beautiful*' was released in year 2007.  
 You can't quit until you try and can't live until you die.  
 You cannot learn to tell the truth until you learn to lie.  
 (*Full song played*)

**(B)**  
**SEVEN SEASONED SERMONS**  
 Each wrapped in  
**SEVEN SEAMLESS SEALS**  
 And expressed in  
**SEVEN SUBLE SENTENCES**  
**777(SSS)**

- I. As an *Aware Adolescent* and a *Serious Scholar*,  
 WHY are you in this **WONDERFUL WORLD?**

(1)

**You are rightfully in this 'Wonderful World';**

To cultivate fundamentally positive attitudes,  
For your attitude is a little thing and everything,  
That will make a big difference, in the future life.  
Because, before the throne of the Almighty,  
Not your acts but your ideals will judge you,  
For only God in His wisdom, reads our hearts.

(2)

**You are rightfully in this 'Wonderful World';**

To indulge in the nurturance of self-control.  
For you to enjoy such a relatively good health,  
To bring true happiness to yourself and others,  
You must discipline and control your own mind.  
In this way you will find your only enlightenment,  
As wisdom, and virtue, will naturally come to you.

(3)

**You are rightfully in this 'Wonderful World';**

To consolidate an 'I-THOU' dialogue with people,  
To build up concrete deep spiritual relationships  
With peers, family members and entire mankind,  
For spiritual is more precious than just physical.  
Bare physical relationship divorced from spiritual,  
Is as cold as ice, and it is like body without a soul.

(4)

**You are rightfully in this 'Wonderful World';**

To solidly augment your self-love and self-affection,  
For you can search throughout the entire universe,  
For anyone who is more deserving of these virtues,  
And that human being is never to be found anywhere.  
You yourself, as much as anybody else has the key,  
To unlock and shower yourself with infinite blessings.

(5)

**You are rightfully in this 'Wonderful World';**

So live well as if you were to die tomorrow,  
And learn fully as if you were to live forever,  
For people are never prisoners of their fate,  
But only the captives of their own cognitions.  
So keep dreaming and reaching for the star;  
If you miss the star, grab a handful of cloud.

(6)

**You are rightfully in this 'Wonderful World';**

That you should live life in all its intensity,

And in its totality, because in the final end,  
It's not the years in your life that will count,  
It's the life in all its meaning, in your years.  
It's never too late to do anything you want,  
For, you never know your abilities until tried.

(7)

**You are rightfully in this 'Wonderful World';**

To be an optimally, self-actualized individual.  
There is no passion to be got in playing small,  
Or in settling for a life that is apparently less,  
Than the one you are really capable of living.  
It is even a sin to be contented with tidbits,  
When you can enjoy more in this 'existence'.

**II. As an *Aware Adolescent* and a *Serious Scholar*,  
WHICH must be your *PERSONAL PRAYER*?**

(1)

**Your momentous persuasive 'Personal Prayer';**

Should be such an invocation that fully quenches,  
All subtle thirsts, and the longings of your soul.  
Prayer is not simply pleading, begging or asking;  
It is daily admission of one's curable weakness.  
It is evoking a vow to be different and changed,  
It is focusing your will on doing all what you can.

(2)

**Your momentous persuasive 'Personal Prayer';**

As an invocation that really serves as the key,  
Of the early morning and the bolt of the evening,  
Is that, envy and intolerance may be divorced,  
From all the innards, and confines of your life.  
For envy and intolerance are the fierce enemies,  
Of correct understanding, and pure perceptions.

(3)

**Your momentous persuasive 'Personal Prayer';**

Should be that those vices of fear and cowardice,  
May never find a place in the arena of your soul.  
For a coward is incapable of exhibiting any love;  
As this virtue is the prerogative of the brave.  
Moreover, cowards living in an inglorious state,  
Die very many times before their actual death.

(4)

**Your momentous persuasive 'Personal Prayer';**

Is that your fundamental worry and concern,

Should never be whether God is on your side.  
Your major concern should to be on God's side,  
For God in His Omniscience will always be right.  
And you will be esteemed in the hearts of mortals;  
As your self-esteem shall be on a perpetual rise.

(5)

**Your momentous persuasive 'Personal Prayer':**

"Grant that I may not pray alone with the mouth;  
That, I may pray from all the depths of my heart".  
For it is better to pray with a heart without words,  
Than with bare and empty words, without a heart.  
Praying is better when spontaneous and individual,  
Than indulging in hollow, and ceremonial rituals.

(6)

**Your momentous persuasive 'Personal Prayer':**

Should be to keep off anger, from gripping you.  
Holding on to anger is like grasping a hot coal  
With the intent of throwing it at someone else;  
Eventually you will be the one who gets burned.  
He who keeps anger does not obtain peace of mind.  
It is a thorn that irritates and hurts; a sword that kills.

(7)

**Your momentous persuasive 'Personal Prayer':**

Is that, you should in all measures conquer yourself,  
For it is better to develop that superb self-efficacy,  
Than to dominate lands or to win a thousand battles.  
Then, the victory will be solid and permanently yours.  
It cannot be snatched, stolen or taken away from you,  
Not by angels or devils, neither in heaven nor in hell.

III. As an *Aware Adolescent* and a *Serious Scholar*,  
WHO should be your **CHARMING COMPANIONS?**

(1)

**Your life-advancing 'Charming Companions':**

Should be all those optimistic individuals,  
Those who see chances and opportunities,  
In every failure, hardship or even difficulty.  
But categorically keeping off the pessimists,  
And all those who sees difficulty and doom,  
In every breakthrough, chance or opportunity.

(2)

**Your life-advancing 'Charming Companions':**

Should be the wise and creative characters.  
People who are attracted to contradictions,

Individuals who eschew difference of viewpoint,  
But walking away from the dogmatic fanatics,  
Who are rigid in their thoughts and valuations;  
Who can't change their minds or the subject.

(3)

**Your life-advancing *'Charming Companions'*;**

Are all who can stand by you in time of need,  
And who should be selected with all diligence,  
In accordance with your keen sound judgment,  
Avoiding all factious and tumultuous clamors;  
For from the collision of discordant elements,  
Both sparks and flame will arise to devour you.

(4)

**Your life-advancing *'Charming Companions'*;**

Are all those who are ennobled and blessed  
By the thrills and the adventures of the NOW,  
And formidably fired by the dreams of future.  
Not conservatives stagnating on past glories.  
For a conservative is a man with two good legs,  
Who has never learned how to walk forward.

(5)

**Your life-advancing *'Charming Companions'*;**

Should be all the smartest and the brightest.  
These are the people to rub shoulders with.  
It is natural and a thing to be unashamed of,  
That, you may not be the smartest of fellows.  
But you can peg and bank your real success,  
On picking and working with the smartest.

(6)

**Your life-advancing *'Charming Companions'*;**

Should be the honest, for an insincere friend,  
Is more to be feared than a beastly animal.  
Because, a wild beast might wound your body,  
But an evil friend will surely wound your mind.  
Most sincere friends will cry when you depart,  
But all false friends will depart when you cry.

(7)

**Your life-advancing *'Charming Companions'*;**

Should be the buoyant and the virtuous people.  
Always associate with people of good quality,  
If you esteem the reputation of your character.  
For it is better to be alone and remain clean,  
Than soil your name and slow your evolution,  
In the presence of bad, and retrogressive traits.

IV. As an *Aware Adolescent* and a *Serious Scholar*,  
HOW should you go about your *DAILY DUTIES*?

(1)

**The modalities of going about your 'Daily Duties';**

Is doing all what you should and what you must,  
In spite of any personal and social consequences,  
In spite of all obstacles, dangers and pressures.  
In as much you are illumined and fired by love,  
And following the strictures of your conscience,  
And that forms the basis of all human morality.

(2)

**The modalities of going about your 'Daily Duties';**

Is always experimenting with issues and ideas,  
For an ounce of practice well managed and done,  
Is worth more than tons of talking and preaching.  
Always take a method and do not hesitate to try it,  
If it fails, go on, admit it frankly and try another.  
Continual trying will ultimately yield good results.

(3)

**The modalities of going about your 'Daily Duties';**

Is being sincere to people of all ages and gender.  
It should dawn unto you that, you can succeed  
Only in fooling all the people some of the time,  
And also deriding some of the people all the time.  
But you cannot succeed in fooling all the people  
All the time, in all circumstances and in all guises.

(4)

**The modalities of going about your 'Daily Duties';**

Is knowing that, you are not bound to always win,  
Or to succeed in every task you undertake to do.  
But you are always bound to be true to yourself  
And to live by the light that you have within you;  
Standing with people that stands right and clean,  
And parting with them in the event they go wrong.

(5)

**The modalities of going about your 'Daily Duties';**

Is doing thorough preparation in taking all details,  
Before you indulge yourself upon any undertaking.  
If for instance your are given precisely six hours,  
To chop or fell down a tree and cut it into pieces,  
You should spend the first four sharpening the axe,  
For this rescues you from guilt of poor performance.

(6)

**The modalities of going about your 'Daily Duties':**

Is knowing that, it is better to create than to learn,  
For creating is the core and the well spring of life.  
Always utilize your time wisely and productively,  
Realizing that, the time is always ripe to do good.  
And when you get to the end of your work's rope,  
Don't hesitate to tie a knot and to boldly hang on.

(7)

**The modalities of going about your 'Daily Duties':**

Is never being doubtful of what will become of you,  
And depending on no one in the act molding yourself.  
Only the moment you reject all help are you freed,  
From all psychological dependencies, and infantilism.  
No one has the ability to really save you but yourself.  
You yourself must walk the path of self-redemption.

V. As an *Aware Adolescent* and a *Serious Scholar*,  
WHERE can you find a *PENETRATING PATH*?

(1)

**You can only find your sure 'Penetrating Path':**

In those intuitive moments when you are able,  
To see each and every misfortune or danger,  
Not as an end, or even the beginning of the end,  
But perhaps as the crude end of the beginning.  
Knowing that, you can surmount all challenges,  
By being in touch and using all your strengths.

(2)

**You can only find your sure 'Penetrating Path':**

When you have an important point to make;  
You don't try to be manipulative, or deceitful.  
Use a pile driver, and boldly hit the point once.  
Then come back and energetically hit it again.  
Then hit it a third time – a tremendous whack.  
This is the road treaded upon by all conquerors.

(3)

**You can only find your sure 'Penetrating Path':**

If you take it that, the greatness your character  
Will be judged by the solidity of your patience.  
For the supreme serene worth of your patience  
Will transcend and endure to the end of time.  
For a living faith will last and outmaneuver all  
In the midst of the tempest and blackest storm.

(4)

**You can only find your sure *'Penetrating Path'*;**

By strongly bearing in your consciousness,  
That your own resolution to really triumph,  
Is vitally important than any other option.  
For most folks in this world are as happy,  
As they make up their minds to be joyful.  
Everything seems impossible until it is tried.

(5)

**You can only find your sure *'Penetrating Path'*;**

If you appreciate that, character is like a tree,  
And reputation, like its reflected small shadow.  
The shadow is what you subjectively conceive it;  
The tree is the real fundamental thing or object,  
For to be free is not only to cast off one's chains,  
But to live by enhancing the freedom of others.

(6)

**You can only find your sure *'Penetrating Path'*;**

By being sure you put your feet in the right place,  
Then standing solidly firm without wavering at all.  
One of the most redeeming thing about the future,  
Is its coming not in plurality, but one day at a time.  
That is precisely why, after climbing a great hill,  
One only finds that there are more hills to climb.

(7)

**You can only find your sure *'Penetrating Path'*;**

After learning through trial and error that courage  
Is not the absence of fear, but the triumph over it.  
The brave person is not one, who doesn't feel afraid,  
But the one, who conquers that life suffocating fear.  
Courage is what it makes you to stand up and speak:  
Courage is also what it takes to sit down and listen.

VI. As an *Aware Adolescent* and a *Serious Scholar*,  
WHEN are you really **HOLISTICALLY HUMAN**?

(I)

**You are at the citadel of *'Holistic Humanness'*;**

When you surely find yourself by any cause or reason,  
In circumstances when certain malicious individuals,  
May be driving nails into your personality's structure,  
And to ensure they're irremovable, cut off the heads,  
But using the teeth of your insight, you pull them out.  
This makes you serenely feel as invisible as an angel.

(2)

**You are at the citadel of 'Holistic Humanness';**

In the instance when your ambition is at its apex,  
When your will-to-live is firing at its optimum.  
For ambition is the only wholesome and pure air,  
The most indomitable refreshing divine oxygen,  
Without which your psyche and your spirituality,  
Cannot live in its top notch of a full-blooded life.

(3)

**You are at the citadel of 'Holistic Humanness';**

When you are armed by the spirit of forgiveness.  
The weak always revengeful, can never forgive.  
Forgiveness is a virtue attributable to the strong.  
Because an eye for an eye and a tooth for a tooth,  
Will only end up, making the whole world blind.  
Will in the final tally, leave everyone toothless.

(4)

**You are at the citadel of 'Holistic Humanness';**

When others, in arrogance cannot recognize you,  
Basking in vanity they may be disdainful of you,  
In total unawareness of your immense potential.  
First in their spiritual blindness they ignore you,  
Then in their wanton egoism, they laugh at you,  
But even if they fight you, you will eventually win.

(5)

**You are at the citadel of 'Holistic Humanness';**

When there is that discernible synchronicity,  
Between your experiential thought patterns,  
The overt manifestation of your real actions,  
And your volitionally expressed utterances.  
For real happiness is when what you think,  
What you verbalize and do, are in harmony.

(6)

**You are at the citadel of 'Holistic Humanness';**

Upon anointing yourself to be a 'YES-SAYER'.  
Accepting all existential calls, but also aware  
That, a 'No' made from the deepest conviction,  
Is better than a 'Yes' uttered in bare hypocrisy;  
Merely pronounced to please the other person,  
Or worse, to cowardly avoid falling into trouble.

(7)

**You are at the citadel of 'Holistic Humanness';**

Only upon abhorrence of spiritual barrenness,

For, it is better to be gnawing and to be violent,  
If there is violence and storming in your hearts,  
Than to put on the fragile cloak of nonviolence,  
To cover impotence and the sense of hollowness.  
Acting from your 'being' informs your Godliness.

VII. As an *Aware Adolescent* and a *Serious Scholar*,  
WHAT ought to be your **BASIC BELIEFS**?

(1)

**Your guiding generalizations and 'Basic Beliefs':**

Should be the ideal that, all the present empires,  
And those of the future will be located in the mind.  
Your thinking is the only potent tool of conquest,  
And the most persuasive weapon of domination.  
If you take that, you are the head and not the tail  
And be loyal to your mission, you will be through.

(2)

**Your guiding generalizations and 'Basic Beliefs':**

Should be the conviction that, success is not final.  
Failure is also not a fatal, outright death sentence.  
What counts is the will to move towards success.  
Personal continuous effort and bulldog determination,  
Not your academics, strength, talent, or intelligence,  
Is the key to unlocking your immense latent potential.

(3)

**Your guiding generalizations and 'Basic Beliefs':**

Should not, be taking criticism as never agreeable.  
But whether constructive or not, as very necessary,  
Fulfilling the same function as the pain in the body,  
By calling attention to an unhealthy state of things.  
Accept your weaknesses and you will improve on.  
Reverting to a state of denial will keep you stunted.

(4)

**Your guiding generalizations and 'Basic Beliefs':**

Should be, to never ever lose faith in the humanity.  
For humanity is tantamount to a capacious ocean;  
If a few drops falling into the ocean may be dirty,  
The Ocean does not, and can never become dirty.  
You should surely know that, any chaotic situation,  
Will finally crystallize, into a new form of existence.

(5)

**Your guiding generalizations and 'Basic Beliefs':**

Should be knowing that, none can hurt you arbitrary.

Your spirit will never be destroyed from the outside.  
If you falter it will be because, you destroy yourself.  
Obstacles don't have to stop you or dilute your vision.  
If you run into a wall, do not turn around and give up.  
Figure out how to climb, crack, or to work around it.

(6)

**Your guiding generalizations and 'Basic Beliefs':**

Should be knowing that, idleness is a road to death,  
And to be diligent is a noble way to a luminous life.  
Foolish people are idle, wise people are diligent.  
Idleness is a blasphemy on Almighty benevolence.  
For God has not failed to give you enough wisdom,  
To find ways to make improvements in your life.

(7)

**Your guiding generalizations and 'Basic Beliefs':**

Is knowing that, most people can stand adversity,  
But to test a person's character, give him power.  
Do not feel with or sympathize with an individual,  
Who humbled by lack, is lying low like an envelope.  
Elevate him, by relegating some of your powers,  
And you suffer your entire life under humiliation.

Song by **HAWK NELSON - WE CAN CHANGE THE WORLD**

We can change the world, you and me  
We can make a difference if we just  
believe  
When the hands and feet start moving  
together  
We can change the world forever

Formed in 2003 Hawk Nelson is a Christian hard rock band.  
From Canada, it is led by Jonathan Steingard and Jason Dunn.  
This song '*We Can Change the World*' was released in 2012.  
We can using our resources change the world, you and me.  
We can in all measures make a difference if we just believe.  
When the hands and feet start moving together in harmony.  
We should rest assured that we can change the world forever.

*(Full song played)*

- CONCLUSION -  
**LOGGING OFF**

Once upon a time, in the distant echoes of Biblical history, in the garden of Eden, there lived two couples, Adam and Eve, who were basically BAD STUDENTS! Bad in the sense that, they failed to follow SIMPLE INSTRUCTIONS; DO NOT EAT FRUITS FROM THAT TREE. As a result of that disobedience, the human being was condemned to a LIFE of toil.

From Biblical and Koranic perspective, we can infer that the original design of God is for the human being to be a fruit gatherer and a hunter. So it goes without saying that, in the modern world where food is easily available through modern scientific means, to keep your body running at the optimal level you have to keep on EXERCISING now and then. Avoid the slow decay of your body through slothfulness! Keep burning your bodily fats, lest they haunt you by making you a physical weakling!

In this reference, I cannot find words to express my thanks for your condoning me to steal a good chunk of your academic time. But I must say, the measure of your accruing the blessings of my THANKS will be the degree of your ability to assimilate what I have suggested to you.

Before I wind out this speech of the century, I will entertain any kind of a question.

THANK YOU EVERYONE AND GOD BLESS.....*(name of the school)*  
And so I beg to LOG OFF!

WE HAVE REACHED AT THE LUMINOUS SUMMIT OF OUR THERAPEUTIC INTERACTIVE SESSION (TIS); THE INEVITABLE TERMINATION STAGE:

Ni wazo lipi ambalo LINAANGAZA?

*(wanafunzi wanaliiba wakiwa wameketi)*  
Mimi si kama lile robata la pamba,  
Lililotupwa kwenye kidibwi kuoza,  
Ambalo halina wowote mwafaka.  
Akili kujajaruka, ni miye kubainika.  
Kupepea na walimwengu bayana,  
Ni kujiepusha na balaa na karaha.  
Na kujinyezesha ya Mungu baraka.

**GOD IS GOOD** – (all to reply) **ALL THE TIME GOD IS GOOD**

**PRAISE GOD** – (all to reply) **AMEN**

(all to recite) **GOD IS FOR ME, GOD IS WITH ME, GOD IS IN ME.**

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT OUGHT to be your DAILY DOSAGE?

(All students to reply)

Taking the **4(SE) 'DIVINE DRUG'**;

which entails:

**STRIVING** to be a **SELF-STIMULATED STUDENT** who is  
**ENTITLED** to an **ENNOBLING ENRICHED EXISTENCE**

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH SHOULD be your PERSONAL PHILOSOPHY?

*(All students to reply)*

I will in all moments live merrily and joyfully;  
I am a sovereign heir in this worldly Kingdom;  
I will be an enjoyer of the Heavenly Kingdom!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHICH MUST be your SUCCESS SLOGAN?

*(All students to reply)*

THE PAST HAS RIPENED!!  
THE PRESENT IS ENRICHING!!  
THE FUTURE IS FERTILE!!

As an **Aware Adolescent** and a **Serious Scholar**,  
WHAT IS your DAUNTING DIVINE DEDICATION?

*(All students to reply)*

**LOCATING** my **BEARING**  
in order that I may,  
**ACTUALIZE** my **POTENTIAL**

VOTE OF THANKS FROM A STUDENT

FINAL CONCLUSIVE REMAARKS FROM THE TEACHER RESPONSIBLE FOR GUIDANCE AND COUNSELING

Now the ‘GIKIMWA Dance Therapy!’

**G**yratation of the head expressing a KUKU dance *(spiced by 5 seconds of instrumental lyric)*

**I**nfuriation of shoulders in a HELICOPTER way *(spiced by 5 seconds of instrumental lyric).*

**K**runking of waist through a BELLY dance *(spiced by 5 seconds of instrumental lyric).*

**I**ntonation of body as in a GORILLA walking *(spiced by 5 seconds of instrumental lyric).*

**M**ovements of legs through a FOOT work *(spiced by 5 seconds of instrumental lyric).*

**W**hole body shaking as if on an electric shock *(spiced by 5 seconds of instrumental lyric).*

**A**brogating everything as one melts away; a HOLISTICALLY UNIQUE dance spiced by:

*Song by M.O.G – PAPA GOD OH*

# PROVERBIAL PROVOCATION

(3D ANIMATIONS)

1<sup>st</sup> part of the ‘PSALMIC PATTERN’

## 1. PATIENCE

### Mstahimilivu hula mbivu

*(Chini ya mti ulio na kivuli kikubwa. Wazee wawili na mama mmoja wamekalia viti)*

Baba John:

Mama Ken, nduru za kuaminika zaniarifu ya kwamba Ken alipomaliza kidato cha nne, alipata kazi kwenye kampuni iliyopo pale bandarini, na mshahara wake ulikuwa mnono kabisa. Alikataa kwa nini? Na kama tunavyoelewa, kuna ukosefu mkubwa sana wa ajira nchini?

