



EDITORIAL

We are living in times whereby our quickness to apprehend issues and act wisely on them is what will ensure our survival as a society and our thriving as an individual. The chief prerogative of this generation is to develop what Chinese military strategist Sun Tzu (flourished 6th century B.C.), referred to as ‘an eye for locality, and in not letting the right moment slip’. This entails social sensitivity, which is a kind of ‘third eye’ a ‘sixth sense’ an ‘extra pair of nostrils’ or an above average ability to perceive the historical imperatives of our age, and to seize the available opportunities.

We are called upon to develop a profound sense of occasion and a swift responsiveness to the demands of the moment. “The important things of tomorrow are probably going to be things that are overlooked today”, so theorized Hungarian-born U.S. business executive Andrew S. Grove (1936 -). We should strive to cultivate the art of *‘perceiving possibilities in pits’* and *‘discerning diamonds in darkness’*.

As spouses we should respond instantly to the needs of our husbands or wives besides being keen on their behaviours. As parents we should cultivate timely parenting styles which puts supreme value on boosting the ego-strengths of our children. As teachers we should update ourselves to the current researches in pedagogical skills. As students we should be cautious in choosing careers which are in synch with our personality predispositions, and what is relevant to the job market.

**Editor - In - Chief
Gilbert Kinyua Mwaniki**

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Seven QUOTABLE QUOTES for these Months

1. **It matters not how long you live, but how well.**
- Publilius Syrus (lived 1st century BC), Roman writer.
2. **To achieve great things we must live as though we were never going to die.**
- Vauvenargues (1715 - 1747), French soldier and moralist.
3. **Believe me, wise men don't say 'I shall live to do that', tomorrow's life's too late; live today.**
- Martial (40? - 104?), Spanish-born Roman satirical poet.
4. **Live among men as if God beheld you; speak to God as if men were listening.**
- "The Younger" Seneca, Lucius Annaeus (4? BC - 65 AD), Roman writer, philosopher, and statesman.
5. **Let us take care that age does not make more wrinkles on our spirit than on our face.**
- Michel de Montaigne (1533 - 1592), French essayist.
6. **The young have aspirations that never come to pass, the old have reminiscences of what never happened. It's only the middle-aged who are really conscious of their limitations.**
- Saki (1870 - 1916), British short-story writer.
7. **Well-being and happiness never appeared to me as an absolute aim. I am even inclined to compare such moral aims to the ambitions of a pig.**
- Albert Einstein (1879 - 1955), German-born U.S. physicist.

Introducing the Seven SURIVAL STRATEGIES for these Months

When it comes to happiness and success in life, social or emotional intelligence, which is measured as Emotiol Quotient (EQ) matters just as much as intellectual ability, which is measured as Intelligence Quotient (IQ). Emotional intelligence helps you build stronger relationships, succeed at work, and achieve your career and personal goals. It gives you a kind of a 'Third Eye', which helps you to discern people's real intention and / or their ulterior motives.

The human brain is an interconnected organ, which is in turn interconnected with our bodies. Our brains developed in tandem with our expanding powers as social primates. The refinement of mirror neurons for the purposes of better communication with people became equally applied to other forms of reasoning. The ability to think inside objects and phenomena (social or emotional intelligence) is an integral part of scientific creativity.

All greatest thinkers in the past and the present who have contributed much to the advancement of mankind displays a fluid, sensitive way of thinking that develops along with their expanding social intelligence. Those who are more rigidly intellectual and inward can go far in their fields, but their work often ends up lacking a creativity; an openness, and a sensitivity to detail that becomes more pronounced with time. In the end, the ability to think inside other people is no different from the intuitive feel Thinkers gain in relation to their field of study. To develop your intellectual powers at the expense of the social (or emotional) capacity, is to retard your own progress, and limit the full range of your creative powers.

21 SIGNS OF A CHEATING SPOUSE

By Mt. Kenya COUNSELLOR team

*“Our souls sit close and silently within,
And their own web from their own entrails spin;
And when eyes meet far off, our sense is such
That, spider-like, we feel the tenderest touch.”*

- English poet, dramatist, and critic, John Dryden (1631-1700) in a comedy *‘Marriage –a- la mode’* (1673)

“I still do not understand why for the last eight Sundays, you have been dropping me and our kids home from church at 10 AM, only to come back at around 10 PM”, said Mary to her husband Peter in non inquisitive manner. She had a feeling that though not yet quite sure what the wrong was, she was sinking deeper and deeper in an awkward marital situation.

Peter struggled to sit down as his leg was aching. He sat down with a sigh of relief, which he turned into a yawn as he felt his wife’s sharp eyes upon him. After the sermon, the day had been full of adventure; playing table tennis with Pauline at specific joint far from his home town and taking lunch at her residence, having a siesta together and going out in the evening for a drink. He thanked Providence that no one could notice his current love affairs for he was able to arrive home before the kids went to sleep.