Mama Ken:

Ni kweli ya kwamba alikataa hiyo kazi, na akaamua kuendelea na masomo katika chuo kikuu, na sasa hivi tunavyoongea mshahala wake ni mara kumi ya ule aliokuwa ameahidiwa.

Babu:

Uamuzi alioufanya ni wa busara na wa dhamana sana, ukilinganisha na vile vijana wanakimbilia kazi duni, hivyo basi kukataa kuendela na masomo. Kweli ‘subira ni ufunguo wa faraja’.

Baba John:

Hakika ‘subira yavuta heri; huleta kilicho mbali’, na **‘Mstahimilivu hula mbivu’**.

## 2. RADIANCY

### Kipendacho moyo ni dawa

*(Wasichana wawili na kijana mmoja wanatoka kwenye mlango wa kampuni)*

Msichana I:

Huyo karani wa kampuni, aonekana amekasirishwa na kila mtu. Sura yake ni giza totoro, na roho yake ni kama maji yaliyojaa matope.

Kijana:

Lakini huyo mkurugenzi si umemuona in mchangamfu, mcheshi na aliyejawa na utu. Hekima yake katika kuwaamkua na kuwashughulikia wateja, haina kifani.

Msichana II:

Isipokuwa ni huyo mkurugenzi, hiyo kampuni ingekuwa imepoteza wateja wote.

Kijana:

Mtu kukaa na kuhudumia watu wengi, inafaa awe na roho ya mapenzi, lugha ambayo inavutia, mithili inayomtoa nyoka pangoni, na sura ambayo inaonyesha furaha jay a malaika.

Msichana II:

Hivyo basi, wateja watafurika humo pomoni kama maji ya mto kwenye ziwa. Kama wasemavyo wahenga, **‘kipendacho roho ni dawa’**.

## 3. INTEGRITY

Ada ya mja hunena, ‘muungwana ni vitendo’

*(Ndani ya kerekani ambapo fundi mmoja anakatakata vyuma, na mwingine achomelea. Aingia mzee aliyejawa na hamaki akishindikizwa na kijana)*

Mzee:

Habari ya mafundi? Nafikiria kazi yangu mshaimaliza.

Fundi I:

Temebakisha kuchomelea ile chuma peke ya yake, halafu tupake rangi.

Mzee:

Nyinyi mafundi! Kwani iko shida gani? Si mulikuwa mmenyahindi hii kazi mtaimaliza kwa muda wa wiki mbili, na nikawalipa pesa zote, eh, sasa ni wiki ya nne, mwezi mzima, hamjamaliza hii kazi! Imekuwa tu ni undanganyifu usio na mwisho. Inaonekana mmeadimikiwa na uadilivu kabisa kama maziwa ya Kuku?

Fundi II:

Pole Mzee, kuja kesho na utapata kazi yako kama tumeimalizia kabisa.

Kijana:

Twende baba, tukiendelea kukaa hapa, utaendelea kuwa mwingi wa hamaki. Hawa mafundi wamesahau ya kwamba, **'Ada ya mja hunena, 'muungwana ni vitendo'**".

## 4. COOPERATION

**Umoja ni nguvu, utengano ni udhaifu.**

*(Wakulima watatu wakiwa kondeni wakilima kwa Jembe)*

Mkulima I:

Ule moto uliwaka kwenye zile vibanda, karibu kuteketeza huo mtaa mzima

Mkulima II:

He! Sijawahi shuhudia kiasi kingi cha moto kama kile.

Mkulima III:

Kama jehanamu huwa hivyo, inabidi basi sisi wanadamu tuanze kutubu dhambi zetu.

Mkulima I:

Lakini wenyeji wa huu mta walisimama kidete na kuuzima ule moto

Mkulima II:

Hata bwana Paul, akaweka maisha yake hatarini kumuokoa mto mchanga aliyekuwa ameachwa pekee hapo kabandani.

Mkulima III:

Angekuwa mtu mmoja, wawili, hata kumi, hawangeweza kuuzima huo moto. Hata gari la kuzimamoto halingeweza kuingia kwenye hivyo vichochoro. Hakika 'kidole kimoja hakimvunji chawa', na 'mkono mmoja hauchiji ng'ombe'. Vile vile, **'Umoja ni nguvu utengano ni udhaifu'**.

## 5. EMPATHY

**Maneno mema humtoa nyoka pangoni.**

*(Ndani ya basi iliyojaa watu wengi)*

Utungo:

Wewe mama, umekawia sana kabla hujanipa nauli yako. Nilipe haraka ama ushuke!

Mama:

Mwanangu, hapa ninapoketi sina nafasi ya kukutolea pesa zako, nimefinywa si haba.

Utingo:

Nataka pesa, sitaki hadithi za abunwasi. Ukitaka starehe nunua gari lako la kibinafsi.

Abiria I:

Wewe Kijana, hauoni huyo ni kama mama yako aliyekuzaa?

Abria II: Huyu Kijana amepungukiwa na adabu kabisa!

Utingo:

Wacheni kunisumbua, mama yangu yuko huko kijijini. Hapa ni mtaani na heshima ya mtaani si wingi wa miaka bali uzito wa mfuko.

Abria I:

Jifunze lugha Kijana. Matusi na ukali wa meno ni njia duni sana ya kudai pesa zako. Kumbuka **‘Maneno mema humtoa nyoka pangoni’**.

## 6. YEARNING

### Mtegemea nundu haachi kunona

*(Katika shule kwenye gwaride)*

Mwalimu:

Hamjamboni wanafunzi? Ni vyema kuwakumbusha tena ya kwamba, elimu tu ndio ngao ya maisha. Ni jambo la busara kuwahimiza mjaribu kuangalaa maisha ya taabu wanavyoishi wale wengine wako humo vijijini ambao walikataa masomo, au kwa njia moja au nyingine hawakupata fursa ya kusoma.

Mwalimu mkuu:

Wazo ambalo nyinyi kama wanafunzi halifai kuwaepuka ni kuelewa ya kwamba, jambo moja ambalo umelisoma leo ndilo ufunguo wa maana kwenye siku za usoni. Ni muhimu kutumia kikamilifu elimu iliyo na waalimu wenu, kwa kuwauliza maswali kila wakati. Kumbukeni ya kwamba furaha ya mwalimu ni kufunza, na furaha ya mwanafunzi ni kufunzwa na kuelewa anavyo funzwa. Kama wasemavyo wahenga **‘Mtegemea nundu haachi kunona’**.

## 7. PERSISTENCE

### Atagaye sana na jua, hujua

*(Wakiendesha Pikipiki)*

Abiria:

Hii kazi ya teksti, inaonekana una umaarufu sana naye. Aidha umepita wale vijana wanaoendesha Pikipiki bila kuheshimu sheria za barabara, bila kuhofia maisha yao na ya abiria, na bila kushughulikia Pikipiki yenyewe.

Ndereva:

Hebu nikuelezee dada yangu. Hii kazi nilianza nikiwa na miaka kumi na minne. Nilianza hii kazi kwa kutumia baiskeli ya kuazima. Baada ya miaka miwili nilijikaza kisabuni mpaka nikanunua baiskeli yangu. Hamaki yangu ya kununua Pikipiki ilikua juu kiasi ya kwamba nilijinyima starehe zote mpaka baada ya miaka mingine minne, nikanunua hii Pikipiki

Abiria:

Ni dhahiri shahiri ya kwamba kujikaza kwako kulizaa matunda. Kweli **‘Atangaye sana na jua, hujua’**.

## 8. SELFLESSNESS

### Wema hauozi

*(Kwenye jikoni ya kizamani ambayo ni yamawe)*

Mama I:

Miaka kumi uliyopita, kwenye hiki kijiji, umaskini ulikuwa umekita mizizi kabisa. Vile vile hali ya usalama ilikuwa duni sana, na watu walikuwa wanaporwa mchana jua likiwa utosini. Lakini wakati mzee Maarifa

alichaguliwa kuwa mzee wa mtaa, hayo yote ni historia. Uhuni umeisha kabisa, umaskini umepungua kwa kiasi kikubwa sana, na watoto wote wanaenda shule

Mama II:

Mzee Maarifa alijitolea mhanga, kutumia mali yake, hata kuweka maisha yake katika hali ya hatari, ili kuinua na kuboresha hali ya hiki kijiji.

Mtoto:

Na kwa hayo yote aliyojitolea kuyafanya, Mungu ataendela kumbariki, kumfanya buheri wa afya na jina lake litaingia kwenye vitabu vya kumbukumbu. Kweli **'Wema hauzi'**.

## 9. YEA-ATTITUDE

Hayawi! Hayawi! Huwa.

*(Wamo sebuleni)*

Baba:

Wanangu, msiwe watu wenye kugadhabika na jambo ambalo umeliona ni ngumu kulifanya, na kuwa watu wa kuteta kila wakati.

Mama:

Dunia ni duara, na jambo huwa gumu ambalo wewe mwenyewe haujaweka fikira na hisia zako katika kulifaulisha.

Baba:

Watu wengi sana duniani ambawo wamefaulu katika maisha ni waliyokubali maisha vile yalivyo, na shida zikiwapata kujaribu kuzitatua bila kulaumu insi yeyote, na bila kujilaumu wenyewe.

Mwana:

Hayo ni mawaidha ya busara sana. Nakumbuka nikiwa kidato cha kwanza, hisabati ilikuwa yanilemea kweli! Wenzangu wote walikuwa wanicheka kila mara. Lakini nilitia bidii kama mchwa na wakati huu, nikiwa kidato cha tatu, nawashinda wote. Kweli **'Hayawi! Hayawi! Huwa.'**

## 10. CREATIVITY

Mchele mmoja, mapishi mengi

*(Katikati ya msitu ulio na miti mingi)*

Mtu I:

Msitu kama huu ambamo mna aina zote za miti, wadudu, wanyama na n, nyuni hunfanya niuone ule uwezo wa mungu wa fikira usiyo na kifani.

Mtu II:

Na kama Mungu alituumba kwa mfano wake, hivyo basi akili yetu ina uwezo wa kufanya makubwa.

Mtu III:

Hivyo ni kumaanisha ya kwamba, ukijaribu njia moja na iwe haizalishi matunda, inafaa kujaribu njia nyingine tena.

Mtu I:

Hivyo ndivyo wahenga walisema ya kwamba, ziko njia nyingi za kumuua Ndovu. Tena ziko njia nyingi za kumshika Panya. Vile vile, **'Mchele mmoja, mapishi mengi'**.

## 11. HONESTY

Kumcha Mungu, si kilemba cheupe.

*(Mazungumzo kwenye simu)*

Mtu I:

Hello! Yule bwana aliyekuwa jirani yetu mtaani Kayole, umesikia habari zake?

Mtu II:

Yule bwana alikuwa anabeba Biblia kila aendako, na salamu zake zilikuwa 'Bwana Asifiwe' kila mara?

Mtu I:

Si jamaa alipata kazi kwa Mzungu mmoja huko mtaani Kayole.

Mtu II:

Ikawaje, kaifanya vizuri na Ukristo kochokocho na sasa hivi ana pesa kama bepari?

Mtu I:

Wacha kadadia maneno kama baiskeli, sikiza uelewe. Ule bwana alijihusisha katika kashfa kubwa sana ya mamilioni ya pesa. Wakati huu tunavyoongea, rafiki yetu anatumikia kifungo cha miaka kumi gerezani.

Mtu II:

Kwa hivyo ule usafi alikuwa anasingizia ni duni, na ni ufarisai usio na kifani, hivyo basi nimeelewa vile wehenga walina, **'Kumcha Mungu si kilemba cheupe'**.

## 12. INTENTIONALITY

### Iwapo nia, njia ipo.

*(Wanaumme wawili wakilima na ng'ombe, mwanamke mmoja akimwaga mbegu).*

Mwanamume I:

Miaka kumi iliyopita, singedhani ningepata Shamba kama hili. Lakini nilitia bidii na kujinyima anasa zote, nikaanza kuwekeza pesa kidogo kidogo kwenye benki.

Mwanamume II:

Wacha kijipigia debe bwana. Usijivishe kilemba cha ukoka. Na hako kamshahara kako kadogo hivyo, uliwezaje kufikia kiwango cha kununua Shamba?

Mwanamume I:

Ni bayana ya kwamba, aidha ulipora pesa pahali fulani au kachangiwa na wale watu wa familia yenu ambalo ni mabwenyenye

Mwanamume II:

Haki ya Mungu, hakuna hata mtu mmoja alinichangia hata peni moja. Wala si kuchukua mkopo wowote kutoka pahali popote. Kumbukeni ya kwamba, 'anayetaka hachoki, hata akichoka keshapata'. Na **'Iwapo nia njia ipo'**.

## 13. COURAGE

### Ushikwapo, shikamana

*(kwenye hoteli)*

Mtu I:

Wewe bwana, tumeingia kwa hoteli na hutaki kutuhundumia, tupe supu ya Kuku.

Mhundumu:

Tafadhari bwana, Kuku wangu wote waliimbwa jana usiku

Mtu II: Pole rafiki. Lakini umefuatilia kujua ziliimbiwa na nani?

Mhundumu:

Nimearifiwa ya kwamba, wale vijana wa mtaa ndiqwo waliimba na kumuuzia yule bwenyenye mwenye ile hoteli kubwa. Sasa nahofia kwenda katika kituo cha polisi kuripoti, kwasababu nahofia kuvamiwa na wao vijana au huyo bwenyenye anipangie dhuluma.

Mtu I:

Wacha uoga bwana. Siku hizi ukiwa na roho nyepesi kiasi hicho utapokonywa kila kitu, hata nguo zako za kuvalia. Kumbuka ya kwamba **'Ushikwapo, shikamana'**.

## 14. PRUDENCE

### Lila na fila hazitangamani

*(Wakizingira moto uliowashwa nje nyakati za usiku)*

Mtu I:

Yule njirani wetu, alikuwa na kazi nzuri, mshahara mnono, lakini akajiingiza kwenye ulevi wa kupindukia, akashindwa kufanya kazi, sasa ameshafutwa kutoka kwenye ile kazi

Mtu II:

Aha! Ndio namuona anaishi maisha ya upweke hata ameshindwa kuwalipia watoto wake karo ya shule. Ni aibu gani kwa mtu kama huyo watoto kurandaranda mtaani?

Mtu III:

Hakuna vile unaweza kuchanganya ulevi mwingi na maendeleo. Ukitaka kuendelea kimaisha, lazima uwe na mipango kamili, na huwezi kuwa na mipango kamili kama tabia ni ulevi wa kuanzia asubuhi, kila siku. Kule ni kama kujaribu kuchanganya maji na mafuta. Ni bayana kwamba **'Lila na fila hazitangamani'**.

## 15. RESPECT

### Heshima si utumwa

*(Wakiwa kwenye laini ndani ya benki)*

Mtu I:

(anakuja kwa haraka na kujiingiza kwenye laini). Wewe nisongee hapa.

Mtu II:

Wewe bwana, wacha hiyo dhalau yako. Kwanini unajiingiza kwenye laini.

Mtu I:

Usinisumbue, niko na haraka sana, wafanyikazi wangu waningoja nikawalipe.

Mtu II:

Sisi tulikuja hapa mapema sana, bwana, na tuna watu bado wanatungoja twende tukawalipe.

Mtu II:

Ungekuwa na haraka sana, ungekuja mapema! We toka kwenye laini.

Msimamizi:

Tafadhali toka kwenye laini na urudi nyuma ukapange laini kama wale watu wengine. Hata Rais mwenyewe akija hapa itambidi apange laini kama wengine.

Mtu III:

Huyu bwana ni mkatili sana. Amesahau ya kwamba, **'Heshima si utumwa'**.

## 16. OPTIMISM

### Heri kufa macho, kuliko kufa moyo.

*(Katika darasa)*

Mwanafunzi I:

Hili somo la Fisikia la nilemea kweli. Sijui nifanyeje.

Mwanafunzi II:

Lile jambo la maana ni kuwa na mapenzi ya dhati kwa hili somo, kusikiza kwa makini vile mwalimu anvyofunza, kusoma vitabu kadhaa na kuangalia vile unaweza kutumia hiyo elimu pahali pengine.

Mwanafunzi III:

La muhimu kabisa, ni kusukuma mwalimu na maswali na kutoogopa kuonekana na hawa wanafunzi wengine ati wewe ni mjinga.

Mwanafunzi I:

Mawaidha yenu yamenimudu sana, na nikiyafuata naona kweli nitafaulu kwenye hili somo. Kweli **'Heri kufa macho, kuliko kufa moyo'**.

## 17. GENUINENESS

### Pa kisu, hapaingii shoka

*(wamejifunikia mwavuli kama kunanyesha)*

Mzee I:

Yule mwanasiasa kanipata kwenye afisi yangu, ati nimtafutie sungura kumi za kuliwa na wageni wake wakati wa sherehe za kufungua rasmi kampeni zake.

Mzee II:

Aha, hajui wewe ni mwanabiashara hodari anayeagiza magari kutoka ng'ambo?

Mzee I:

Haelewi mimi najua kunyonga asinipe kazi ya kuchija? Kule ni kutaka kutumia vibaya uwezo na utaalamu wangu mwingi. Ni kama kupeleka mwalimu wa kidato cha nne anayefunza 'Calculus', chekechea akafunze a,e,i,o,u,o.

Mzee II:

Ni kama kujaribu kunyoa ndevu na Panga, au kulima shamba kwa kutumia wembe.

Mzee II

Amesahau ya kwamba kila kifaa lazima kifanye kazi yake kitakuwa na umuhimu wowote. Hivyo ni kumaanisha ya kwamba **'Pa Kisu, hapaingii Shoka'**.

## 18. RECEPTIVENESS

### Usisahau ubaharia kwa sababu ya unahodha

*(wakiendesha dau kama wanavua samaki)*

Bwana I:

Hii Dunia yatembea kwa mwendo wa kazi sana. Miaka kumi iliyopita simu za kutumia nyaya zilikua adimu kama maziwa ya Kuku, na zilikua zapatikana tu kwa matijiri na kwenye afisi za serikali. Enzi hizi za simu za rununu, naweza kuwasiliana na familia yangu pamoja na marafiki zangu nikiwa katikati mwa bahari.

Bwana II;

Nyakati zenye tulikuwa tukitumia mda mrefu kuandikia familia zetu barua, zimepita. Sasa hivi unatumia arafa fupi na ule ujumbe unafikia mwenye umeandikia wakati huo huo.

Bwana I:

Hivyo ni ukweli kabisa. Teknolojia imefanya mambo kua rahisi kabisa. Lakini kwa uzuri wote wa Teknolojia, tusitegemee vifaa na kamputa kutufanyia kila jambo, ambapo tutabaki kuwa vyombo wala si watu. Kumbuka ya kwamba **'Usisahau ubaharia kwa sababu ya unahodha'**.

## 19. AWARENESS

### Alisifuye jua, limemwangaza

*(Wakiendesha Baiskeli)*

Mtu I:

Ala, mwananchi, liloo baiskeli lako ni zee hadi Musa mwenyewe akipewa atadai ni ya enzi za Iburahimu.

Mtu II:

Hii Baiskeli, kaka, ndio imelea watoto wangu wote na mmoja wao sasa hivi yuko chuo kikuu. Hii Baiskeli hata nikipewa pesa kiasi kipi, siwezi iuza. Marafiki wangu wengi wemenunua Baiskeli zikiisha, wakanuunua zingine na bado wameacha hii yangu.

Mtu II:

Kweli hii Baiskeli inaonekana ni baraka kutoka kwa maulana. Kama imekufanyia vile unavyodai, dhamana yake inazidi ile ya Pikipiki, karibu kufikia dhamana ya gari. Nimeamini kama wahenga walivyosema, **'Alisifuye jua, limemwangaza'**.

## 20. MATURITY

### Yaliyopita si ndwele, tugange yaliyomo na yajayo

*(Kwenye soko lililojaa watu)*

Mama I:

Mama Denis, tafadhali nisaidie na hicho kisu chako nikatakatie huyu mteja mboga.

Mama Denis:

Kisu changu sikupi, hukumbuki kile kingine nilikupa halafu ukakipoteza?

Mama I:

Wewe umesahau ile Panga nilikupa halafu ukalipoteza. Kwanza saa hii hii, nataka unilipe hiyo Panga yangu ndio na mimi nikulipe kisu chako.

Mama Denis:

Oh, umesahau mimi ndiye nilikutoa huko kijijini, nikakutafutia hicho kibanda chako, na nikakupatia pesa za bure za kuanzisha hiyo biashala yako?

Mama I:

Wewe nawe huakumbuki mimi ndiye nilimpeleka mtoto wako hospitalini wakati aliumwa na Nyoka, na sikukulipisha hata peni moja ng'o?

Mama II:

Mama, wacheni ugomvi wa kitoto, na kuangalia ya kale, kumbukeni **'Yaliopita si ndwele, tugange yaliyomo na yajayo'**.

## 21. SOCIABILITY

### Hewalla! Haigombi

*(kwenye kituo cha basi)*

Mtu I:

Angalia yule mzee mzima apita kwa barabara aking'ang'ana na mfupa.

Mtu II:

Wateta kumhusu huyo mzee huoni wale vijana watembea wameshikana kama wamo ndani ya chumba cha kulala. Na hilo sketi limevaliwa na huyo mwanadada? Ameva nguo ama ako nusu uchi?

Mtu I:

Inaonekana watu wameanza kupotewa na maadili bora ya maisha. Hawaelewi ya kwamba, maadili bora humfanya mtu kuheshimiwa sana, bali na kumfanya ainuke sana katika jamii.

Mtu II:

Kweli maadili bora ni ngazi ya maana katika maisha. Kama wasemavyo wahenga, **'Hewalla! Haigombi'**.

# LIVELY LAUGHTER

4<sup>th</sup> part of the ‘PSALMIC PATTERN’

## 1. PATIENCE

Msimamizi

Jamaa mmoja alifanikiwa kupata kazi ya Bawabu, (kwa lugha ya kimombo ‘Bodyguard’) kwa bwanenye mmoja ambaye alikuwa na ndoto za kuwa mwanasiasa. Walipokuwa katika majadiliano kuhusu utendaji wa hio kazi, kaka ya huyu bwanenye akaingia kwenye hicho chumba ambamo walikuwa. Huyu kaka alikua anamfahamu huyu bwana kama mlanguzu wa silaha aina ya bunduki.

Kama mto amboa umefurika mwenye hauvukiki isipokuwa kwa kutumia mtumbwi, huyu kaka, alizua vurugu kwa kutoa tetezi kali sana kuhusu huyu bwana na kusisitiza kwa ukali na hamaki nyingi sana, “Hapa ndipo palitoka soksi, kiatu kikabaki. Utake usitake, nina kuamrisha bwana wee, uamke hapo ulipo, na ukae teke, mara moja.” Huyu bwana aliendelea kutulia tuli, na alipandida kuamka hapo, huyu kaka alitoa bundiki kibindoni akamuelekezea huyu bwana na kutisha kumpiga risasi, “Na apa kwa Miungu yote na hata Mashetani ya kuwa, kama hauna ghamu na hamu ya kuwa marehemu, usipo jipee shughulu, mimi sina budi wala kukupee tikiti ya kuelekea Jehanamu, kwa kuizima hiyo roho chafu kama kilihafu”.

Wimbi la zimazi liliigumba hiyo nyumba ya mabwanenye, ambapo ubishi mkali sana ulizuka kati ya bwanenye na kakake, huku kakake akiendelea vitisho zake za kumpiga huyu bwana risasi. Walakini huyu bwana alikuwa mgumu sana wa roho kiasi ya kwamba haakuvunjika wala kung’oka moyo. Kama Chui ambaye hawezi shikwa na kiwewe kwa sauti ya mbwa koko akibweka, hata kwa hizo vitisho vya kuuawa hakumbanduka wala kutetemeka.

Katika kilele cha zogo, mama mzazi wa wale kaka wawili aliingia na kuhoji ni nini chaendelea. Alipoelezewa kinagaubaga ukweli wa mambo, alishtuka sana kuona huyu bwana hatetemeki, hatishiki, habaduki, hata kwa kutishiwa kuuawa. Hili jambo lilimfanya huyu mama kuamini ya kwamba huyu bwana ana kipawa, ujasili na ukakamavu wa kuwa Bawabu. Mama aliingilia na kufanya uamuzi, “Kama wasemavyo wabenzi ya kuwa ‘mkono usiyoweza kuukata hauna budi kuubusu’, huyu bwana anastahili kwa hiyo kazi”.

## 2. RADIANCY

Ken na Mpira

Kabla hajapata kazi kwenye kikosi cha jeshi, bwana Ken alikuwa mwamba katika timu yao ya mchezo wa vikapu (Basketball). Alikuwa anaupenda ule mchezo kiasi cha kwamba wakati wake wote hata ule wenye hakuwa kwenye mchezo, akili yake ilikuwa imepagawa na ule mchezo.

Alipoingia kwenye Jeshi, huyu Ken alisahau wesamavyo wahenga kwamba: ‘Ukiwa na wenye chongo, na wewe vunja lako jicho’. Hivyo basi kwa ukosefu wa ule mchezo wa vikapu kwenye kambi la Jeshi alikuwa yeye ni kufikilia ako kwenye mchezo na kuiga zile tabia na mbinu zinazotumiwa kwa ule mchezo.

Sasa mwanzo mwanzo, hii tabia iliwaigiza wenzake sana. Lakini baada ya siku kadhaa vile aliendelea kuukosa ule mchezo ndivyo hii tabia ikawa ni kama ugojwa, kwa sababu ilikuwa inamzuia Ken kutekeleza jukumu zake kama ilivyotakikana.

Maji yalipozindi unga na tabia yake ikawa imezolota sana, wasimamizi waliona wamuitie Ken daktari wa vichwa ama Psychiatrist. Kikao kiliandaliwa ipasavyo ili kubaini mbivu na mbichi, na baada ya kuulizwa maswali kadhaa, daktari alitoa uamuzi wake ya kuwa Ken anastahili kupumuzishwa kazi kwa muda wa miezi sita bila malipo.

Ken alipoona kitumbua kimeingia mchanga, na kufutwa kwake kazi kumekuwa hakika kama mauti, ilimbidi ajaruke, na mara hiyo akambuni mbinu muafaka. “Mkubwa, naomba nikalibie pahali upo”, Ken alinena kwa unyenyekevu kama kijitoto cha Paka. Alipopewa ruhusa na ule mkubwa wake, alienda kama anaweka kitu fulani kwenye meza alipokuwa mkubwa.

“Hii ni nini, kweli wewe kijana umerukwa na akili kabisa!”, yule mkubwa akamuuliza kama amegadhabika sana. Ken akajibu kwa ustaarabu usio na kifani, “Ni ule mpira wangu wa kikapu nimeuweka hapa. Si uhitaji tena, na Shetani wa fikira za huo mchezo wa vikapu nimeaumua ashindwe kabisa”.

Mara hiyo hiyo yule afisa akabatilisha ule uamiuzi wa daktari na kumpe Ken afueni ya miezi mingine mitatu kuangaliwa.

### 3. INTEGRITY

Barua kwa Maulana

Siku moja nilifungulia Radio yangu nikampta mtangazaji aliyekuwa mwingi wa maneno kama Chiriku: “If you have any problem burdening you, do not keep it with yourself. Go to Facebook, and link with me via the address ‘Write a letter to God’, likendl that page and write out all your concerns. This is the fastest and most effective way of communicating to your Creator”.

Mara hiyo hiyo, msikilizaji mmoja akapiga simu, “Kwa majina naitwa Hamina, kutoka Mpeketoni. Nina umri wa miaka sitini. Mimi ni kiongozi wa kikundi cha wamama ambapo kazi yetu ni kushona mikeka, halafu tunaiuzia watalii. Sasa kuna mteja mmoja alikuja akachukua mikeka ya dhamani ya shilingi elfu Hamsini, akatuahidi anapeleka nchi jirani ya Tanzania, na pesa tungezipata baada ya wiki mbili. Sasa ni miezi mbili imepita na hatujawahi muona. Nimesikia kwa hicho kipindi chenu ya kwamba mko na sanduku la barua la Mungu. Sasa sisi hatujui kusoma wala kuandika, tungependelea mtusaidie na nambari ya simu ya maulana ndiyo tuweze kuwashilisha kesi yetu moja kwa moja”.

Sasa yule mtangazaji alimjibu huyu mama kwa dhalau nyingi sana, “Inaonekana mzigo wa akili ilioubeba ni mzito kama nanga, na ukiendelea kuwa nao utakonda kama ng’onda, na hatimaye utafilisika na kumezwa na kaburi”. Bila kujali wenye anawajibu lile swali wanaweza kuwa na ugumu wa kuelewa lugha ya kimomba aliendelea: “All in all if you are unable to use our modern digital means of

communication, as fired by IT Revolution, you still can revert to the analogue, traditional, ineffective means of communication, at your own peril”.

Muda si muda, akapigiwa simu na msikilizaji fulani, “Hello, ningependa kukuarifu ya kwamba, kuna ajali imetokea kwenye barabara ya kuelekea Naivasha, na inakisiwa ya kwamba abilia wengi waliokuwa kwenye hilo basi wametoka kwenye kijiji ulikozaliwa. Nduru za kuaminika zinatualifu ya kwamba watu wanne wameaga Dunia na wengine wemelazwa hospitalini wakiwa katika hali mahututi, ahsante”.

Ile theolojia ghushi aliyokuwa akihubiri huyu mtangazaji ilifika kikomo, akawa mlegevu wa moyo, na akawa kigeugeu kama kinyonga. “Ewe Mola, muuba wa Mbingu na Dunia”, alianza kama machozi yanamtillika, “nakuomba uzilaze pahali pema peponi nyoyo za watu wote walioangamia kwenye hiyo ajali. Wenye wameumia na kuomba uwape uponaji wa haraka. Kwa Familia zilizoachwa nakuomba uwape uvumilivu. Nakuomba tena uondoe pepo zote mbaya kwenye barabara zetu. Naomba hivyo nikijua na kuamini ya kwamba, hakuna njia nyingine ya kuwasiliana nawe isipokua njia ya maombi. Amina”.

## 4. COOPERATION

### Vijana na Kerekani

Vijana watatu Mwangi, Otieno na Wafula ambawo walikuwa wacheshi, na wenye vipasho kweli, wenye bidii na ujuzi tele, walifaulu kwenye kazi ya kutengeneza vifaa kwa vyuma, katika ‘Kerekani’ (kwa kimombo Workshop) yao. Ufanisi wao uliwezesha na ujuzi tofauti tofauti ambao kila kijana alikuwa amebarikiwa nao. Huyu akiwa ana umaarufu wa kupima, mwingine alikuwa anamanya sana kukata vyuma, na mwingine alikuwa ni mjuzi wa kuchomelea.

Ufanisi wao uliibua mseto wa hisia, huku wengi wakifurika kama maji ya mto nyando kwenye hio kazi yao. Lakini jirani yoa Mutisya, ambaye kazi yake ilikuwa inadidimia kila uchao, alishikwa na kinyongo, na hivyo basi akataka kugagadamua chanzo na kiini cha ustawi wao. Ilipomuangazia kuwa muungano ndio siri kubwa kwa ufanisi wa hawa vijana, huyu jirani alichangamkia mikakati ya kubuni mbinu vile kazi ya hawa vijana itasabaratika.

Asubuhi moja akamsimamisha Mwangi mmoja kama anaelekea kwa kazi na kumunugunizia, “Wewe ni fundi maarufu lakini haujajajaruka akili. Yule mwenzako Otieno ana roho mbaya kwako na ni matumaini yake wewe na Wafula muangamie ndiyo airithi hio Kerekani yenu. Dakika hii tunavyoongea amepewa dawa ya kumumunya na mganga na akiwapulizia mkiwa kazini, mtaanza kupungukiwa na huo ujuzi wenu hadi muwe ni kama hamna taaluma yeyote. Hiyo ni siri nimekuambia na ningependelea ufanye uchunguzi wako binafsi.

Siku iliofuata akamsimamisha Otieno na kukuarifu, “Rafiki yangu, undugu ni kufaana sio kufanana. Kuna siri moja ningependa kukuambia ambayo itaokoa maisha yako. Kama unavyofahamu, binamu wangu ameolewa na huyo mwenzako Wafula. Sasa huyu msichana alinipasha habari iliyoufanya moyo wangu kuwa mzito, ukashuka, na kung’oka. Kama desturi ya hiyo familia yao, huyu Wafula ana kamkia hapo katikati ya makalio yako, ambako ndiko chanzo cha ujuzi wake. Kutokana na nguvu za hako kamkia baada ya miaka isiyozidi tano, wewe na Mwangi mtapungukiwa na akili na mtalemewa kufanya kazi hiyo yenu, na hatimaye mtamuachia yeye vifaa zenu zote”.

Kwa ari na mali, alishugulika pasipo kutepeteka kumtafuta Wafula, na alipompata kasuba ikawa ni hii, “Hawa wanzako ambawo unaweanzi sana, wameeneza uvumi kuwa, wewe kinywa chako kinanuka fee. Lakini tiba ya hilo gonjwa, ni rahisi. Kila unapoingia kwenye kazi, mumunya tembe moja ya PK na huyo uvundo utaisha. Habari muhimu ningependa kukupasha ni kwamba, nilikuwa na babu yake Otieno, pahali tulikuwa tunakunywa mvinyo. Huyo mzee alipolewa chopi na akawa mlevi chakari, alinitoboeka siri ya kwamba, Otieno akikugusa na mkono wake wa kulia pande ya nyuma ya mwili wako, hasa kwa makalio, utanza kupooza mdogo mdozo. Tafakari hayo, na ukae macho.”

Siku ya nne hali ya mshuke mshuke ilianza kushuhundiwa kwenye ile Kerekeni, na mambo yakaanza kuwa kizungumkuti. Baada ya akili zao kuelekezwa kazini, kila mtu aligeuka kuwa kachero. Otieno akawa anataka kudhibitisha kuwa Wafula ana kamkia. Lakini punde tu anamkaribia Wafula, Wafula anakuwa macho, na kijadhari asiguzwe na Otieno ndiposa asianze kupooza. Otieno akiwa anamumunya PK, kwenda kumuuliza Mwangi jambo lolote, Mwangi anajipee shughuli ndiposa asipuliziwe ile dawa na kuanza kupungukiwa na akili.

Baada ya wiki mmoja, ikawa kazi haiwezi fanyika kwenye ile Kerakani, na wakawa ni kila mtu kuchukua kifaa ambacho alikuwa amechangia kwenye hiyo kazi na kwenda kufanya kazi kibinafsi.

## 5. EMPATHY

### Mhubiri

Mtumishi mmoja wa Mungu aliamua kubatilisha wazo moja lililokuwa limekita mizizi kwenye akili za waumini wengi kwamba, wahubiri wengi ni makupe amboa hutumia jina la Mungu kuwanyonya waumini. Badala ya kuinuliwa na roho mtakatifu walikuwa wamezamishwa na roho mtakakitu. Ilikuwa imeaminika ya kwamba mhubiri akija kwako tabia ilikuwa ni kuangamiza Kuku au mayai. Hata kuna wimbo ulikuwa imetoka: “Kutamburura Kuku na Mayai.....Kutamburura, kutamburura, kutambururaaaa”.

Sifa mbaya ya watumishi wa Mungu ilikuwa imeenea sana kama moto wa kichaka hivi kwamba, mhubiri akionekana mtaani, na kwako nyumbani hauna mapochopocho ya kumuadalia, ilikuwa ni heri ufunge miliango yote badala ya aibu au laana.

Sasa huyu mcha Mungu halisi ambaye roho yake ilikuwa nyeupe pe pe pe, kama theluji, hili swala la wahubiri kuchafuliwa au kujichafulia majina ni jambo alikuwa amelivalia juga kulibatili. Siku moja alienda sokoni akanunua vyakula na aina nyingi sana ya matunda. Dhamili zake zilimwelekeza kwa mama mmoja muamini ambaye alikuwa ameadhilika sana kichumi na ambaye angeweza kueneza injili ya sifa njema za wahubiri. Lakini kabla hajafika, yule mama alimuonea kwa ubali, na kwa sababu hakuwa na Kuku ya kumchijia wala Mayai ya kumpikia, ilimbidi aingie kwa nyumba yake chapuchapu, na kujifungia humo ndani.

Huyu mtumishi wa Mungu alipofika pale kwa lango kuu, aligongagonga ule mlango karibu nusu lisari bila kupata jibu lolote. Kwa ile elimu yake na hekima nyingi kutoka kwa Bibilia, alimwandikia barua kidogo na kuiacha pale: “Nilipata habari vile wezi walikuvamia na kupora mali yako yote ya dhamana nyingi sana, na kukuacha maskini hoe hahe. Nilikuwa nimekutembelea ili nikitunukie bidhaa za kukusimamia kwa siku kadhaa. Tafadhali soma, Revelation 3: 20 (Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come to him and eat with him, and he with me).

Yule mama alipothibitisha ya kuwa yule mhubiri ameenda zake, alitoka kwa nyumba na kitu cha kwanza aliona ni ile barua, amboya aliisoma kwa ghadhabu nyingi sana. Alitafuta maneno yanayofaa kabisa kumjibu huyu mhubiri, na kwa sababu hakuwa mpunguzi wa masoma ya Biblia alitafuta sehemu ambayo itamfanya alidhike: “Kama ujuavyo nguo zangu zile ziliibiwa na wakora. Zile nguo mbili nilizochangiwa nilikuwa nimezivua, lakini zikanyeshewa usiku. Kwa sababu hazikuwa zimekauka ifikapo asubuhi, nimeshinda nimejifunga kikoi, na hivyo basi singeweza kutoka nje ya nyumba. Tafadhali soma: Genesis 3: 10 (And he said, “I heard the sound of thee in the garden, and I was afraid, because I was naked; and I hid myself”).

## 6. YEARNING

### Vipofu na Ndovu

Ilikua shangwe, nderemo, vifijo na vigelegele kwa wenyenji wa kijiji kimoja ambapo kila mkaazi alikuwa kipofu, wakati ndovu aliingia kwenye hicho kijiji. Furaha iligeuka kuwa jadhba walipokumbuka ya kwamba hii ni nafasi yao ya kwanza, na labda ya mwisho katika maisha yao kuelewa kwa mapana na marefu huyu mnyama ambaye ni mmoja katika wanyama watano wakubwa Duniani.

Naam, hawa vipofu walitia fora kumzingira huyu Ndovu ili wapate kumgusa na hatimaye kumfahamu anavyofanana. Kutokana na ukubwa wa huyu mnyama, pamoja na wingi wa hawa watu, kila kipofu alimgusa huyu mnyama pahali tofauti na yule mwingine.

Kwa mfano, mwenye alimgusa huyu mnyama kwa miguu alikuwa na haya ya kusema, “Ndovu ni kama kisiki kikubwa cha mti”. Mwenye alimgusa yule mnyama kwa tumbo naye alinena, “Ndovu ni kama ..... Mwenye alimgusa huyu mnyama kwa sikio alinena, “Ndovu ni kama blaneti nzito sana”.

Hatitimaye kila mtu alikuwa na wazo tofauti tofauti vile Ndovu anavyofanana, kulingana na sehemu ya mwili aliyoweza kuigusa. Tafakali hayo!

## 7. PERSISTENCE

### Onyi na wanabiashara

Baada ya kutembea kwa miguu kwa miaka mingi, kutumia gari za kuazima, na kubebwa na gari za umma, ili maarufu kama matatu, bwana Onyi hatimaye alibarikiwa kununua gari lake la kibinafsi. Baada ya kulitumia kwa muda wa mwezi mmoja peke yake, lile gari likawa na shida ya taa. Aliwatembelea wale wenye waliomuuzia hilo gari, kwa siku kama tano mpaka ilipothihilika wazi ya kwamba wale wanabiashara wanajifanya kama hiyo kesi yake haiwahusu ndewe wala sikio. Mambo yalianza kwenda shaghala baghala hivi kwamba simu au barua alizokuwa akiwapigia na kuwaaandikia wale wauzaji hazikupata majibu.

Badala ya kutumia vitisho au matusi, ambayo yangemfanya kuandamwa vikali na mkono mrefu wa sheria, ilimbidi ajaruke na kubuni mbinu muafaka zitakayowashinika kumtengezea gari lake au yote yakigonga mwamba, kumbadilishia hilo gari.

Jinsi ya kupambana na hawa wauzaji gari ilibaki kuwa kitendawil ambacho hakijateguliwa hadi Onyi alipopatana na jamaa mmoja ambaye alikuwa anafanya kazi kwa hiyo kampuni, ambaye alimuambia siri, “Zile Njia zote unazozitumia, zinakufanya uonekane mpweke wa roho, mdhaifu wa fikira, no myonge wa mfuko, ambaye hastahiri heshima yeyote. Wale wanabiashara nawafahamu bayana kasuba na dhamili zao. Ukitaka wakupee masikio yoa na wakuhudumie kwa hali ya juu, washtue na kuwaoembea dua, na tena kuwashtaki Kortini”.

Bila kupoteza wakati, Onyi alienda kwa soko, akanunua kapu la maua na humu ndani akaweka shairi lifuatalo:

Mlonifanyia, akilini itabaki kubukubu.  
Nikiendesha gari langu sitawahi sahai.  
Baraka mliitoa, yote kutoka kwangu.  
Kila siku nami, maombi kwa Mungu.

Mkifanya biashara, kumbukeni laana.  
Ya maulana matendo huwa ni bayana.  
Na wakili wangu, tayari nimemuagiza,  
Kutoyumbayumba na kutumia sheria.

Baada ya wale wanabiashara, kupokea hilo kapu, siku mbili hazikupita kabla hajapata burua iliyoandikwa: “Tafadhari tueleze rangi ya gari ambalo ungependa tukumbandilishie nalo”.

## 8. SELFLESSNESS

Mzee mchoyo

Kwenye kijiji ambako mimi nilizaliwa, kulikua na mzee mmoja ambaye alikuwa mkaidi kama mbuzi, ambapo ule ulafi wake kama wa fisi uliifanya familia yake kuogela katika bahali ya taabu. Maskini yule mzee alikuwa amemnyima bibi yake uhuru wa kushughulikia jikoni, na watoto wake uhuru wa kula wanachopenda na kiasi kinachowashibisha, licha ya kuwa na mali kochokocho.

Kwa mpita njia kule nyumbani kwao kulikuwa paradiso, lakini kwa wenyeji lilikuwa ni gereza ambalo ni shimo la mateso.

Huyu mzee ambaye jina lake limelibana, alikuwa anaenda kwa duka na kununua mkoba mmoja wa mafuta ya kupikia wa kilo ishirini, na hiyo inakuwa ni bajeti ya mwaka mzima. Anaelekea kwa soko na kununua gunia moja la maharagwe linachanganywa na guni tano za mahindi na hiyo inakuwa ni bajeti ya mwaka mzima.

Kwa minajiri ya kiamsha kinywa, ilikua ni kilo hamsini ya mahindi ambayo imesagwa, inachanganya na kilo kumi ya shukari, na hiyo inakuwa ni bajeti ya mwaka mzima. Amri ilikua, ni kwamba, wakimaliza kabla ya mwisho wa mwaka, wakauke.

Asubuhi alikua ni kuamka, kuchukua baiskeli yake, na kwelekea mtaani, kwa kiamsha kinywa cha chai glassi mbili, nusu mkate na mayai mbili. Chakula cha mchana anakulia nyama choma humo mtaani huku familia yake huko nyumbani waking’ang’ana na Githeri, ambacho hakijakaangwa.