“Peter. Baby!” said Mary, putting her hand on his knees and looking deep into his eyes. “What I need is an uncontrolled outlet for all my suspicions. And you are the only one who can facilitate this.” When she leaned to his shoulder, she was hit by very good cosmetic smell which reminded her of college days when they were courting each other. Before she could fully recapture those lovely moments, a sense of betrayal gripped her mind.

The clouds of doubts in her mind melted into the rain of self loathing. She was now sure that she was sharing her love with another woman. The thought itself was unbearable, but she tried to be as



A couple having an erotic moment

calm as possible. She politely held Peter’s hand, “There is something honey I want to check inside the car. Please escort me.”

Up to this moment, Peter had felt as the most contented and creative man on earth. Although he felt his physical and emotional energy being expended more than before, he considered this as a fair price for the privilege of being sandwiched between Mary the mother of his two kids whom he loved, and Pauline a public relations consultant whom he lusted after. But now he was cornered.

“Excuse me mama watoto, can I first take a shower. I feel very dizzy. I will obey all your requests as I have always done”, he said apologetically. Burning inside with fury but trying to control it as much as possible, she countered,

“A minute and I will even accompany you to the bathroom”.

Peter tried to find an escape mechanism from this situation but

all in vain. He felt he was guilty until proven innocent. It was time to amass all necessary firmness. He heard himself saying, “I swear... hand on heart that...” Mary grabbed the car keys from the drawer and held his right hand, as she led him towards the car park. When she opened the passenger’s door, she was welcomed by a sight of hair ribbon on the passenger’s seat, which was not hers.

Mary felt herself on the verge of exploding. “My love, for heavens sake, what has got into you? Who is the owner of this ribbon? Can you explain the alien smell in your shirt, and your goings in the past Sundays

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YOUTHS INDOCTRINATION, BRAINWASHING AND RADICALISATION:

Countering 'Cultism', 'Gangsterism' and 'Terrorism'

By Kinyua Mwaniki

"After thousands of years of error and confusion, it is my good fortune to have rediscovered the road which leads to a Yea and to a Nay.

I teach people to say Nay, in the face of all that makes for weakness and exhaustion.

I teach people to say Yea, in the face of all that makes for strength, that preserves strength, and justifies the feeling of strength".

- German philologist and philosopher Friedrich Nietzsche (1844-1900) in 'The Will to Power' (1890)

In the recent times Kenya has become a terrified nation, under a constant threat from an invisible enemy. After the attack on Westgate Mall and the Garissa University, as Kenyans we have come to the bare realization of how vulnerable we are.

Whereas our security personnel have been put on a high level of alertness and vigilance, more attention has been focused on what has come to be referred as 'Radicalization of the youths'. This is premised on the fact that those who kill and maim our people are Kenyans who have been recruited by foreigners, and after being trained and 'Radicalized' are sent back to our country to commit these abominable acts.

To the extent much effort has been focused on preventing our youths from being initiated into terrorist acts, our elite and policy makers seem to be blind of the societal forces which may be creating feeling of resentment and disillusionment among our youngsters.

In other words, we may be investing our economic and emotional energy in fighting the menace of terrorism – and which we should – but fail to ignore the underlying factors which may be boiling in the hearts of our youths and which if let loose may destabilize the very fragile foundations of law and morality.

There seems to be a 'time bomb' within our society which may explode soon or later. There are negative sentiments which are slowly building up in our youths which if instant intervention measures are not put in place, our society may be fast reeling towards immorality and anarchy.

This article strives to get 'inside the skin' of our youths with the intention of giving the general society some food for thought;

Adolescence Defined

In the book 'Identity, Youth and Crisis' (1968) self-educated US psychoanalyst, Erik H. Erikson (1902-1994) defines 'Adolescence' as a moratorium between childhood and adulthood, a stormy and crucial period: "Each youth must forge for himself some cultural perspective and direction, some working unity out of the effective remnants of his childhood and the hopes of his anticipated adulthood".