## 9. Y<sup>EA</sup>-ATTITUDE

### Wrinkles

A middle aged man at the age of 35 years won a ticket to tour some of the beautiful places in the world. Now he was given an offer of choosing amongst two ladies, whom to accompany him in his tour; a 25 years young beautiful lady in the bloom of her youth and a 45 years old lady who seemed to have been overburdened by years.

However, he was given a chance to gather all the relevant information about the two ladies, by interacting and building rapport with them before making an informed decision. When the time for making the choice matured, to the astonishment of all he chose the old lady.

When he was confronted by friends and relatives why he made such an unorthodox decision he replied, "My mind focused on the wrinkles". "But you cant be serious", asked one friend of him with utter disgust, "who has more wrinkles than the other". The young man confidently quipped, "Whereas the old lady has some wrinkles in her body, the young lady has many wrinkles in her soul than the old lady, and that marks the greatest difference which informed my choice".

## 10. C<sup>REATIVITY</sup>

### Young men and a Millionaire

Two young men Otieno and Mwangi were taken to a holiday resort by one Lady Millionaire where everything was present; swimming pools, golf courses, home theatre, fully equipped gym and all other unimaginable entertainments. After enjoting themselves for about a month, when the time to leave arrived, Mwangi pocketed a gold spoon. This act fired the imperial imagination of Otieno and he had to design some way of acquiring his gold spoon without incurring the stigma of being referred to as a thief and without betraying his friend Mwangi. Now he had to design a stratagem.

He approached the Lady Millionaire with a very well crafted statement, "Excuse me Madam, I would like to take this opportunity to thank you for being too kind to us. Your benevolence is beyond the grasp of any human being alive. Your honour in the annals of history will remain uncontested. May God continue filling happiness in the coffers of your heart. Now before we leave, I would like show one of the Magic which is one the ancient achievement of our African culture, not found in your scientific Europe".

The Lady Millionaire replied with a mixture of awe and excitement, "What kind of Magic? You want to bewitch me? You want to introduce African Voodoo in my Christian house? Get thee behind me, O Satan!" However, Otieno was not turned away by these incriminatory words but calmly replied, "No this magic will not affect you negatively. I will take a gold spoon from your kitchen and then I will make sure that it magically appears in Mwangi's pocket". Without waiting for the Lady to accept this request or not, Otieno picked a gold spoon, and told Mwangi to look into his pocket.

When the Lady Millionaire saw Mwangi removing a spoon from his pocket she was overwhelmed with excitement, and said, “This is unbelievable. Whereas I would not want you leave those magical spoons in my house, I will add to each of you another Golden Spoon to take to Africa as a present”.

## 11. HONESTY

Kufuata maagizo

Naomba nisukume mawazo yenu kwenye mwaka wa elfu mbili hamsini (2050). Mwenyeinchi kama mimi (mimi si mwananchi) nitakuwa nimeila chumvi kiasi ya kwamba miaka itakuwa imenikalia na itanibidi kuutumia mkongojo. Lakini wengi wenu mtakuwa mkiitwa Gukaa au Cucu. Wale ambao hawatakuwa wamejitupa, wenye watayafuata mawaidha yangu, tukionana, katika ile hali ya furaha, usemi utakua ni, “Guru G, si ukule Kuku”. Ananisambazia tenga Kumi, mboa au nyingi.

Lakini wenye watakuwa wamepewa kisogo na maisha, baada ya kutoyafuata mawaidha na mafunzo yangu, kuniona gumzo itakua, “Niaje Guru, si unisafe na hashu au mbao niingie pale kwa warosho nikatoe locko”.

Tofauti na wenye watakua wakinisambazia tenga kumi au tenga mbao na wenye watakua waombaji ni moja.

Kufungua kabisa nyoyo zao kwangu.  
Kuelewa bila kulewa, ya ulimwengu.  
Ati, asiyesikia la mkuu huona makuu.  
Kuwa, asiyesikia la mkuu huvujika guu.

## 12. INTENTIONALITY

Ubishi kwa Kuku

Mwenyenchi fulani aliingia kwenye hoteli moja ya kifahari na kuagiza Kuku nzima ya kuchomwa. Kabla hajaletewa maji ya kunawa mikono ndio aanze kutia ile shibe, paliingia bwana mwingine ambaye alikuwa na maringo kama ya tausi, akiwa na kifua cha Simba na mrefu kama twiga, na kuagiza Kuku.

Kwa uoga kama wa kunguru, mhudumu wa hoteli alimjibu, “Samahani mkubwa, umechelewa kidogo na ile Kuku iliyokua imembaki tumeiuzia yule bwana ameketi pale, dakika hii hii”. Hili pandikizi la mtu liligeuka kwa haraka ya umeme na kuelekea kwa huyu bwana mfupi na kumuelezea, “Wewe raia fukara ambaye hana mbele wala nyuma, unajua utamu wa Kuku kweli, na wewe huweza kujinunulia Kuku mara moja kwa mwaka. Wachana na hiyo Kuku na nitakurudishia pesa zako mara mbili!”

Walakini, kwa ile jaa yake kochokocho ambayo alikuwa anaihisi, huyu bwana mdogo akamjibu, “Sikupi ng’o, hata ibilisi akashuka kutoka Jehanamu!” Hali ya sintofahamu ilatanda kwenye hio hoteli, huku wateja waliokuwamo wakipiga kimya ji. Bwana mrefu alimumulika bwana mfupi na macho mwaa, na kumueleza kinaga ubaga, “Sikiliza kwa makini kabisa na hayo masikio yako nusu kiziwi. Sehemu yeyote, utairarua au kuivunja hiyo kuku, nami kwenye huyo mwili wako nitakururua rwa, au nikuvunje keche”.

Huyu bwana mdogo alikuwa amekonda kama uzi, na mfupi kama nyundo, lakini mjaja kama Sungura. Hivyo basi, aliinua ile Kuku, akaiangalia kwa makini, akafungua Shati yake na kuachwa kifua wazi kama mwenye ameamua vita. Kwa utulivu akaanza kumraba yule Kuku kwenye sehemu ya kifua.....

## 13. COURAGE

Muli na wezi

Baada ya kufanya bidii ya mchwa katika kazi ya ukulima, bwana Muli alibarikiwa kununua Pikipiki. Siku hio hio aliponunua Pikipiki, aliamua kwenda kwenye Klabu kimoja kujivinjari na kuonyesha marafiki zake matunda ya bidii yake ya miaka kadhaa. Alipokuwa anendelea kuburundika na wakati giza totoro liliingia, vijana wawili ambao hawakuwa na kazi wala banzi, na wenye tama kama ya fisi, waliichukua ile Pikipiki, wakaibeba bega kwa bega na kuificha kwenye kichaka kilicho kuwa hapo karibu, diposa waichukue na kuiuza baadaye.

Bwana Muli alipofikiria kutoka nje kuangalia mali yake, alipatwa na mustuko karibu roho kusimama, alipopata ile Pikipiki yake haipo, na mara hiyo hiyo furaha ikabadilika kuwa karaha. Kama mtu haambiliki wala hasemeki, alielekea kwenye msimamizi wa hicho Klabu na kuamlisha muziki uliokuwa unachezwa uzimwe. Watu wote walipotulia tuli, alisimama kidete kwenye mlango, akapiga mbinja fiueu, akanguruma kama radi, na kwa sauti kama kinanda akanena, “Vita vya Panga haviamuliwi kwa fimbo. Janga lililofanyika miaka kumi iliyopita, litafanyika tena leo!” Baada kutoa hayo matamshi, alirudi kwenye kile kiti alikokuwa amakalia, akakaa raha mustarehe, kana kwamba hakuna jambo lililokuwa limetokea.

Wale wezi ambao walikuwa wametega masikio yao ndi, baada ya kuwaza na kuwazua walihisi makuu yasio na kifani yakiwapata. Baada ya kushikwa na kiwewe walifanya chapuchapu, wakaenda walikoficha Pikipiki, wakaichukua na kuirudisha karibu na mlango wa hicho Klabu.

Jamaa mmoja aliporudi na habari njema ya kwamba, Pikipiki imerudishwa, karibu nusu ya wenye walikuwa kwa Klabu walimiminika kwenye ile meza ya ule Jamaa, na kila mtu akamuagizia kinywaji. Baada ya kumuhisi kwa uvumba na ubani awaelezee ni janga gani lililotokea miaka kumi iliyopita, jamaa alianza hadithi yake, “Miaka kumi iliyopita Baba yangu alinunua Pikipiki akaenda naye kwa Klabu hata kama hajaifikisha nyubani. Bahati mbaya ile Pikipiki iliimbiwa na baba alirudi nyumbani miguu kama anenyeshewa”.

Hiyo siku alinunuliwa pombe akalewa chopi, akamuajiri ndereva wa kumbeba na hiyo Pikipiki yake, na hatimaye alifika kwake nyumbani akipepesuka.

## 14. PRUDENCE

Hotuba duni

Jamaa mmoja alialikwa kutoa heshima za mwisho kwa marehemu rafiki yake ambaye walikuwa wamepandana kama chanda na pete au kama uta na upote. Kama upanga ulioachwa nje usiku kucha, ambao ulikua umeingia kutu, huyu jamaa alianza hotuba yake, “Natoa kongole kwa mwenyeiki kwa

kunipee hii fursa ya kutoa rambirambi za mwisho kwa marehemu rafiki yangu. Kama kunalo jambo linalonishika kama shati ya bouncer, na linalonifanya nijisikie mbele kama mapua ya panya, ni kupewa hii nafasi.

“Mwanzo kabisa, huyu rafiki yangu alikuwa mchangamvu kiasi ya kwamba alifanya kila jitihada kuupiga teke uzee. Hivyo basi alimbidi kutumia ile potii ya watoto kama choo chake”. “Nikikumbuka vile jamaa alikuwa *‘anajipamper’*, roho yangu inadunda karibu kuanguka na kuingia kwenye kiatu. Katika jitihada zake za *‘kujipamper’*, marehemu alikua akinunua dasani nzima ya Diapers zile za watoto aina ya Pampers na kuzitumia kujifunga nazo anapolala”.

“Rafiki yangu alikuwa jitu la miramba minne kama kwamba akishika ugali kwa hiyo mikono yake kama ya Goliath, maji yalikuwa yakimiminika na kuuwacha unga kavu, hivyo basi ilikuwa inambidi kuula ule unga kwanza tena kuyanywa yale maji”.

“Ili aifikie ile hekima ya Mfalme Suleimani, mwenda zake rafiki yangu, kwa kumuiga Suleimani, alijitafutia mipango mingi sana ya kando, lakini hatimaye badala ya kuangaziwa na hekima alijipata ameambukizwa ugonjwa hatari wa ukimwi. Na kama wanavyosema wahenga, kifo cha nugu kikifika miti yote huteleza, ule mdudu ulimkula kiasi ya kwamba, dakika zake za mwisho hapa Duniani alikuwa amekonda hivi kwamba kama angekuwa Yesu akisulubishwa wale makalau wangetumia stepples badala ya mishumali”.

“Sura yake ilikuwa imebadilika na kuwa mweusi kushinda makaa, kana kwamba, akifika Jehanamu, Shetani atamkataa kwa sababu atamuona kuwa amechemeka kupita kiasi, na hivyo basi atamuamuru kurudi Binguni. Hivyo basi itambidi Mungu ailaze roho yake pahali pema peponi. AHSANTENI”

## 15. RESPECT

Mwaka wa 2050

Ifikapo mwaka wa 2050 utekelezaji wa masomo utakua umebandilika kabisa. Teknolojia itakua mbele kiasi ya kwamba huduma za mtandao (internet) itakua inapatikana bure kwa kila mtu. Katika madarasa, baada ya vitabu, wanafunzi watakuwa wakitumia I-Pad. Waalimu watakuwa wanafunza kwa kutumia VIDEO CONFERENCING na itawezekana mwalimu mmoja kufunza wanafunzi wengi na pia madarasa mengi kwa wakati mmoja.

Katika evening prep, mwalimu mmoja ataweza kuiangalia shule nzima akitumia an improved version of CCTV-LIKE TECHNOLOGY:

- “Wewe Paul inaonekana ulikula ugali nyingi sana, wacha kulala!”
- “John umesoma huyo ukurasa moja kwenye hicho kitabu cha Kemia kwa dakika thelathini sasa, huko si kusoma mbali ni kukodolea kitabu macho”.

Kwenye ‘Lecture room’ mkufunzi atakua akiona na kuwasiliana na kila mwanafunzi:

- “Wewe Jack, ni dhahili kwamba haunisikilizi, mbali unafikilia vile utahepa shule masaa ya saa kumi
- “Aha, Sam, hizo si notes unaandika, mbali unaandikia mpezi wako ujumbe mdogo”.

## 16. OPTIMISM

### Kutapeliwa Thika

Miaka nenda miaka rudi, miaka na dahari, daima dawama, siku zangu zote humu Duniani mpaka wakati nitakalomezwa na kaburi, kuna balaa na bulewa lilinikumba ambalo sitawahi lisahau. Nilikuwa kijana katika kitado cha tatu wakati nilikosana na mwalimu mmoja, na katika ile hali ya kuadhibiwa nikajipata nimefukuzwa shule kwa muda wa wiki mbili. Sasa, nikiwa njiani kuelekea nyumbani, katika mtaa wa Thika, hapo ndipo nilikumbana na mkasa.

Nikiwa navuka barabara moja, kuelekea kituo cha basi za kuelekea kwetu, nilipatana na jamaa moja wa umri wa makamu ambaye alinislamiamia kwa heshima na unyenyekevu na kuniulizea, “Mimi ni mgeni, hapa. Natafuta afisi za mwalimu mmoja ambaye alikuwa anatufunza kusoma nyota huko Mombasa ambaye amehamia hapa”. Kabla sijamjibu ya kuwa mimi siuelewi huyu mtaa kwa upana, kwa ulimi kama upatu aliendelea, “Hata kama hauelewi afisi zake, nimependezwa na ukarimu wako, na ningependa kukushukuru kwa kukuonyesha jambo kidogo kuhusu usomaji wa nyota”.

Katika ule umri, mambo ya kusomewa nyota kwangu yalikuwa ni usiku wa giza totoro. Ule jamaa alinigusia mkononi, na waa, nikatoa moshi ambapo sikuelewa umetoka wapi, na mara majo jamaa akanielezea kwa mstuko, “Kijana umeuona huo moshi, kuna Jirani wako alichukua karatasi moja ya mojawapo wa vitabu zako, na sasa wewe utakuwa na masaibu mengi sana, na mwishowe utapata ajali na uage dunia. Sisi wasomaji nyota huwa tumeadimika kama wali wa daku, lakini leo ni siku kuu kwako, na una bahati kama mtende yakua temepatana”.

Tamaa ya kujua chanzo cha masaibu yangu, ilijaa kwenye roho yangu furifuri, hivyo basi akili yangu ikazimia zi. Mara hio hio, pakapitia jamaa mmoja ameregea rege rege. Kwa ghafula kama ajali, huyu mtu alimuita na kumuuliza kama anajua hizo maafisi za msomaji nyota. Alipojibu hajui alimueleza kwa kiufupi sana vile alinieelezea, na bila kupotesha wakati akutuambia twende faraghani akatusomee nyota zetu kwa mapana na marefu.

Safari yetu ilingo'a nanga, na kama mbuzi anayeelekezwa kichijioni, tuliandamana mpaka pahali palikuwa na msingi wa nyumba. Tulipokaa chini, jamaa alipotuguza mikononi na moshi ikatoka tena, alituagiza tutoe viatu ili usomaji uthihirike kabisa. Tena akautagiza tutoe pesa zote ambazo ziko mifukoni mwetu na kuziweka hapo chini, halafu akatoa maagizo: “Nyota zenu nimezisoma kwa uangalifu sana. Lakini kabla siwapee matokeo, kila mtu atachukua peni moja, aende unyo unyo mpaka pahali penye tumepatania, bila kusalamia mtu au kuongea na mtu yeyote, awe Babako au Mamako, na ufikapo hapo, weka peni chini, ikanyange na mguu wa kulia, na utakapoichukua utoana picha kwenye hicho kipeni ya mwenye anakudhulumu kimaisha. Kuja na hiyo picha halafu wewe mwenyewe utaamua vile ungetaka tumuadhibu”. Ule jamaa alipojaribu kuamka ndio aende akiwa wa kwanza, alikanywa kwa ukali mwingi sana, na mimi, kwa sababu miye ndiye nilikuwa wa kwanza kuonana na huyu mjuzi, nakaambiwa nitongoze, 'ndio uweze kushika Baraka ukiwa wa kwanza', nikaarifiwa.

Nilipofika pahali tulipopatania na huyu tapeli, nikafuata yale maagizo yake, kwa kuweka peni chini, lakini kuchukua sikupata picha ya mwenye niliambiwa alikuwa ameniloga. Mara hiyo hiyo, nilisikia roho yangu imedidimia di di di, na mwili wangu ukawa baridi kama barafu. Mara hiyo hiyo, ikaniangazia ya kwamba, wale wanaume wawili walikuwa pamoja kunitapeli.

Hata kama nilijihisi kama mtu ameachwa peke yake katika msitu wa nyika, niliamua kwa hari na shari kurudi mpaka penye niliacha wale waganga na waganguzi nione angalau watukuwa wameniachia hata kitabu au karamu. Niliporudi pale, nilijaribu kuwatafuta kwa udi na ubani, lakini sikupata yeyote wala chochote.

Bila chochote kwa mfuko, isipokua 'King'otore', nikiwa nimekanyanga chini kama Kuku, nilielekea kwa kituo cha basi nikitumai kuwa nitapata Msamaria mwema. Kufika kituoni cha basi, kuliona lile basi liitwalo 'Riakanau' ambalo ni moja tu lingeweza kinifikisha nyumbani, kama linajaa na karibu kuondoka, machozi yalitiririka tiririri. Kwa bahati nasibu, yule Utingo (kwa jina la dhalau Manamba) aliniona na kwa utani akaniuliza, "Kwa nini wewe mtu mzima unalia kama mtoto?" Nilipomuelezea kilichonifanyikia, na nilipomhakikisia ya kuwa nikifika nyumbani nitamuitishia pesa zake kwa wazazi wangu, kwa shingo upande alikubalia niingie kwenye lile basi.

Hatimaye nilifika nyumbani salama wa salamini, nikiwa mzima kama kigongo. Nilipowaelezea wazazi wangu yaliyonitendekea, baba yangu aliangua kicheko ambacho hata waleo ile sauti haijadidimia toka kwa akili yangu.

## 17. GENUINENESS

Hamina mwanafunzi

Ilikuwa mirindimo na mwebwe, baraka kibao na shangwe tele, wakati Hamina alipata barua ya kumualika kwenye Chuo Kikuu. Siku ilipofika ya kuingia kwenye chuo, wazazi wake wakiwa wengi wa matumaini walipata kikao cha faragha na yeye kado na hawa watoto wengine. Baba alitoa huyu ushauri kwa bintiye, "Mwanangu, kule unakoenda chungu kabisa uhusiano wa marafiki walevi na hasa vijana ambawo wanaweza kukupotosha kwa mapenzi ya kiholelaholela, ambapo mambo yako hatimaye yatatumbukia nyongo". Hamina aliwahakikishia wazazi wake ya kwamba atayafuata kwa makini hayo maagizo, na atatia fora kwenye masoma yake.

Lakini wakati ni dawa, mjarabu wa matukio. Baada ya miezi kadhaa, Hamina akavunja zile ahadi alizokuwa amepeana zote. Siku moja, kulikuwa na densi kule chuoni, na Hamina akawa mlevi chakali. Vile vile akawa ameishiwa na hera za kuendelea na burudani. Wakiwa mchanganyiko wa wavulana na wasichana kila mtu akawa anampigia mzazi wake simu angalu atumiwe pesa za kuendeleza anasa.

Kulikuwa saa nne usiku na miele ya mwezi ilikuwa imengaaza kila pahali. Akiwa amepagawa na zile kasuba ambazo zimedunisha akili za kizazi kipya kuwa wao ni 'digital' na wazazi wao ni 'analogue', ati wao wanaishi kwenye 'global village' ili hali wazazi wao wanaishi kwenye 'communal village', Hamina akachukua simu, "Helo dad, mimi bado naendelea na masomo. Wakati huu huu najibulidisha na mwangaza wa mwezi baada ya kumaliza kuifanya homework. Tafadhari niko na kashinda kidogio na ningetaka unitumie shilling mia tano..." Hata kabla hajamaliza kubujikwa na maneno babake akaingilia, "Kwa nini unaongea kama unatafuna ulimi? Kashinda gani usiku na sii ugonjwa? Mko na akina nani hapo kwenye mwangaza? Shilingi mia tano zitakutosha pombe kiasi gani?"

## 18. RECEPTIVENESS

Mwanafunzi wa Chekechea

Katika shule moja ya Chekechea au kwa lugha ya kimombo 'Kindergarten', mwalimu alitaka kujua umaarufu wa watoto wa kusoma picha. Kila mwanufunzi alipewa picha mbili; moja ya jamaa aliyekuwa anakatakata kuni na shoka, na ya pili ya jamaa aliyekuwa anaandika kwa kitabu, na kuuliza swali, "Ninataka unichagulie picha ya mwanaume ambaye yuko anafanya kazi".

Watoto wote katika hilo darasa walimchagua mwenye alikuwa anakatakata miti, lakini mtoto mmoja akachagua mwenye alikua anaandika. Kwa mshangoa mkubwa mwalimu alimuuliza yule mtoto sababu za kuufanya huyo aumuzi. Mtoto alimjibu, "Baba yangu hufanya kazi ya uhadhili. Hivyo basi kazi yake nyingi huwa ni kuandika. Wakati wake wa starehe yeye huenda kwa shamba kulima au kukatakata miti".

## 19. AWARENESS

### Ndevu za mhubiri

Mhubiri mmoja alifika kwenye kanisa ambalo waumini walikuwa wanamngoja kwa hamu na ghamu, akiwa hajaliadaa funzo la hilo siku. Lakini aliposimama pale mbele kanisani, wazo bezo lilimuangazia na maneno yakaaza kumiminika kutoka kwa mdomo wake, "Ifikiapo mambo kuhusu malezi ya watoto na uhisiano wa bibi na bwana, wazazi wengi ni wapofu kama jongoo. Aidha ni jukumu la watoto kuwaheshimu wazazi wao na kufanya wanaloambiwa bila kuteta na kuuliza swali kama hawajaridhika, baadaye".

Alipoona waumini wametulia tuli, mhubiri alianza zile mirindimo na mbwembwe ambazo huwa zinafanya waumini kuchangamka na kusahau yote magumu waliyoyapitia kwa hiyo wiki, "Wanawake wengi nao wanatumbo kama kiriba. Akinunua nyama nusu kilo, theluthi huwa anaikulia jikoni, ile ingine wanagawana na familia yote!"

Mhubiri kuangalia kiti cha nyuma cha kanisa, akaona mama mmoja aliyekuwa anadodokwa na machozi. Sasa huyu mhubiri alidhani ya kwamba neno alilokuwa akilifunza limeanza kugusa nyoyo za wale waumini. Hivyo basi, akafanya kipindi kuwaza kizito, "Mama anayependa familia kwa dhati hupika chakula na kukiadalia mezani na wote wanakula pamoja". Machozi ya yule mwanamke yakeendelea kutiririka tiririri. Hivyo basi ikamfanyaza mhubiri kutilia mkazo, "Mapenzi kwa familia na mapenzi ya ubinafsi ni mambo mbili ambayo yameachan kama ardhi na mbingu. Mapenzi kwa familia yakiwa nyingi kiwango cha kadiri, uneweza kumchija kuku, uwapee familia yako ile Kuku yote nawe ule manyoya". Sasa yule mwanamke akaanza kulia Kwi kwi kwi, naye mhubiri akaendelea kuamini ya kwamba neno lake limegusa nyoyo za wafuasi inavyotakikana.

Baada ya ibada, yule mhubiri akamuita yule mama faraghani ndani ya afisi yake na kumhoji kama anashinda yeyote ya uhusiano wa Familia, diposa ampe mawaidha au ushauri. Lakini mama alimjibu mhubiri, "Unaona wakati ulikuwa unahubiri, wazo la yule mbuzi beberu wangu mwenye aliibiwa juzi liliniingia. Huyu beberu alikuwa na ndevu kama hizo zako. Wakati ulipoendelea kuhubiri nilikukumbuka vile nilikuwa namtegemea kummuaza ili nipate karo ya motto wangu, na nilipokumbuka hayo tena, singeweza kuyazuia machozi kutiririka".

## 20. MATURITY

Ukisikia mtu yeyote amekuambia ya kwamba, unotabia kama za mtoto, badala ya kuzua vurugu au kuibua hali ya mshuke mshuke, inafaa uchangamkie vile mwandani wako anamaanisha; jambo la kwanza unafaa ufungwe napi, na la pili hauna uwezo wa makeke wa kutofautisha baina ya 'Wheelchair' na 'Pushchair'.

Siku moja nilikuwa kwa hospitali kwa sababu kichwa changu kilikuwa kinabingirira bingiribingiri, na kuwa roho yangu sikuwa na ngoma wala maulidi. Hata kama mimi ni muoga wa kudungwa mashindano, nilikuwa nimesalimu amri na nilikuwa nimekubali kuzinywa dawa hata ziwe chungu kama shubiri. Nilipokuwa nangojea daktari aje anitibu, Msichana akaingia kwenye kile chumba tulimokua kama amemsukuma mzee aliyekuwa amekalia 'Wheelchair'.

Msichana alipoenda kwa meza ya kujiandikisha (reception desk), yule Mzee alibaki pale akiwa mpweke kama yatima, na akiwa amepoa kama maji ya mtungi. Nilipokuwa nikifikilia kwenda karibu naye angalau nichape gumzo kidogo naye, mtoto mmoja wa kiume alimonyoka kutoka kwa panja (lap) za mamake na kuelekea kwa mwendo wa kobe mpaka penye ule Mzee, "Guka, najua unasikia vizuru sana. Mama yangu huniendesha kwa kagari kangu kama haka pia, na mimi husikia utamu...Nawewe ulibadirishwa napi ukiingia hapa? Ukindungwa shindano, utalia?"

## 21. SOCIABILITY

### Lugha chafu

Jambo moja muafaka ambalo huchangia ufanisi katika kila biashara, ni uhusiano mwema na wateja. Aidha mara kwa mara wateja huwa hawana ule mkono wa buriani, na wakati mwingine vinywa vyao huwa ni pango chafu.

Siku moja nilikuwa kwa hizi Duka kubwa hali maarufu kama 'Supermarket'. Mfanyakazi kwenye hilo duka aliona mama mmoja mteja aking'ang'ana na bidhaa nyingi alizokuwa amechukua kuzipeleka pahali pa kulipia au 'Counter'. Na kama wabenzi wasemavyo kuwa 'hiari hushinda utumwa', huyu kijana alimwambia yule mama kwa unyenyekevu, "Tafadhali mama, naomba nikusaidie kuweka hizi bidhaa zako kwa kile kikapu cha kusukuma".

Ima fa ima, yule mama aliinuka kama mwenye amendungwa kwa mwiba mgongoni na kuangalia yule kijana kwa sura mabaya kama angemmeza akiwa mzima, na bure birashi akambubujikia yule kijana, "Wewe kijana, ugonjwa wa akili ulio nao, hauwezisikia dawa au kafara. Unafikilia niko na pesa za kupoteza kwa kununua bidhaa ambazo hazina maana? Ama unafikilia sina nguvu za kuzibeba hizi bidhaa? Waniona nimezeeka, ukadhani mimi ni kilema?"

# MOTIVATING MODELS

5<sup>th</sup> part of the 'PSALMIC PATTERN'

## 1. PATIENCE

### BIBLICAL MOSES

(Impromptu)

**MOSES** lived in the thirteenth and early part of the 12<sup>th</sup> Century BC. If I should paint and portray a rough image of MOSES also called Moshe Rabbenu (in Hebrew Moses our teacher), you will see a religious leader, lawgiver, and a prophet to whom the authorship of the Torah is traditionally attributed. In those spontaneous moments when PATIENCE should be the name and rule of the game, we should receive priceless and timeless motivation, from the hilarious historical encounters of MOSES.

(Recorded)

There are those spontaneous moments when PATIENCE should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which PATIENCE exhibited and manifested itself in the exemplary life of MOSES and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

- i. **On the roots of** PATIENCE, MOSES emerged as a grand and illustrious personage of strong character, high purpose, and noble achievements, so deep, true and efficient in his religious convictions as to thrill and subdue the minds of an entire race for centuries after his death. After forty years of grazing the flocks of Jethro, a priest of the Midian on the slopes of Mt. Horeb, one day at the age of 80 years, MOSES speaks with God. A bush there flaming unburned attracts him, but a miraculous voice forbid his approach and declares the ground so holy that to approach he must remove his shoes. Moses experienced the presence of Holy Being so intensive that his life and subsequent destiny of his people were thereafter altered.
- ii. **Armoured by** PATIENCE, MOSES unleashed the Ten Plagues which forced the adamant Pharaoh Ramses II of Egypt (reigned 1290 – 1224 BC.), to set free the Hebrew people after which he led them out of Egyptian yoke across the Red Sea, in about 1270 BC., whereby they journeyed to Mt. Sinai and compassed the borders of Edon.
- iii. **Ignited by** PATIENCE, MOSES received the Ten Commandments, whose central theme regarded cultivating faith, the action of love and the type of behaviour expected for a person to have a close relationship with the Divine Source and the Sacred Spirit.
- iv. **Aroused by** PATIENCE, after rescuing the Israelite from over a century of oppression by the Pharaohs, MOSES was able to give the determining shape to Israelites' religion (Judaism) which it has retained, not without difficulty through centuries. MOSES'S work emerged as a revolution whereby the Israelites were liberated from previous allegiances and submitted to a single Lord, in accordance with a sweeping and wide ranging covenant.

- v. **Propelled by** PATIENCE, MOSES’S strong and determined body ultimately yielded to the superior force of death at an advanced age of 120 years given in the Bible. However, he had not reached the promised land of ‘milk and honey’, the region long since promised to the seed of Abraham, the Palestine of later years.
- vi. **Illumined by** PATIENCE, even when the Jews reverted to idol worship (his brother Aaron had also yielded to this pressure), and their persistence to be returned to Egypt, in the face of hunger and thirst, MOSES remained strong and focused.
- vii. **Upon the wings of** PATIENCE, MOSES was able to emit out a lesson that, any leader besides being intelligent and capable, should possess a psychological gift of sympathetic caring, ability to stand up to hard work, pain, voluntary endurance and competitive trials. MOSES teaches us that, we should have the courage of our convictions, and believe often against considerable opposition in the success of our endeavours. And so Pope Paul VI likened all mothers with Moses: “Every mother is like Moses. She does not enter the promised land. She prepares a world she will not see”.

## 2. RADIANCY

### WINSTON CHURCHILL

(Impromptu)

**Sir WINSTON LEONARD SPENCER-CHURCHILL** was born on 30<sup>th</sup> November 1874 and passed on to glory on 24<sup>th</sup> January 1965. If I should paint and portray a rough image of WINSTON CHURCHILL you will see a British politician, best known for his leadership of the United Kingdom during the Second World War, who is widely regarded as one of the greatest wartime leaders of the 20th century, and who served as a Prime Minister twice (1940–45 and 1951–55). In those spontaneous moments when RADIANCY should be the name and rule of the game, we should receive priceless and timeless motivation, from the hilarious historical encounters of CHURCHILL.

(Recorded)

There are those spontaneous moments when RADIANCY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which RADIANCY exhibited and manifested itself in the exemplary life of CHURCHILL and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

- i. **On the roots of** RADIANCY, CHURCHILL was a noted statesman and orator, who was once an officer in the British Army, a historian, a writer, and an artist. CHURCHILL was the only British prime minister to have received the Nobel Prize in Literature and was also the first person to be made an Honorary Citizen of the United States.
- ii. **Armoured by** RADIANCY, his role in supporting innovative technological military solutions, including the development of the tank and his recognition of the importance of aerial warfare, are well documented by commentators and historians alike.
- iii. **Ignited by** RADIANCY, CHURCHILL eclipsed Hitler by being named *Time Magazine’s* ‘Man of the Year’, not once but twice, in 1940 and again in 1949. The title is granted to men (and also

women, since Wallis Simpson in 1936) who have significantly influenced the course of history. On his second time receiving the accolade, he was named ‘Man of the Half-Century’.

- iv. **Aroused by** RADIANCY, CHURCHILL was a prolific painter, producing nearly 600 works throughout his lifetime. Sarah Thomas of Sotheby’s has commented “Churchill took up painting very late... He found relief from all the pressures of his work in his painting.” In December 2006, one piece, ‘View of Tinherir’ from 1951, sold at auction for a record £612,800. According to Thomas, however, it took him a while to master his trade: “His work does vary in quality... A lot of his paintings are pretty poor and amateur and full of splodges.”
- v. **Propelled by** RADIANCY, CHURCHILL was known to enjoy a siesta, a habit he adopted following his time in Cuba with Spanish forces in 1895. In later life, far from simply aiding his recuperation, Churchill’s bed often acted as his preferred location to discuss matters of great state importance. Senior military advisors Sir Hastings Ismay and General Alan Brooke would invariably be summoned bedside, for a private audience with the Prime Minister. Reports claim a bespoke breakfast table to fit his bed was commissioned especially to accommodate his unusual conferences.
- vi. **Illumined by** RADIANCY, as well as his steadfast refusal to consider defeat, surrender, or a compromised peace, helped inspire British resistance, especially during the difficult early days of the War when Britain stood alone in its active opposition to Adolf Hitler. CHURCHILL was particularly noted for his speeches and radio broadcasts, which helped inspire the British people. He led Britain as Prime Minister until victory over Nazi Germany had been secured.
- vii. **Upon the wings of** RADIANCY, upon his death, Elizabeth II granted him the honour of a state funeral, which saw one of the largest assemblies of world statesmen in history. CHURCHILL was named the Greatest Briton of all time in a 2002 poll, and he is widely regarded as being among the most influential people in British history.

### 3. INTEGRITY

#### MIKHAIL GORBACHEV

(Impromptu)

MIKHAIL SERGEEVICH GORBACHEV was born on 2<sup>nd</sup> March 1932. If I should paint and portray a rough image of GORBACHEV, you will see a man who was the last General Secretary of the Soviet Union, and who brought about massive economic, social, and political changes and helped bring an end to both the Soviet Union and the Cold War.

There are those spontaneous moments when INTEGRITY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which INTEGRITY exhibits and manifests itself in the exemplary life of GORBACHEV and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** INTEGRITY, GORBACHEV got a job with the Komsomol (the youth division of the Communist Party of the Soviet Union) in 1955, and quickly rose up in the ranks of the Komsomol and then obtained a position in the Communist Party. Gorbachev received promotion after

promotion until in 1970 he reached the highest position in that particular territory, first secretary. In 1978, GORBACHEV, age 47, was appointed as the secretary of agriculture on the Central Committee. Once again, Gorbachev quickly rose up in the ranks and by 1980, he had become the youngest member of the Politburo (the executive committee of the Communist Party in the Soviet Union).

- ii. **Armoured by** INTEGRITY, having worked closely with General Secretary Yuri Andropov, GORBACHEV felt that he was ready to become General Secretary. When Andropov passed on to glory in office, Gorbachev lost the bid for office to Konstantin Chernenko. But when Chernenko passed on to glory in office just 13 months later, Gorbachev, only 54 years old, became the leader of the Soviet Union.
- iii. **Ignited by** INTEGRITY on March 11, 1985, GORBACHEV became the General Secretary of the Central Committee of the Communist Party of the Soviet Union. Strongly believing that the Soviet Union needed massive liberalization in order to revitalize both the Soviet economy and society, Gorbachev immediately began implementing reforms. He shocked many Soviet citizens when he announced the ability for citizens to freely voice their opinions (glasnost) and the need to entirely restructure the Soviet Union's economy (perestroika). GORBACHEV also opened the door to allow Soviet citizens to travel, cracked down on alcohol abuse, and pushed for the use of computers and technology. He also released many political prisoners.
- iv. **Aroused by** INTEGRITY, GORBACHEV played a pivotal role in ending the Arms Race. For decades, the United States and the Soviet Union had been competing with each other over who could amass the largest, most lethal cache of nuclear weapons. As the United States was developing the new Star Wars program, Gorbachev realized that the Soviet Union's economy was seriously suffering from the excessive spending on nuclear weapons. To end the arms race, Gorbachev met several times with U.S. President Ronald Reagan. At first, the meetings stagnated because trust between the two countries had been missing since the end of World War II. Eventually, however, Gorbachev and Reagan were able to work out a deal where not only would their countries stop making new nuclear weapons, but they would actually eliminate many that they had accumulated.
- v. **Propelled by** INTEGRITY, although GORBACHEV'S economic, social, and political reforms as well as his warm, honest, friendly, open demeanor, won him accolades from around the world, including the Nobel Peace Prize in 1990, when he was criticized by many within the Soviet Union his heart remained strong. For some, his reforms had been too big and too fast; for others, his reforms had been too small and too slow.
- vi. **Illumined by** INTEGRITY, with the falling of the Soviet empire, GORBACHEV helped establish a new system of government, including the establishment of a president and the end of the Communist Party's monopoly as a political party. However, for many, Gorbachev was going too far. From August 19-21, 1991, a group of hard-liners of the Communist Party attempted a coup and put Gorbachev under house arrest. The unsuccessful coup proved the end of both the Communist Party and the Soviet Union. Facing pressures from other groups who wanted more democratization, GORBACHEV resigned his post as president of the Soviet Union on December 25, 1991, a day before the Soviet Union officially dissolved.

- vii. **Upon the wings** of INTEGRITY, in the two decades since his resignation, GORBACHEV has remained active. In January 1992, he established and became president of the Gorbachev Foundation, which analyzes the changing social, economic, and political changes happening in Russia and works to promote humanistic ideals. In 1993, Gorbachev founded and became president of the environmental organization called Green Cross International.

## 4. COOPERATION

### MAHATMA GANDHI

(Impromptu)

**MAHATMA** ('Great Soul') **MOHANDAS KARAMCHAND GANDHI** was born on 2<sup>nd</sup> October, 1869 and passed on to glory on 30<sup>th</sup> January, 1948. If I should paint and portray a rough image of MAHATMA GANDHI you will see a shy, soft-spoken, and only a mediocre student at school who after studying law in Britain transformed himself into a resilient and potent leader against discrimination, and who is considered the father of the Indian independence movement.

There are those spontaneous moments when COOPERATION should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which COOPERATION exhibited and manifested itself in the exemplary life of GANDHI and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** spirit of COOPERATION, and after thorough studying of an epic poem which is considered a sacred text to Hindus, the *Bhagavad Gita*, GANDHI created his concept of satyagraha, a non-violent way of protesting against injustices. As a pioneer of Satyagraha, or resistance through mass non-violent civil disobedience, GANDHI became one of the major political and spiritual leaders of his time. Satyagraha remains one of the most potent philosophies in freedom struggles throughout the world today.
- ii. **Armoured by** the spirit of COOPERATION, for twenty years since 1893, when he travelled to South Africa, GANDHI dedicated himself to better Indians' rights in South Africa. During the first three years, Gandhi learned more about Indian grievances, studied the law, wrote letters to officials, and organized petitions. On May 22, 1894, Gandhi established the Natal Indian Congress (NIC). Although the NIC began as an organization for wealthy Indians, Gandhi worked diligently to expand its membership to all classes and castes. Gandhi became well-known for his activism and his acts were even covered by newspapers in England and India. In a few short years, Gandhi had become a leader of the Indian community in South Africa.
- iii. **Ignited by** the spirit of COOPERATION, in 1914, GANDHI returned to India, where he supported the Home Rule movement, and became leader of the Indian National Congress, advocating a policy of non-violent non-co-operation to achieve independence. GANDHI'S goal was to help poor farmers and laborers protest oppressive taxation and discrimination. He struggled to alleviate poverty, liberate women and put an end to caste discrimination, with the ultimate objective being self-rule for India.

- iv. **Aroused by** the spirit of COOPERATION, while in India, there was a bubonic plague outbreak, and since it was then believed that poor sanitation was the cause of the spread of the plague, GANDHI offered to help inspect latrines and offer suggestions for better sanitation. Although others were willing to inspect the latrines of the wealthy, Gandhi personally inspected the latrines of the untouchables as well as the rich. He found that it was the wealthy that had the worst sanitation problems.
- v. **Propelled by** the spirit of COOPERATION in 1930, he led a landmark 320 km/200 mi march to the sea to collect salt in symbolic defiance of the government monopoly. On his release from prison (1931), he attended the London Round Table Conference on Indian constitutional reform. In 1946, he negotiated with the Cabinet Mission which recommended the new constitutional structure.
- vi. **Illumined by** the spirit of COOPERATION, after independence (1947), he tried to stop the Hindu-Muslim conflict in Bengal, a policy which led to his assassination in Delhi by Nathuram Godse, a Hindu fanatic.
- vii. **Upon the wings** of the spirit COOPERATION many civil rights leaders, including Martin Luther King Jr., used GANDHI'S concept of non-violent protest as a model for their own struggles.

## 5. EMPATHY

### ABRAHAM LINCOLN

(Impromptu)

**ABRAHAM LINCOLN** was born on February 12<sup>th</sup>, 1809, and passed on to glory on April 15<sup>th</sup>, 1865. If I should paint and portray a rough image of ABRAHAM LINCOLN, you will see a man who reared in a poor family on the western frontier, was mostly self-educated, and became a country lawyer, a Whig Party leader, Illinois state legislator during the 1830s, and a one-term member of the United States House of Representatives during the 1840s, before becoming the 16<sup>th</sup> President of the United States.

There are those spontaneous moments when EMPATHY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which EMPATHY exhibited and manifested itself in the exemplary life of LINCOLN and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** EMPATHY, after a series of debates in 1858 that gave national visibility to his opposition to the expansion of slavery, LINCOLN lost a Senate race to his arch-rival, Stephen A. Douglas. Lincoln, a moderate from a swing state, secured the Republican Party presidential nomination in 1860. With almost no support in the South, Lincoln swept the North and was elected president in 1860. His election was the signal for seven southern slave states to declare their secession from the Union and form the Confederacy. The departure of the Southerners gave Lincoln's party firm control of Congress, but no formula for compromise or reconciliation was found. Lincoln explained in his second inaugural address: "Both parties deprecated war, but one of them would make war rather than let the Nation survive, and the other would accept war rather than let it perish, and the war came."

- ii. **Armoured by** EMPATHY, when the North enthusiastically rallied behind the national flag after the Confederate attack on Fort Sumter (a Third System) masonry sea fort located in Charleston Harbor, South Carolina, best known as the site upon which the shots initiating the American Civil War were fired, at the Battle of Fort Sumter on April 12, 1861, LINCOLN concentrated on the military and political dimensions of the war effort. His goal was now to reunite the nation. LINCOLN successfully led the United States through its greatest constitutional, military, and moral crisis — the American Civil War — preserving the Union.
- iii. **Ignited by** EMPATHY contrary to expectations, LINCOLN proved to be a shrewd military strategist and a savvy leader during what became the costliest conflict ever fought on American soil. LINCOLN closely supervised the war effort, especially the selection of top generals, including commanding general Ulysses S. Grant. Lincoln brought leaders of the major factions of his party into his cabinet and pressured them to cooperate. Under Lincoln's leadership, the Union set up a naval blockade that shut down the South's normal trade, took control of the border slave states at the start of the war, gained control of communications with gunboats on the southern river systems, and tried repeatedly to capture the Confederate capital at Richmond, Virginia. Each time a general failed, Lincoln substituted another until finally Grant succeeded in 1865.
- iv. **Aroused by** EMPATHY, an exceptionally astute politician deeply involved with power issues in each state, LINCOLN reached out to War Democrats and managed his own re-election in the 1864 presidential election. War Democrats in American politics of the 1860s were adherents of the Democratic Party who rejected the Copperheads/Peace Democrats who controlled the party. The War Democrats demanded a more aggressive policy toward the Confederacy and supported the policies of Republican President Lincoln when the Civil War broke out. As the leader of the moderate faction of the Republican party, Lincoln found his policies and personality were "blasted from all sides": Radical Republicans demanded harsher treatment of the South, War Democrats desired more compromise, Copperheads despised him, and irreconcilable secessionists plotted his death. Politically, Lincoln fought back with patronage, by pitting his opponents against each other, and by appealing to the American people with his powers of oratory.
- v. **Propelled by** EMPATHY on the destiny of U.S., as the South was in a state of insurrection, LINCOLN exercised his authority to suspend *habeas corpus* (Latin: "may you have the body" is a legal action that requires a person under arrest to be brought before a judge or into court. This principle ensures that a prisoner can be released from unlawful detention—that is, detention lacking sufficient cause or evidence) arresting and temporarily detaining thousands of suspected secessionists without trial.
- vi. **Illumined by** EMPATHY, LINCOLN averted British recognition of the Confederacy by skillfully handling the *Trent affair*. Also known as the *Mason and Slidell Affair*, it was an international diplomatic incident that occurred on November 8, 1861, whereby the USS San Jacinto, commanded by Union Captain Charles Wilkes, intercepted the British mail packet RMS *Trent* and removed, as contraband (smuggled goods) of war, two Confederate diplomats, James mason and John Slidell. The envoys were bound for Great Britain and France to press the Confederacy's case for diplomatic recognition in Europe. The initial reaction in the U.S., was to rally against

Britain, threatening war; but Lincoln and his top advisors did not want to risk war. In the Confederate States, the hope was that the incident would lead to a permanent rupture in Anglo-American relations and even diplomatic recognition by Britain of the Confederacy. Confederates realized their independence potentially depended on a war between Britain and the U.S. In Britain, the public expressed outrage at this violation of neutral rights and insult to their national honor. The British government demanded an apology and the release of the prisoners while it took steps to strengthen its military forces in Canada and the Atlantic. After several weeks of tension and loose talk of war, the crisis was resolved when the Lincoln administration released the envoys and disavowed Captain Wilkes's actions. No formal apology was issued. Mason and Slidell resumed their voyage to Britain but failed in their goal of achieving diplomatic recognition.

- vii. **Upon the wings of EMPATHY LINCOLN'S** Emancipation Proclamation, issued in 1863, freed all slaves in the rebellious states and paved the way for slavery's eventual abolition, while his Gettysburg Address later that year stands as one of the most famous and influential pieces of oratory in American history. In April 1865, with the Union on the brink of victory, LINCOLN was shot and killed by an actor and Confederate sympathizer John Wilkes Booth; his untimely death made him a martyr to the cause of liberty and Union. Over the years Lincoln's mythic stature has only grown, and he is widely regarded as one of the greatest presidents in the nation's history. Lincoln's death was the first assassination of a U.S. president and sent the nation into mourning. Lincoln has been consistently ranked by scholars and the public as one of the three greatest U.S. presidents, the others by scholars being George Washington and Franklin D. Roosevelt, and by the public, Ronald Reagan and Bill Clinton.

## 6. YEARNING

### OTTO VON BISMARCK

(Impromptu)

**OTTO EDUARD LEOPOLD**, Prince of Bismarck, Duke of Lauenburg, simply known as **OTTO VON BISMARCK**, was born on 1<sup>st</sup> April 1815, and passed on to glory on 30<sup>th</sup> July 1898. If I should paint and portray a rough image of BISMARCK you will see a man who was a conservative German statesman and who dominated European affairs from the 1860s to his dismissal in 1890. After a series of short victorious wars he unified most of the German states (whilst excluding some, most notably Austria) into a powerful nation-state German Empire in 1871 under Prussian leadership, then created a "balance of power" that preserved peace in Europe from 1871 until 1914.

There are those spontaneous moments when YEARNING should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which YEARNING exhibited and manifested itself in the exemplary life of BISMARCK and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of YEARNING**, as a young man, BISMARCK found, the routines of Prussia's bureaucracy boring enough that he resigned in 1838, as reflected in the letter he wrote to his sister: "I don't want to sing in the orchestra, I want to lead the orchestra".

- ii. **Armoured by** YEARNING, as Minister President of Prussia 1862–90, BISMARCK provoked wars that made Prussia dominant over Austria and France, and lined up the smaller German states behind Prussia. In 1867 he also became Chancellor of the North German Confederation. BISMARCK became the first Chancellor of a united Germany after the February 26, 1871 Treaty of Versailles (the treaty ended the Franco-Prussian War and was signed by Adolphe Thiers, of the French Third Republic, and Bismarck). Bismarck largely controlled the affairs of Germany until he was removed by Kaiser (Emperor) Wilhelm II in 1890.
- iii. **Ignited by** YEARNING, BISMARCK’S diplomacy of *Realpolitik* and powerful rule gained him the nickname the ‘Iron Chancellor’. As Henry Kissinger has noted: "The man of 'blood and iron' wrote prose of extraordinary directness and lucidity, comparable in distinctiveness to Churchill’s use of the English language."
- iv. **Aroused by** YEARNING, BISMARCK used balance-of-power diplomacy to keep Europe peaceful in the 1870s and 1880s. He created a new nation-state and led the way to the welfare state. BISMARCK disliked colonialism but reluctantly built an overseas empire when it was demanded by both elite and mass opinion.
- v. **Propelled by** YEARNING, BISMARCK (a devout Lutheran) was loyal to his king, who in turn gave Bismarck his full support.
- vi. **Illumined by** YEARNING, BISMARCK distrusted democracy and ruled through a strong, well-trained bureaucracy with power in the hands of a Junker elite (in the 19th and 20th centuries, Junker was an often pejorative designation for a member of the landed nobility in Prussia and eastern Germany that was associated with political reaction and militarism). Bismarck, an aristocratic Junker himself, had an extremely aggressive and domineering personality.
- vii. **Upon the wings of** YEARNING, BISMARCK possessed not only a long-term national and international vision, but also the short-term ability to juggle many complex developments simultaneously. As the leader of what historians call ‘revolutionary conservatism’ Bismarck became a hero to German nationalists; they built hundreds of monuments glorifying the iconic symbol of powerful conservative leadership. Historians generally praise BISMARCK as a statesman of moderation and balance who kept the peace in Europe and was primarily responsible for the unification of modern Germany.

## 7. PERSISTENCE

### PROPHET MUHAMMAD

(Impromptu)

**PROPHET MUHAMMAD** (Peace Be Upon Him) was born on A.D. 570 and passed on to glory on A.D. 632. If I should paint and portray a rough image of PROPHET MUHAMMAD, you will see the descendant of the Prophet Ismail (Ishmael) the son of Prophet Ibrahim (Abraham) (PBUT). Prophet Muhammad was an orphan. His father Abd Allah passed on to glory before his birth, and his mother Aminah passed on to glory when he was about 6 years old. He was taken care of by his uncle Abu Talib. His first marriage was to a widow woman called Khadijah, who proposed to him. He was 25 years old and she was 40 years old. They were happily married for 25 years. It was only after her passing, when he married again. His

character was respected by all people throughout Medina (in Arabia) including the Jews who gave him the name of 'The Trustworthy'.

There are those spontaneous moments when PERSISTENCE should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which PERSISTENCE exhibited and manifested itself in the exemplary life of PROPHET MUHAMMAD and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** PERSISTENCE, although PROPHET MUHAMMAD began his mission in an atmosphere that exhibited the mixture of pagan religion and the teachings of both Judaism and Christianity, he remained focused. At the age of forty, he received a dramatic call which started him on his career as a prophet. One night, while he was in Mount of Hira in his usual meditations, the angel Gabriel appeared to him with a text written on silk and commanded him to recite, though he was illiterate, such that he could neither read nor write
- ii. **Armoured by** PERSISTENCE at the time of his inaugural vision, MUHAMMAD was convinced that he had a divine revelation. But after a few weeks, doubt began to beset him; whether he was really a prophet of God. In his self questioning, his wife Khadija, comforted and supported him, whereby his visions began to return, and after a few months he was finally convinced of his divine call. When MUHAMMAD'S mission began, it had little early success, but he never gave up. He preached outside Kabah, where he was met largely with incredulity and scorn, especially among the Quraysh. Although a few converts began to meet in secret, his denunciation of idolatry was disturbing and dangerous, leading to unprecedented multiplication of his enemies especially the people who believed in the old religion, and who began to gather their forces in the face of the revolutionary prophet.
- iii. **Ignited by** PERSISTENCE, although in the first years of MUHAMMAD'S preaching he had only about forty converts, he was willing and able to put up with many tribulations, and finding Mecca unsuitable for him he tried to establish his faith at Taif, but without success. Medina offered hope for him, simply because its citizens, concerned at the internal strife which plagued the city were attracted to Muhammad as a leader who might bring peace and a reordering of the community.
- iv. **Aroused by** PERSISTENCE, the situation in Medina gave the PROPHET remarkable opportunities. Possessing both political and religious authority, Muhammad proceeded with tact to fashion a community which would be able to carry his message widely throughout Arabia. As an astute diplomat he was able to reconcile many tensions which grew up. After establishing military security and strength of the city, through his great leadership capacity, as he was no mere visionary, he swiftly shaped Medina into the first Muslim theocracy. MUHAMMAD was able to give his followers and converts the highest authority in Islam in the manner of the Holy Quran, which as Muslims believe, contains the exact words of God as revealed to Prophet Muhammad and recorded by his companions. In applying the Quranic teachings to everyday life, Muslims rely upon the *Sunnah* (sayings and actions) of the prophet. This Sunnah is construed by Muslims as a concrete implementation, a tangible form, and the actual embodiment of the will of God in the form of Muhammad's deeds. They were recorded in what are called *Ahadith* (pieces of news, stories, or reports).

- v. **Propelled by PERSISTENCE**, in the face of constant opposition this ego-strength accounts much MUHAMMAD'S phenomenal success and his shrewd appraisal of others and of the significance of what was going on in the world of his time. Even when He was bombarded by the hostile forces of His own tribesmen, Mohammad could not succumb to the degradations of His time. He had never collapsed in the strain of battle or controversy, or failed away when strong action called. We also learn from Muhammad the importance of associating with people who are confident and who believes in our ideas so that they can give us support in those trying moments of self-doubt which are normal to any human being.
- vi. **Illumined by PERSISTENCE**, the PROPHET seems to have been remarkable for the loyalty he inspired and the persuasiveness with which he customarily dealt with opponents. He preferred to win men over rather than crush their spirit by a simple display of force. In the last two years of his life, MUHAMMAD'S forces began to move northward from the now largely unified Hejaz. The first moves were made in a series of campaigns and conquests which hit the Middle East and the Mediterranean world with explosive impact. The religion which he had preached in adversity and in success became fixed and organized. But the prophet passed on to glory before seeing its enormous influence. Not only was his achievement singular in one time, but it had incalculable effects on the history of mankind from the seventh century onward.
- vii. **Upon the wings of PERSISTENCE**, from Islam we get a demonstration of the way faith can be harnessed to the creation of a complex and successful community upon earth – not a Utopian one, but a matter-of-fact one – a community in which men's chief wishes, needs, and ambitions are not denied, but channeled into a pattern of pious brotherhood.

## 8. SELFLESSNESS

### NELSON MANDELA

(Impromptu)

**NELSON ROLIHLAHLA MANDELA** was born 18<sup>th</sup> July 1918. If I should paint and portray a rough image of MANDELA you will see a South African anti-apartheid activist, revolutionary and politician who served a jail term of 27 years before becoming President from 1994 to 1999, the first to be elected in a fully representative, multiracial election. His administration focused on dismantling apartheid's legacy, and cutting racism, poverty and inequality.

There are those spontaneous moments when SELFLESSNESS should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which SELFLESSNESS exhibited and manifested itself in the exemplary life of MANDELA and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of SELFLESSNESS**, when the National Party government implemented apartheid in 1948, MANDELA rose to prominence in the ANC's 1952 Defiance Campaign, being elected president of the Transvaal ANC branch and overseeing the 1955 Congress of the People. Working as a lawyer, MANDELA was repeatedly arrested for seditious activities and with the ANC leadership stood on the Treason Trial from 1956 to 1961.

- ii. **Armoured by** SELFLESSNESS, although initially committed to non-violent protest, in association with the South African Communist Party, MANDELA co-founded the militant Umkhinto we Sizwe (MK) in 1961, leading a bombing campaign against government targets. In 1962 he was arrested and convicted of sabotage and conspiracy to overthrow the government, being sentenced to life imprisonment.
- iii. **Ignited by** SELFLESSNESS, becoming ANC president, MANDELA wrote his autobiography, and led negotiations with President F. W. de Klerk to abolish apartheid and establish multi-racial elections in 1994, in which he led the ANC to a landslide victory.
- iv. **Aroused by** SELFLESSNESS, as president, MANDELA created a new constitution and initiated the Truth and Reconciliation Commission to investigate past human rights abuses, while introducing policies aimed at land reform, combating poverty and expanding healthcare.
- v. **Propelled by** SELFLESSNESS, MANDELA oversaw a military intervention in Lesotho in September 1998, codenamed Operation Boleas. Trouble began in March 1998 when parliamentary elections in Lesotho resulted in an overwhelming majority for the ruling Lesotho Congress for Democracy Party, which won 79 out of 80 seats. However, allegations of vote fraud soon surfaced, and after a failed lawsuit by the opposition parties, widespread rioting broke out and there was talk in August and September of a possible coup by Lesotho's small army. MANDELA acted as mediator between Libya and the United Kingdom in the Pan Am Flight 103 bombing. The trial began on 3 May 2000, 11 years, 4 months and 13 days after the destruction of Pan Am Flight 103 on 21 December 1988. The 36-week trial took place at a specially convened Scottish Court in the Netherlands set up under Scots law and held at a disused United States Air Force base called Camp Zeist near Utrecht.
- vi. **Illumined by** SELFLESSNESS, MANDELA refused to run for a second term and succeeded by his deputy Thabo Mbeki, he became an elder statesman focusing on charitable work in combating poverty and HIV/AIDS.
- vii. **Upon the wings of** SELFLESSNESS, MANDELA has received international acclaim for his anti-colonial and anti-apartheid stance, having received over 250 awards, including the 1993 Nobel Peace Prize, the U.S. Presidential Medal of Freedom and the Soviet Order of Lenin. MANDELA is held in deep respect within South Africa as the "Father of the Nation", where he is often known under his Xhosa clan name of *Madiba*.

## 9. YEA-ATTITUDE

### BIBLICAL ABRAHAM

(Impromptu)

Historians dates **ABRAHAM'S** biblical story to around 2000 B.C. If I should paint and portray a rough image of ABRAHAM, you will see a man who is considered the first of the biblical patriarchs, and who is the founding father of the Israelites, with a prominent role in Judaism, Christianity and Islam, whose life history encompasses a journey that starts in a place called Ur. In Abraham's time, Ur was one of the great city-states in Sumer, a part of the Fertile Crescent located from the Tigris and Euphrates Rivers in

Iraq to the Nile in Egypt. Historians call this era from 3000 to 2000 B.C. "the dawn of civilization" because it marks the earliest documented dates when people settled in communities and began such things as writing, agriculture and commerce.

There are those spontaneous moments when YEA-ATTITUDE should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which YEA-ATTITUDE exhibited and manifested itself in the exemplary life of ABRAHAM and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of YEA-ATTITUDE** when Abraham was called by God to leave his land, family and household in Mesopotamia in return for a new land, family and inheritance in Canaan, the 'promised land', he obliged. When the threats to the covenant established between him and God arose (difficulties in producing an heir, the threat of bondage in Egypt, of lack of fear of God); he was able to overcome them and the covenant was established.
- ii. **Armoured by YEA-ATTITUDE**, ABRAHAM and Lot obeyed God's order to leave Sodom and Gomor'rah due to their unbearable wickedness as Lord rained brimstone and fire from heaven – when Lot's wife looked back she became a pillar of salt.
- iii. **Ignited by YEA-ATTITUDE** and accompanied by his wife and nephew Lot, Abraham prospered as a rancher and shepherd, as he made his new home surrounded by pagans in the Promised Land of Canaan.
- iv. **Aroused by YEA-ATTITUDE**, at the age of 99 years he entered into a covenant with Lord and his name was changed from Abram to Abraham meaning the 'father of a multitude of nation'. He accepted as a sign of the covenant between him and God to be circumcised in the flesh of their foreskin, and this included 'you and your descendants after you throughout their generation.
- v. **Propelled by YEA-ATTITUDE**, when famine struck, he packed up and took his family to Egypt. Once there, and fearing for his life, he lied about his beautiful wife's identity, claiming she was his unmarried sister. Abimelech, finding Sarah desirable, took her from Abraham in exchange for generous gifts, to which Abraham raised no objections. You see, as a brother, Abraham would be honored by Abimelech, but as a husband, his life would have been in danger. The Lord inflicted disease on Pharaoh and his family, revealing to him that Sarah must be returned to Abraham untouched.
- vi. **Illumined by YEA-ATTITUDE**, Sarah ABRAHAM'S wife was able to have a child (Isaac), though she was barren and was too old. She believed that God would keep his promise. And so a whole nation came from this one man who was as good as dead—a nation with so many people that, like the stars in the sky and the sand on the seashore, there is no way to count them. ABRAHAM did not resist the God's test to offer his only son, Isaac as a burnt offering; only to be provided with a lamb as a substitute.
- vii. **Upon the wings of YEA-ATTITUDE**, ABRAHAM'S story ends with the death and burial of his wife Sarah at the age of 127 years, in the grave which he had purchased in Hebron (a town in southern Judah). This is followed by the marriage of his heir Isaac to a wife from his own people.

These two episodes signified first the right of his descendants to the land, and second the exclusion of the land's previous inhabitants, the Canaanites, from Israel's patrimony.

## 10. CREATIVITY

### HENRY KISSINGER

(Impromptu)

**HENRY ALFRED KISSINGER** was born on 27<sup>th</sup> May, 1923. If I should paint and portray a rough image of KISSINGER you will see a German-born American writer, political scientist, diplomat, and businessman, who is a recipient of the Nobel Peace Prize, and who served as National Security Advisor and later concurrently as Secretary of State in the administrations of Presidents Richard Nixon and Gerald Ford.

There are those spontaneous moments when CREATIVITY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which CREATIVITY exhibited and manifested itself in the exemplary life of KISSINGER and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** CREATIVITY, KISSINGER was a proponent of *Realpolitik* (a usually expansionist national policy having as its sole principle advancement of the national interest), who played a dominant role in United States foreign policy between 1969 and 1977.
- ii. **Armoured by** CREATIVITY, KISSINGER'S involvement in Indochina started prior to his appointment as National Security Adviser to Nixon. While still at Harvard, he had worked as a consultant on foreign policy to both the White House and State Department. Kissinger says that "In August 1965... [Henry Cabot Lodge], an old friend serving as Ambassador to Saigon, had asked me to visit Vietnam as his consultant. I toured Vietnam first for two weeks in October and November 1965, again for about ten days in July 1966, and a third time for a few days in October 1966... Lodge gave me a free hand to look into any subject of my choice". He became convinced of the meaninglessness of military victories in Vietnam, "...unless they brought about a political reality that could survive our ultimate withdrawal". In a 1967 peace initiative, he would mediate between Washington and Hanoi.
- iii. **Ignited by** CREATIVITY, as National Security Advisor under Nixon, KISSINGER pioneered the policy of *detente* with the Soviet Union, seeking a relaxation in tensions between the two superpowers. As a part of this strategy, in talks commencing in Helsinki, Finland, in November 1969, he negotiated the Strategic Arms Limitation Talks (culminating in the SALT 1) and the Anti-Ballistic Missile Treaty with Leonid Brezhnev, General Secretary of the Soviet Communist Party.
- iv. **Aroused by** CREATIVITY, KISSINGER sought to place diplomatic pressure on the Soviet Union. He made two trips to the People's Republic of China in July and October 1971 (the first of which was made in secret) to confer with Premier Zhou Enlai, then in charge of Chinese foreign policy. The USC U.S.-China Institute has collected documents relating to the diplomatic efforts between 1969 and 1971 that led to this successful trip. According to Kissinger's book, *'The White House Years'*, the first secret China trip was arranged through Pakistan's diplomatic and Presidential involvement that paved the way to initial vital contact with the Chinese, since the Americans

were unable to communicate directly with the Chinese leaders because of earlier cold war relations. This paved the way for the groundbreaking 1972 summit between Nixon, Zhou, and Communist Party of China Chairman Mao Zedong, as well as the formalization of relations between the two countries, ending 23 years of diplomatic isolation and mutual hostility. The result was the formation of a tacit strategic anti-Soviet alliance between China and the United States. KISSINGER was awarded the 1973 Nobel Peace Prize for helping to establish a ceasefire and U.S. withdrawal from Vietnam. The ceasefire, however, was not durable.

- v. **Propelled by CREATIVITY**, as National Security Advisor, in 1974 KISSINGER directed the much-debated *National Security Study Memorandum 200: Implications of Worldwide Population Growth for U.S. Security and Overseas Interests (NSSM200)* was completed on December 10, 1974. It was adopted as official U.S. policy by President Gerald Ford in November 1975. The basic thesis of the memorandum was that population growth in the least developed countries (LDCs) is a concern to U.S. national security, because it would tend to risk civil unrest and political instability in countries that had a high potential for economic development. Under KISSINGER'S guidance, the United States government supported Pakistan in the Liberation War of Bangladesh in 1971. Kissinger was particularly concerned about the expansion of Soviet influence in South Asia as a result of a treaty of friendship recently signed by India and the USSR, and sought to demonstrate to the People's Republic of China (Pakistan's ally and an enemy of both India and the USSR) the value of a tacit alliance with the United States.
- vi. **Illumined by CREATIVITY**, KISSINGER delayed telling President Richard Nixon about the start of the Yom Kippur War in 1973 to keep him from interfering. On October 6, 1973, the Israelis informed Kissinger about the attack at 6 am; Kissinger waited about 3 and a half hours before he informed Nixon. In 1973, Kissinger negotiated the end to the Yom Kippur War, which had begun on October 6, 1973 when Egypt and Syria attacked Israel. In September 1976 KISSINGER was actively involved in negotiations regarding the Rhodesian Bush War. Kissinger, along with South Africa's Prime Minister John Vorster, pressured Rhodesian Prime Minister Ian Smith to hasten the transition to black majority rule in Rhodesia. With FRELIMO in control of Mozambique and even South Africa withdrawing its support, Rhodesia's isolation was nearly complete. According to Smith's autobiography, Kissinger told Smith of Mrs. Kissinger's admiration for him, but Smith stated that he thought Kissinger was asking him to sign Rhodesia's 'death certificate'. Kissinger, bringing the weight of the United States, and rallying other relevant parties to put pressure on Rhodesia, hastened the end of minority-rule.
- vii. **Upon the wings of CREATIVITY**, after his term, KISSINGER'S opinion was still sought by some subsequent US presidents and other world leaders.

## 11. HONESTY

### CONSTANTINE THE GREAT

(Impromptu)

**CONSTANTINE THE GREAT** (Latin: *Flavius Valerius Aurelius Constantinus Augustus*) was born on 27<sup>th</sup> February 272 AD and passed on to glory on 22<sup>nd</sup> May 337 AD, is also known as **Constantine I** or **Saint Constantine**. If I should paint and portray a rough image of CONSTANTINE THE GREAT you will see an image of a man who was the Roman Emperor from 306 to 337, well known for being the first Roman

emperor to convert to Christianity. Constantine and co-Emperor Licinius issued the Edict of Milan in 313, which proclaimed tolerance of all religions throughout the empire.

There are those spontaneous moments when HONESTY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which HONESTY exhibited and manifested itself in the exemplary life of Emperor CONSTANTINE THE GREAT and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of HONESTY**, Constantine fostered an atmosphere of religious liberty. Since it favored all religions equally, the Edict of Milan expressed a policy of religious liberty, not toleration. All should try to share the benefits of their religious understanding with others, but no one should force his or her truth upon another. ... (for according to Constantine)...*"it is one thing acting with free will to enter into contest for immortality, another to compel others to do so by force through the fear of punishment. No one should greatly trouble another, rather, everyone should follow what his soul prefers...* The edict was a paradigmatic statement of concord. Since CONSTANTINE hoped that common fellowship and the persuasion 'of those who believe' will lead everyone freely to choose (what he called) the straight path, he indicated his wish that religious unity will ultimately evolve.
- ii. **Armoured by HONESTY**, CONSTANTINE sought to reverse the dictatorship of former era. Roman people had formally transferred to the emperors the entire plenitude of its authority, and, therefore, the emperor's pleasure, expressed by edict or by letter, had force of law. Even in the fervent age of its conversion the empire employed its refined civilization, the accumulated wisdom of ancient sages, the reasonableness and subtlety of Roman law, and the entire inheritance of the Jewish, the pagan, and the Christian world, to make the Church serve as a gilded crutch of absolutism.
- iii. **Ignited by HONESTY**, under CONSTANTINE'S policy of concord, the Church was flooded with new converts, not through coercion but by force of Imperial example. Constantine favoured the Church but gave serious attention to protecting the rights of non-Christians.
- iv. **Aroused by HONESTY**, CONSTANTINE may have been a lifelong Pagan but he was also a pragmatist and in 325 AD he decided to strengthen this new Christian tradition. He held a famous ecumenical gathering known as the **Council of Nicaea**, and at this council the many sects of Christianity debated and voted on well, everything from the acceptance and rejection of specific gospels to the date for Easter, to the ministry of sacrament, and of course, the immortality of Jesus. He therefore, solidly established the Roman government, which in reality had been nothing but a system of unrelieved oppression, on moderation and justice.
- v. **Propelled by HONESTY**, CONSTANTINE was the first person to establish public clinics throughout the Roman Empire where the poor, the injured and the helpless received medical care.
- vi. **Illumined by HONESTY**, CONSTANTINE spared no efforts, dedicating his life to the promotion of the principles of the Gospel. In principle, CONSTANTINE treated religion as a matter of choice and conscience, an arena free of state meddling...*Liberis mentibus* — 'with free minds' all are to worship their Gods. It is a remarkable policy, an unexpected one, since it would have been natural for a ruler after his conversion to Christianity to shift all the previous relations.

- vii. **Upon the wings of HONESTY**, CONSTANTINE'S name shines out across the dawn of history like the morning star, and his rank and fame among the world's noblest and most highly civilized is still on the tongues of Christians of all denominations.

## 12. INTENTIONALITY

### MARTIN LUTHER

(Impromptu)

**MARTIN LUTHER** was born on 10<sup>th</sup> November 1483 and passed on to glory on 18<sup>th</sup> February 1546. If I should paint and portray a rough image of MARTIN LUTHER, you will see a man who was a German monk, former Catholic priest, professor of theology and seminal figure of a reform movement in sixteenth century Christianity, subsequently known as the Protestant Reformation.

There are those spontaneous moments when INTENTIONALITY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which INTENTIONALITY exhibited and manifested itself in the exemplary life of LUTHER and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of INTENTIONALITY**, though born in a poor home background, LUTHER (1483-1546) went to school at the cathedral school of Magdeburg and at Eisenach. At the age of eighteen, he went on to the university of Erfurt, where having worked hard at the usual curriculum, he took his bachelor's degree in 1502 and his master's in 1505, both at the earliest time permitted by the regulations. It is an odd but apparently an undeniable fact that LUTHER, though piously brought up and well educated, saw a Bible for the first time in the university library, when he was twenty years of age. He knew the gospels as read in the church, but he was astonished to dip into the Old Testament and to discover the stories it contained.
- ii. **Armoured by INTENTIONALITY** in 1505, LUTHER suddenly decided to enter the Augustinian monastery in Erfurt, abandoning his project of a doctor's degree in law and sold his books; a decision that surprised his friends and appalled his father. Later in life, Luther explained it by recalling several brushes with death that had occurred at the time making him aware of the fleeting character of life. In the monastery he observed the rules imposed on a novice but did not find the peace in God he had expected.
- iii. **Ignited by INTENTIONALITY**, LUTHER was ordained priest in 1507, and after intensive theological studies, was sent as lecturer to the new university at Wittenberg. He became a doctor in theology and professor of Scripture in 1511. Although still uncertain of God's love and his own salvation, Luther was active as a preacher, teacher and administrator.
- iv. **Aroused by INTENTIONALITY** in 1510 LUTHER had been sent by his Order to Rome, and like many other pilgrims, he was both excited and disappointed. The squalor, ignorance, and corruption of much of the religious practices in the Holy City were a shock; he accused himself of being taken in by the 'stinking lies' which led pilgrims on to visit churches and crypts in order to gain indulgences.

- v. **Propelled by INTENTIONALITY**, LUTHER was able to overcome some of his limitations and become an influential leader of Protestant Movement. Historians conceive of a seizure, which Luther is said to have experienced on the choir of his Monastery. Furthermore, he engaged in “Foolish Monkery” in his efforts to become a perfect monk. He was meticulous and scrupulous in his religious practices to the point of being absurd. It is said that his confessor once told him not to return until he had something significant, such as murder, to confess. More dramatic and important was LUTHER’S so called ‘*Tower Experience*’. During the years succeeding his return from Rome in 1511, Luther was increasingly overwhelmed by despair. He had the strongest sense of his own sin and unrighteousness, and he could not convince himself that there was a way out of this predicament. Somehow the teachings of medieval piety had turned sour on him. For a time he gave up saying Mass and reciting the Divine Office. Though he received some comfort from Staupitz, the Vicar-general of his Order, he was not relieved of despair. After thorough dipping into the Scriptures, he in a sudden and startling manner gained a whole new insight into what he conceived as the central meaning of Scriptures; that it is the grace of God (*sola gratia*) rather than the efforts of man as an independent self that brings unity and reconciliation.
- vi. **Illumined by INTENTIONALITY**, gradually over the years before 1518, the consequences of LUTHER’S insight began to work themselves out in his mind. If justification was by faith, not by works, then not only ascetic practices (conceived as way of breaking into heaven), but also the works performed by the church on behalf of the faithful were useless as a means of salvation, and the like ways in which the Church presumed to mediate between man and God. These ideas, fermenting in Luther’s mind, help to explain the stand which he took against the Papal Indulgences (letters of pardons sold by and signed by the Pope for the sins committed on earth) preached in Germany by eloquent Dominican friar John Tetzel. When Pope Leo X (1475-1521) issued a Bull ( or Edict), in 1520, that forbid LUTHER to preach and ordered his books to be burned, in defiance Luther burned the Papal Bull in public provoking Pope to excommunicate him in 1521. When summoned at the Diet (or assembly) at the city of Worms (in what is now Germany) or Edict of Worms, conducted from 28 January to 25 May 1521 and presided over by Emperor Charles V (1519-1556), Luther was once again pressed to recant. Absolutely aware of the consequences of being declared an outlaw or a heretic, which could cost his life, Luther refused to recant and made his famous statement: “Unless I am convinced by scripture and plain reason – I cannot and I will not recant anything, for to go against conscience is neither right nor safe. God help me. Amen.” Fortunately, the ruler of his own German State, Elector Frederick of Saxony, came to his aid and offered him shelter in Wartburg Castle, where he devoted his immense energy and intellectualism to translating the Greek Scriptures and writings into German.
- vii. **Upon the wings of INTENTIONALITY**, LUTHER’S bold and unorthodox move of marriage to a former nun Katharina von Bora (1499-1552) in 1525, set a model for the practice of clerical marriage, allowing protestant priests to marry. His commitment to the institution of marriage is evidenced in his love for Katharina who he often fondly called ‘My lord Katie’.

## 13. COURAGE

FRANKLIN DELANO ROOSEVELT

(Impromptu)

**FRANKLIN DELANO ROOSEVELT** was born on 30<sup>th</sup> January, 1882 and passed on to glory on 12<sup>th</sup> April, 1945. If I should paint and portray a rough image of FRANKLIN DELANO ROOSEVELT also known by his initials, **FDR**, you will see the 32<sup>nd</sup> President of the United States (1933–1945) and a central figure in world events during the mid-20th century, leading the United States during a time of worldwide economic depression and total war. A dominant leader of the Democratic Party and the only American president elected to more than two terms, he built a New Deal Coalition that realigned American politics after 1932, as his domestic policies defined American liberalism for the middle third of the 20th century.

There are those spontaneous moments when COURAGE should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which COURAGE exhibited and manifested itself in the exemplary life of ROOSEVELT and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** COURAGE, with the bouncy popular song ‘Happy Day Are Here Again’ as his campaign theme, FDR defeated incumbent Republican Herbert Hoover in November 1932, at the depth of the Great Depression. Energized by his personal victory over polio, FDR's unflinching optimism and activism contributed to a renewal of the national spirit. He worked closely with Winston Churchill and Joseph Stalin in leading the Allies against Germany and Japan in World War II, and restoring prosperity to the nation's economy.
- ii. **Armoured by** COURAGE, in his first hundred days in office, which began March 4, 1933, ROOSEVELT spearheaded major legislation and issued a profusion of executive orders that instituted the New Deal—a variety of programs designed to produce relief (government jobs for the unemployed), recovery (economic growth), and reform (through regulation of Wall Street, banks and transportation).
- iii. **Ignited by** COURAGE, as World War II loomed after 1938, with the Japanese invasion of China and the aggression of Nazi Germany, FDR gave strong diplomatic and financial support to China and Great Britain, while remaining officially neutral. His goal was to make America the ‘Arsenal of Democracy’ which would supply munitions to the Allies.
- iv. **Aroused by** COURAGE, in March 1941, ROOSEVELT, with Congressional approval, provided Lend-Lease aid to the countries fighting against Nazi Germany with Britain. With very strong national support, he made war on Japan and Germany after the Japanese attack on Pearl Harbor on December 7, 1941, calling it a ‘date which will live in infamy’. ROOSEVELT supervised the mobilization of the U.S. economy to support the Allied war effort. As an active military leader, he implemented an overall war strategy on two fronts that ended in the defeat of the Axis Powers and the development of the world's first atom bomb.
- v. **Propelled by** COURAGE, in 1942 ROOSEVELT ordered the internment of 100,000 Japanese Americans civilians. Unemployment dropped to 2%, relief programs largely ended, and the industrial economy grew rapidly to new heights as millions of people moved to new jobs in war centers, and 16 million men and 300,000 women were drafted or volunteered for military service.

- vi. **Illumined by** COURAGE, ROOSEVELT dominated the American political scene not only during the twelve years of his presidency, but also for decades afterward. He orchestrated the realignment of voters that created the Fifth Party System. ROOSEVELT also influenced the later creation of the United Nations and Bretton Woods institutions; which are International Monetary Fund (IMF) and World Bank.
- vii. **Upon the wings of** COURAGE, ROOSEVELT is consistently rated by scholars as one of the top three U.S. Presidents, along with Abraham Lincoln and George Washington.

## 14. PRUDENCE

### GAUTAMA BUDDHA

(Impromptu)

**SIDDHĀRTHA GAUTAMA BUDDHA** lived approximately between 563 and 483 BC. If I should paint and portray a rough image of GAUTAMA BUDDHA, you will see a sage from the ancient Shakya republic on whose teachings Buddhism was founded. He is also referred to as ‘the Buddha’ or simply as ‘Buddha’. **Buddha** means ‘awakened one’ or ‘the enlightened one’. ‘Buddha’ is also used as a title for the first awakened being in an era. In most Buddhist traditions, Siddhartha Gautama is regarded as the Supreme Buddha of our age.

There are those spontaneous moments when PRUDENCE should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which PRUDENCE exhibited and manifested itself in the exemplary life of BUDDHA and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** PRUDENCE, BUDDHA apparently showed an early inclination to meditation and reflection, displeasing his father, who wanted him to be a warrior and ruler rather than a religious philosopher. Temporarily yielding to his father’s wish – his father was the head of the Sakya warrior caste, with private name of Siddhartha – BUDDHA married at an early age and participated in the world by life of the court. He found his carefree, self-indulgent existence dull, and after a while he left home and began wandering in search of enlightenment.
- ii. **Armoured by** PRUDENCE, at the age of 29 BUDDHA came upon a mendicant monk, calm and serene, whereupon he was inspired to adopt his way of life and consequently forsook family, wealth and power in the quest for truth; a decision known in Buddhism as the ‘*Great Renunciation*’ and which is celebrated by the Buddhists as a turning point in history.
- iii. **Ignited by** PRUDENCE, after many wanderings, BUDDHA discovered the Middle Way – a path of moderation away from the extremes of self-indulgence and self-mortification - and he was able to articulate the Noble Eightfold Path; right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.
- iv. **Aroused by** PRUDENCE, BUDDHA discovered the path which leads to a state of supreme liberation or enlightenment, attainment of ‘*Nirvana*’, which is believed to be possible for any

human being. He described Nirvana as the perfect peace of mind that is free from ignorance, greed, hatred and other afflictive states or defilements. Nirvana is also regarded as the 'end of the world', in that no personal identity or dualisms of the mind (right and wrong, good and evil) remains. In this 'deathless', permanent, highest joy, the BUDDHA was able to see the empirical world in the light of his shining experience of this transcendental state. He had gained the pure 'heavenly eye' which enabled him to see clearly and deeply into the condition of living beings.

- v. **Propelled by** PRUDENCE, it is evident in BUDDHA'S later teachings (most of which were addressed to his Bhikhu's or disciples), that his was not just a pure mystical experience; it was insight that, while depending on such a higher state of consciousness, its intellectual character was made possible in the way of application to the realm of ordinary experience. Through his perceptions on the causes of suffering during his previous wanderings and meditations and through critical evaluation of the teachings he had heard from other recluses and holy men, he was able to evolve a very vivid philosophy.
- vi. **Illumined by** PRUDENCE, whereas BUDDHA'S ideas owe something to a stock of ideas current and fashionable in his day, he however, with great subtlety and originality, gave a new application and interpretation to these ideas; a power that alone gave him an upperhand over other unorthodox teachers of his time whose doctrines and lives have now largely faded from the consciousness of mankind.
- vii. **Upon the wings of** PRUDENCE, from BUDDHA we learn that, for an idea to take root, its dissemination and propagation requires enthusiastic, zealous, courageous, aggressive and purposive missionaries. From BUDDHA we also learn that, eloquence is also very vital, simply because, any person who has an idea and cannot be able to communicate it effectively, is at the level of one who has no idea at all.

## 15. RESPECT

### MARGARET THATCHER

(Impromptu)

**MARGARET HILDA THATCHER**, was born on 13<sup>th</sup> October 1925 and passed on to glory on 8<sup>th</sup> April 2013. If I should paint and portray a rough image of THATCHER you will see a British politician, who rose to become the first (and for two decades the *only*) woman to lead a major Western democracy. She won three successive General Elections and served as British Prime Minister for more than eleven years (1979-90), a record unmatched in the twentieth century. A Soviet journalist nicknamed her the 'Iron Lady', which became associated with her uncompromising politics and leadership style.

There are those spontaneous moments when RESPECT should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which RESPECT exhibited and manifested itself in the exemplary life of THATCHER and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** RESPECT, originally a research chemist before becoming a barrister, THATCHER was elected Member of Parliament (MP) for Finchley in 1959. Prime Minister Edward Heath

appointed THATCHER Secretary of State for Education and Science in his 1970 government. Though she had a rough ride as Education Minister she maneuvered. The early 1970s saw student radicalism at its height and British politics at its least civil. Protesters disrupted her speeches, the opposition press vilified her, and education policy itself seemed set immovably in a leftwards course, which she and many Conservatives found uncomfortable. But she mastered the job and was toughened by the experience.

- ii. **Armoured by** RESPECT, in 1975 THATCHER defeated Heath in the Conservative Party leadership election and became Leader of the Opposition, as well as the first woman to lead a major political party in the United Kingdom. She became Prime Minister after winning the 1979 general election.
- iii. **Ignited by** RESPECT, political support flowed from incredible economic achievements, in THATCHER'S administration, but the re-election of the government was only made certain by an unpredicted event: the Falklands War. The War began on Friday 2 April 1982, when Argentine forces invaded and occupied the Falkland Islands and South Georgia which lie in the South Atlantic, east of Argentina. The invasion was met by Thatcher in the firmest way and with a sure touch. Although she worked with the US administration in pursuing the possibility of a diplomatic solution, when diplomacy failed, the British government dispatched a naval task force to engage the Argentine Navy and Air Force, and retake the islands by amphibious assault. The resulting conflict lasted 74 days and ended with the Argentine surrender on 14 June 1982, which returned the islands to British control.
- iv. **Aroused by** RESPECT, during her term of office THATCHER reshaped almost every aspect of British politics, reviving the economy, reforming outdated institutions, and reinvigorating the nation's foreign policy. She challenged and did much to overturn the psychology of decline which had become rooted in Britain since the Second World War, pursuing national recovery with striking energy and determination. THATCHER became one of the founders, with Ronald Reagan, of a school of conservative politics, which has had a powerful and enduring impact on politics in Britain and the United States and earned her a higher international profile than any British politician since Winston Churchill.
- v. **Propelled by** RESPECT, by successfully shifting British economic and foreign policy to the right, THATCHER'S governments helped to encourage wider international trends which broadened and deepened during the 1980s and 1990s, as the end of the Cold War, the spread of democracy, and the growth of free markets strengthened political and economic freedom in every continent.
- vi. **Illumined by** RESPECT, THATCHER negotiated the Anglo-Irish Agreement of 1985 with the Republic of Ireland. The Agreement was an attempt to improve security cooperation between Britain and Ireland and to give some recognition to the political outlook of Catholics in Northern Ireland, an initiative which won warm endorsement from the Reagan administration and the US Congress.
- vii. **Upon the wings of** RESPECT, when Michael Heseltine (a prominent figure in her government) launched a challenge to her leadership, THATCHER resigned as Prime Minister and party leader in November 1990. However, THATCHER holds a life peerage (life peers are appointed members

of the peerage, whose titles cannot be inherited, in contrast to hereditary peers and always of Baronial rank, and are entitled to hold to seats in the House of Lords, presuming they meet qualifications such as age and citizenship. The legitimate children of a life peer take the privilege of children of hereditary peers, being entitled to style themselves with the prefix 'The Honourable'). As Baroness Thatcher of Kesteven in the County of Lincolnshire, she is entitled to sit in the House of Lords.

## 16. OPTIMISM

### NAPOLEAN BONAPARTE

(Impromptu)

**NAPOLEON BONAPARTE** was born on 15<sup>th</sup> August 1769 and passed on to glory on 5<sup>th</sup> May 1821. If I should paint and portray a rough image of **NAPOLEAN** you will see a French military and political leader who rose to prominence during the latter stages of the French Revolution and its associated wars in Europe.

There are those spontaneous moments when **OPTIMISM** should be the name and rule of the game. Our **Motivating Model** unfolds through **SEVEN SUITABLE SCENARIOS** in which **OPTIMISM** exhibited and manifested itself in the exemplary life of **NAPOLEON** and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of OPTIMISM**, after joining the French military in 1773, **NAPOLEON** swiftly rose to eminence. When in 1796 France attacked Austria, Napoleon took the helm of the Army of Italy, a post he had been coveting. The army, just 30,000 strong, disgruntled and underfed, was soon turned around by the young military commander. Under his direction the rebuilt army won numerous crucial victories against the Austrians, greatly expanded the French empire and helped make Napoleon the military's brightest star.
- ii. **Armoured by OPTIMISM**, **NAPOLEON'S** national profile was enhanced by his marriage to Joséphine Tascher de La Pagerie, widow of General Alexandre de Beauharnais (guillotined during the Reign of Terror) and the mother of two children. The two were married in a civil ceremony on March 9, 1796.
- iii. **Ignited by OPTIMISM**, working with Emmanuel Sieyes, he hatched plans for a coup in 1799 that would place the two men, and another, Pierre-Roger Ducos, atop a new government, called the Consulate. **NAPOLEON'S** great political skills soon led to a new constitution that created the position of First Consul, which amounted to nothing less than a dictatorship. Under the new guidelines the first consul was permitted to appoint ministers, generals, civil servants, magistrates and even members of the legislative assemblies. Napoleon would of course be the one who would fulfill the first consul's duties, and in February 1800 the new constitution was easily accepted.
- iv. **Aroused by OPTIMISM**, **NAPOLEON** turned his reforms to other areas of the country, including its economy, legal system and education, and even the Church, as he reinstated Roman Catholicism as the state religion. His legal reform, the Napoleonic Code (drafted rapidly by a

commission of four eminent jurists and entered into force on 21 March 1804 the code forbade privileges based on birth, allowed freedom of religion, and specified that government jobs should go to the most qualified), has been a major influence on many civil law jurisdictions worldwide.

- v. **Propelled by** OPTIMISM, in the first decade of the 19th century, the French Empire under NAPOLEON engaged in a series of conflicts—the Napoleonic Wars—that involved every major European power. After a streak of victories, France secured a dominant position in continental Europe, and Napoleon maintained the French sphere of influence through the formation of extensive alliances and the appointment of friends and family members to rule other European countries as French client states.
- vi. **Illumined by** OPTIMISM, NAPOLEON established hegemony over most of continental Europe and sought to spread the ideals of the French Revolution, while consolidating an imperial monarchy which restored aspects of the deposed *Ancien Regime*. However, as fate would have it, in 1813, the Sixth Coalition defeated his forces at Leipzig and more worse the following year the Coalition invaded France, forced Napoleon to abdicate and exiled him to the island of Elba, less than a year later, NAPOLEON escaped Elba and returned to power; but was defeated at the Battle of Waterloo in June 1815.
- vii. **Upon the wings of** OPTIMISM, which led to success in various wars, often against numerically superior enemies, NAPOLEON is generally regarded as one of the greatest military commanders of all time, and his campaigns are studied at military academies worldwide.

## 17. GENUINENESS

### GEORGE WASHINGTON

(Impromptu)

**GEORGE WASHINGTON** was born on 22<sup>nd</sup> February, 1732 and passed on to glory on December 14, 1799. If I should paint and portray a rough image of GEORGE WASHINGTON you will see a man who was one of the ‘Founding Fathers’ of the United States, serving as the commander-in-chief of the Continental Army during the American Revolutionary War or the American War of Independence (1775–1783). He also presided over the convention that drafted the Constitution, which replaced the Articles of Confederation. The Constitution established the position of President of the republic, which Washington was the first to hold.

There are those spontaneous moments when GENUINENESS should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which GENUINENESS exhibited and manifested itself in the exemplary life of WASHINGTON and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** GENUINENESS, on 15<sup>th</sup> June, 1775, WASHINGTON was appointed Major General and Commander-in-Chief of the colonial forces against Great Britain. As was his custom, he did not seek out the office of commander, but he faced no serious competition. Washington was the best choice for a number of reasons: he had the prestige, military experience and charisma for

the job and he had been advising Congress for months. WASHINGTON is lauded by historians for his selection and supervision of his generals, encouragement of morale and ability to hold together the army, coordination with the state governors and state militia units, relations with Congress and attention to supplies, logistics, and training. In battle, however, Washington was repeatedly outmaneuvered by British generals with larger armies, but he eventually won.

- ii. **Armoured by** GENUINENESS, when the Americans had won their independence, WASHINGTON formally bade his troops farewell and on December 23, 1783. He resigned his commission as commander-in-chief of the army rather than seize power, proving his opposition to dictatorship and his commitment to American republicanism. He returned to his home at Mount Vernon and continued his plantation projects.
- iii. **Ignited by** GENUINENESS in 1787, Washington was again called to the duty of his country. Since independence, the young republic had been struggling under the Articles of Confederation, a structure of government that centered power with the states. But the states were not unified. Washington presided over the Constitutional Convention that drafted the United States Constitution.
- iv. **Aroused by** GENUINENESS, elected unanimously as the first President of the United States in 1789, WASHINGTON attempted to bring rival factions together to unify the nation. He supported the programs to pay off all state and national debt, to implement an effective tax system and to create a national bank. WASHINGTON proclaimed the United States neutral in the wars raging in Europe after 1793. He avoided war with Great Britain and guaranteed a decade of peace and profitable trade.
- v. **Propelled by** GENUINENESS, WASHINGTON'S leadership style established many forms and rituals of government that have been used since, such as using a cabinet system and delivering an inaugural address.
- vi. **Illumined by** GENUINENESS, the peaceful transition from WASHINGTON'S presidency to the presidency of John Adams established a tradition that continues into the 21st century. WASHINGTON'S 'Farewell Address' was an influential primer on republican virtue and a warning against partisanship, sectionalism, and involvement in foreign wars. He retired from the presidency in 1797 and returned to his home, Mount Vernon, and his domestic life where he managed a variety of enterprises. He freed all his slaves by his final will.
- vii. **Upon the wings of** GENUINENESS, WASHINGTON had a vision of a great and powerful nation that would be built on republican lines using federal power. He sought to use the national government to preserve liberty, improve infrastructure, open the western lands, promote commerce, found a permanent capital, reduce regional tensions and promote a spirit of American nationalism. At his death, Washington was hailed as 'first in war, first in peace, and first in the hearts of his countrymen'

## 18. RECEPTIVENESS

### JESUS THE CHRIST

(Impromptu)

**JESUS THE CHRIST** was born on 4 B.C. or earlier (traditional dating being erroneous). If I should paint and portray a rough image of JESUS, you will see a young man, who was later to be revered as Messiah, and who lived in times which were characterized by bitterness, confusion, rivalry, argument and uncertainty; a tempestuous time of storm and tragedy. These tensions and strifes comes out clearly in the Gospel narratives, especially because Jesus himself was attached to none of these groups – the Zealots, the Pharisees, the Sadducees and the Essenes – and either overtly or by implication criticized them all. About the year 4 B.C., a certain Judas of Galilee led a bloody rebellion against Herod Archelaus (23 B.C.-18 AD), who was the ethnarch of Samaria, Judea, and Edon from 4 BC to 6 AD, a very cruel son of Herod the Great (74-4 BC). In a rebellion that was sparked off by the question of tribute monies due to the Romans, Judas and his Zealot Party captured Sefhories and seized Herod's palace. However, the revolt was ruthlessly crushed and the city of Galilee was razed, with more than 2,000 rebels savagely crucified, an event which was followed by placement of Judea to the direct rule of the Roman Procurator in A.D. 6.

There are those spontaneous moments when RECEPTIVENESS should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which RECEPTIVENESS exhibited and manifested itself in the exemplary life of JESUS and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** RECEPTIVENESS, JESUS had zealot friends, but was neither influenced nor dislodged by them. One or perhaps two of his disciples were zealots (Simon the zealot and maybe Judas Iscariot). Yet he rejected their predisposition to violence; 'Render unto Caesar the things that are Caesar's' was a repudiation of armed rebellion and a criticism of the revolt of Judas the Galilean which had been occasioned by the levying of tribute money. In the atmosphere of a ruthless Roman Imperial power, the Zealots cause was nourished by hatred, and the promise of a Messiah who would through the force of arms, drive out the Romans and reestablish an independent Commonwealth, was a powerful hope. But not all Jews felt as the Zealots did; others were more peaceably disposed.
- ii. **Armoured by** RECEPTIVENESS, though JESUS had friends among the Pharisees, he was neither influenced nor dislodged by them. And though they did not appear to have criticized him for his Messianic claims, they were put off by his strictures on the way in which they interpreted the law. He wished to exhibit the essence of the Law, rather than to insist on minutiae. And though his interference with the Temple administration alienated him from the priestly Sadducees, and his claims to authority could not commend themselves to the scribes, the traditional exponents of the law, he did not relent in exposing their shallow understanding of scriptures. The Sadducees worked for a peaceful coexistence with Rome. The influential Pharisees believed that a return to the full application of Torah would be a means of purification and piety independent of political issues. Though JESUS and his disciples may have lived communally, as did the Essenes, he was not concerned with the withdrawal from the world. The Essenes withdrew to a communal life, patiently waiting for the coming Messiah.
- iii. **Ignited by** RECEPTIVENESS although the kingdom which JESUS promised did not fit well into the categories and presuppositions of the people among whom he moved his vision never wavered. This virtue of RECEPTIVENESS, even made his Judaism suspect; he moved freely amid aliens and social outcasts; a hated tax-gatherer was one of his disciples.

- iv. **Aroused by** RECEPTIVENESS, through the allusive and parabolic nature of his teachings JESUS was trying to induce in his hearers a new vision, a turning-around of their point of view. He was concerned with shaking people from their old categories, whether they were the sophisticated thought-pattern of the learned or the simple faith of the farmers, prostitutes, and fisher folk among whom he moved.
- v. **Propelled by** RECEPTIVENESS, JESUS was in his intercourse indifferent to man-made barriers. His easy relations with people of all types – alien Samaritans, tax-gathers, Pharisees, insiders, outsiders – betrayed no fear of ritual regulations or social prejudices.
- vi. **Illumined by** RECEPTIVENESS, even when the conflicting interests and aspirations of various sections of His born-society were threatening to tear Him asunder, the Christ's ego strength was enough for Him to move forward without taking sides.
- vii. **Upon the wings of** RECEPTIVENESS, though the ministry of Jesus began when He was around 30 years old, and lasted a period of 1-3 years, the originality of His manner of life and teaching is something to reckon with. The most notable feature of his teaching was his constant use of Parables, which are seemingly simple and memorable stories, often with imagery and each conveys a deep message. They are not mere similitudes which serve the purpose of illustration but as internal analogies where nature becomes a witness to the Spiritual. From JESUS we learn an exhibition of tough independence of mind, shrewdness to criticism, high degree of sociability and non-commitment to any dominant thought pattern which might rob one the power and freedom in expressing ones original idea. We learn that if we candidly refuse to accept and yield to the limits imposed by the conventional thinking of our era, we shall be destined to make an indelible mark upon history.

## 19. AWARENESS

### FIDEL CASTRO

(Impromptu)

**FIDEL CASTRO** was born on August 13, 1926. If I should paint and portray a rough image of FIDEL CASTRO you will see a Cuban communist revolutionary and politician who was Prime minister of Cuba from 1959 to 1976, and President from 1976 to 2008. He also served as the Commander in Chief of the country's armed forces from 1959, and as the First Secretary of the Communist Party of Cuba from 1961 until 2011.

There are those spontaneous moments when AWARENESS should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which AWARENESS exhibited and manifested itself in the exemplary life of FIDEL CASTRO and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** AWARENESS, after participating in armed rebellions against right-wing governments in the Dominican Republic and Colombia, CASTRO planned the overthrow of the United States-backed military junta of Cuban president Fulgencio Batista, and served a year's

imprisonment in 1953 after a failed armed attack on the Moncada Barracks. On release CASTRO traveled to Mexico, where he formed a revolutionary group with his brother Raul and friend Che Guevara, 'the 26<sup>th</sup> of July Movement'. Returning to Cuba, Castro led the Cuban Revolution which ousted Batista in 1959, and brought his own assumption of military and political power.

- ii. **Armoured by** AWARENESS, CASTRO claims he survived 634 attempts on his life, mainly masterminded by the U.S. Central Intelligence Agency. They involved poison pills, a toxic cigar, exploding mollusks, a chemically tainted diving suit and powder to make his beard fall out so as to undermine his popularity.
- iii. **Ignited by** AWARENESS, despite CIA plots, a US-backed exile invasion at the Bay of Pigs and four and a half decades of economic sanctions, CASTRO outlasted nine US presidents, from Eisenhower to Clinton, and faced increased hostility under George W. Bush, who tightened enforcement of financial sanctions and a travel ban. CASTRO was the world's third longest-serving head of state, after the Queen of Britain and the King of Thailand. He was its longest-serving government leader when illness forced him to hand over power to his brother in July 2006.
- iv. **Aroused by** AWARENESS, CASTRO holds the Guinness Book of Records title for the longest speech ever delivered at the United Nations: 4 hours and 29 minutes, on Sept. 29, 1960. His longest speech on record in Cuba was 7 hours and 10 minutes in 1986 at the III Communist Party Congress in Havana.
- v. **Propelled by** AWARENESS, following the collapse of the Soviet Union in 1991, CASTRO led Cuba into its economic 'Special Period', before taking the country into the Bolivarian Alliance for the Americas in 2006 and forging alliances with other nations in the Latin American Pink Tide.
- vi. **Illumined by** AWARENESS, CASTRO, once a cigar-chomping guerrilla fighter, gave up cigars in 1985. Years later he summed up the harm of smoking tobacco by saying: "The best thing you can do with this box of cigars is to give them to your enemy".
- vii. **Upon the wings of** AWARENESS, amid failing health, in 2006 CASTRO transferred his responsibilities to Vice-President Raúl Castro, who assumed full presidency in 2008. Through his actions and his writings CASTRO has significantly influenced the politics of various individuals and groups across the world, including Nelson Mandela, Hugo Chávez, Evo Morales and Rafael Correa.

## 20. MATURITY

### JULIUS CAESAR

(Impromptu)

**GAIUS JULIUS CAESAR** was born on July 100 BC and passed on to glory on 15<sup>th</sup> March 44 BC. If I should paint and portray a rough image of **JULIUS CAESAR** you will see a Roman general, statesman, Consul and notable author of Latin prose, who played a critical role in the events that led to the demise of the Roman Republic and the rise of the Roman Empire.

There are those spontaneous moments when MATURITY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which MATURITY exhibited and manifested itself in the exemplary life of CAESAR and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of** MATURITY, when sailing to Rhodes to study in a famous school of oratory (an essential skill for Roman politicians), in 75 BC CAESAR was captured by pirates, but he raised the ransom to secure his freedom. However, he then raised a private force to pursue the pirates, tracked them down and had them crucified. An old anecdote adds that, when still their captive, he had joked that this is what he will do.
- ii. **Armoured by** MATURITY, when from around 65 BC CAESAR got heavily into debt in pursuit of political offices which depended on the popular vote (he particularly pleased the Romans with some unusually lavish gladiatorial shows), he cultivated the friendship of Crassus, one of the richest men in Rome, who bailed him out.
- iii. **Ignited by** MATURITY, in 60 BC, CAESAR formed a political alliance with Crassus and Pompey that was to dominate Roman politics for several years. However, their attempts to amass power through populist tactics were opposed by the conservative elite within the Roman Senate. In 59 BC to cement the link with Pompey, CAESAR married off his only child, Julia to Pompey (though he was older than her father). With equal cynicism, selective rioting by Pompey's veterans was used to persuade the senators to change their minds.
- iv. **Aroused by** MATURITY, CAESAR'S conquest of Gaul (mainly present day France and Belgium), completed by 51 BC, extended Rome's territory to the English Channel and the Rhine which paved the way for him to become the sole ruler of the Roman Republic. After assuming control of government, CAESAR began a program of social and governmental reforms, including the creation of the Julian calendar which took effect in 45 BC, was the predominant calendar in most of Europe, and in European settlements in the Americas and elsewhere, until it was superseded by the present Gregorian calendar in 1582.
- v. **Propelled by** MATURITY, after a few months of dalliance with Cleopatra (Cleopatra VII ruled ancient Egypt as co-regent first with her two younger brothers and then with her son for almost three decade), CAESAR returned the long way to Rome - up round the coast to Asia Minor, where a rebellious king demanded attention. Caesar rapidly defeated him: *Veni, vidi, vici* he later declared, 'I came, I saw, I conquered'. The relationship between Cleopatra and Caesar was one of mutual benefit. One of the reasons that Caesar went to Egypt in the first place, was to see about payment of the massive debt that Egypt owed him. Cleo's father had borrowed heavily from the Roman money lenders in order to get his throne back, and Caesar and Pompey had bought up the debt. Pompey, being dead, Caesar could claim all the cash. However at that time Egypt was in financial trouble. So, Cleopatra was established on the throne, (Caesar had the authority to do this) along with her brother, and in return Caesar was to start getting payments.
- vi. **Illumined by** MATURITY, CAESAR centralised the bureaucracy of the Republic and was eventually proclaimed 'dictator in perpetuity'. But the underlying political conflicts had not been resolved, and on the Ides of March (15 March) 44 BC, Caesar was assassinated by a group of senators led

by Marcus Junius Brutus. Sitting in his seat in the senate, more than twenty senators stabbed him, to share the responsibility.

- vii. **Upon the wings of MATURITY** this historical figure CEASER makes a great topic for a history fair presentation, as his exciting life and diverse array of accomplishments offer much to explore. Caesar is deemed to be one of the greatest military commanders of history.

## 21. SOCIABILITY

### HELMUT KOHL

(Impromptu)

**HELMUT JOSEF MICHAEL KOHL** was born 3<sup>rd</sup> April 1930. If I should paint and portray a rough image of KOHL you will see a German conservative politician and statesman, who was the Chancellor of Germany from 1982 to 1998 (of West Germany between 1982 and 1990 and of the reunited Germany between 1990 and 1998). His 16-year tenure was the longest of any German chancellor since Otto von Bismarck and oversaw the end of the Cold War and the German reunification, on 3<sup>rd</sup> October 1990. Kohl is widely regarded as the main architect of the German reunification and, together with French President François Mitterrand, the Maastricht Treaty (signed on 7<sup>th</sup> February 1992), which established the European Union.

There are those spontaneous moments when SOCIABILITY should be the name and rule of the game. Our **Motivating Model** unfolds through SEVEN SUITABLE SCENARIOS in which SOCIABILITY exhibited and manifested itself in the exemplary life of KOHL and which has bearing upon our present daily life and serves as a *Laudable Lesson*.

(Recorded)

- i. **On the roots of SOCIABILITY**, following the breach of the Berlin Wall and the collapse of the East German Communist regime in 1989, KOHL'S handling of the East German issue would become the turning point of his chancellorship. Kohl, like most West Germans, was initially caught unawares when the Socialist Unity Party was toppled in late 1989. However, well aware of his constitutional mandate to seek German unity, he immediately moved to make it a reality. Taking advantage of the historic political changes occurring in East Germany, Kohl presented a ten-point plan for "Overcoming of the division of Germany and Europe" without consulting his coalition partner, the FDP, or the Western Allies. In February 1990, he visited the Soviet Union seeking a guarantee from Mikhail Gorbachev that the USSR would allow German reunification to proceed.
- ii. **Armoured by SOCIABILITY** in 1996, KOHL received an award for his humanitarian achievements from the Jewish organization **B'nai B'rith International** (Sons of the Covenant). This is the oldest Jewish service organization in the world, which is committed to the security and continuity of the Jewish people and the State of Israel and combating anti-Semitism and bigotry.
- iii. **Ignited by SOCIABILITY** in 1988, KOHL was committed to European integration, maintaining close relations with the French president Mitterrand. Kohl and Mitterrand received the **Charlemagne Prize** German: *Karlspreis* for his contribution to Franco-German friendship and European Union. This is one of the most prestigious European prizes, which has been awarded once a year since

1950 by the German city of Aachen to people who contributed to the ideals upon which it has been founded.

- iv. **Aroused by SOCIABILITY** In 1998, he was only the second person to be awarded the Grand Cross in Special Design of the Order of Merit of the Federal Republic of Germany, the other being Konrad Adenauer (5 January 1876 – 19 April 1967). Adenauer was a German statesman and the first post-war Chancellor of Germany (West Germany) from 1949 to 1963, who he led his country from the ruins of World War II to a powerful and prosperous nation that forged close relations with old enemies France and the United States. In his years in power, Germany achieved prosperity, democracy, stability and respect.
- v. **Propelled by SOCIABILITY** in 1998, in 1996, KOHL won the prestigious Prince of Asturias Award in International Cooperation. These are a series of annual prizes awarded in Spain by the Prince of Asturias Foundation to individuals, entities or organizations from around the world who make notable achievements in the sciences, humanities, and public affairs. KOHL was named Honorary Citizen of Europe by the European heads of state or government for his extraordinary work for European integration and cooperation, an honour previously only bestowed on Jean Monnet (9 November 1888 – 16 March 1979). Monnet was a French political economist and diplomat, who is regarded by many as a chief architect of European unity and one of the founding fathers of the European Union. Never elected to public office, Monnet worked behind the scenes of American and European governments as a well-connected *pragmatic internationalist*.
- vi. **Illumined by SOCIABILITY** in 1999, KOHL received Presidential Medal of Freedom from U.S. president Clinton. On 16 May 2011, KOHL received the Henry A. Kissinger Prize at the American Academy in Berlin for his 'singularly extraordinary role in German reunification and laying the foundation for a lasting democratic peace in the new millennium'.
- vii. **Upon the wings of SOCIABILITY** KOHL has been described as 'the greatest European leader of the second half of the 20<sup>th</sup> century' by former U.S. Presidents George H. W. Bush and Bill Clinton.