US historian and philosopher, Will Durant (1885-1981) in 'Pleasures of Philosophy' (1963) gives us his deep insight in regard to this developmental stage: "Youth is the transition from play to work, from dependence on the family to dependence on one's self. It is a little anarchic and egoistic,

because in the family it's every whim or want was favoured by unstinting parental love. Passing into the world, youth, petted for years and now for the first time free, drinks in the deep delight of liberty, utters its wide barbaric yawp, and advances to conquer and remould the

1st SURVIVAL STRATEGY

If others are upset that you are successful than they are, they will naturally experience some envy. But more often they will find a way to minimize it because it is an unpleasant emotion. Some will find a way of attributing your success to luck. But for some people it goes much deeper than this, usually because of the level of their insecurities. Seething with envy, the only way to discharge it is to find some way to obstruct or sabotage you. This implies that if you have gift for a certain skill, you should make a point of occasionally displaying some weakness in other area, avoiding the great danger of appearing too perfect, too talented. If you are dealing with insecure types, you can display great interest in their work, and even turn to them for advice. You must be careful not to boast of any success, and if necessary, to ascribe it to just good luck on your part. It is always wise to occasionally reveal your own insecurities, which will humanize you in other people's eyes.

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a realization which can serve as a basis for reversing the dangerous trend toward 'Cultism', 'Gangsterism' and 'Terrorism'. We shall also try to teach the youths how they can build up those 'EGO' and 'PSYCHIC' strengths which will undoubtedly shield them from being 'Indoctrinated, Brain-washed, or Radicalised.'

world"

The potential danger faced by all youths in any generation is that the flame of youthful 'experimentation', 'innovation', and 'vacillation' could burn itself off into ashes of social frustration and confusion; leading to

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14 TRAITS OF A FOOTBALL FAN

By Wangarih Mubibub and Kinyua Mwaniki

“Football. It’s a game in which you can feel a clean hatred for your opponent.”

- Ronald Reagan (1911 - 2004).
U.S. president and actor.

Apprehension and jubilation; despair and hope; sullen lips and radiant smile: these battled in the air as the football fans were glued to their seats waiting for the much anticipated match between Chelsea and Sunderland on 24/5/2015. A major pub at Ngurubani town was packed to the full. Everyone waited with bated breath for the referee to make the first whistle.

Mr. Francis Kariuki from Thiba, is a truck driver, but more importantly a die-hard Chelsea fan. He is known by the Chelsea fans as the most dedicated and most informed follower of the ‘Blues’ hence the nickname Diego Costa. His timing to enter the pub where the fans assembled was when everyone was on his seat and just less than five minutes to the game. As he entered he waved at everyone who replied with a heart-rending cry: Dieeegooo!

“When I see Diego Costa play, I feel as if the whole world belongs to me...his image spurs me to even higher imaginative realms”, Kariuki once confided to the authors of this article. He described his arch rival team Manchester United with such phrases as a ‘deserted homestead’, a ‘fading entity’, ‘the lame man of the football fraternity’, an island of incompetence which after sucking itself thin and dry was itself left standing, static, a grotesque distorted image of what football was and could be.

Despite poor performance by the national soccer team Harambee Stars in recent years, Kenyans have never lost love for the world’s most popular sport. To some, soccer is not just a sport, but a religion they follow dogmatically.

Despite their enthusiasm for our own local Premier Soccer League,



Francis Kariuki, a die-hard Chelsea fan

before the end of highly charged European Soccer League season the debates in most social gatherings rotated around soccer stars who were most paid, or who had scored a lot of goals.

Since most international matches are played during late hours of Kenyan time, fatherly attention is turned away from family. To those who prefer watching these matches at drinking spots it is almost as though they are avoiding going home early by using football as an excuse to imbibe.

Felix is an accountant at a local firm who spends the whole day at work. Although he is very

aware that his family needs him after work, he finds it difficult to miss the English Premier League matches. “I am a loving and caring father, and I’m very conscious that I should be with my family after spending the whole day at work. At the same time I can not watch soccer matches at home because there is no excitement that I can find when I watch with my friends at the club.” Said the self-confessed Manchester United fan.

Others prefer watching soccer at clubs for different reasons beyond jeering and cheering with other soccer fans. Another football fan, Mr. Salim Wakahiu, says he prefers to watch soccer at popular joints in town because he wants to have fun with friends after a tiring day at

work. “Going home immediately after work is not an option to me because I take it as an opportunity to refresh and drink with my colleagues after spending the whole day at work. It is the only time I can have an opportunity to have a couple of beers which is something I cannot do either at work nor home with my family”, he said.

Mr. Salim also added that sometimes he makes some shillings from betting soccer matches with his peers. “We usually bet on some of those soccer matches, and sometimes I win some money that goes a long way in complimenting

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STOPPING STRIKES IN OUR LEARNING INSTITUTIONS: *ENGAGING AND MOTIVATING STUDENTS*

By Milcah Nyaga

“All punishment is mischief: all punishment in itself is evil.”

- Jeremy Bentham (1748 - 1832). British philosopher, economist, jurist, and social reformer.

Mr. Otambi, the principal of Karunyo High School, had just finished a marvelous meal and was ready to round it off with a good cup of coffee, when a ringtone of Kenny Rogers song ‘Something inside so Strong’ streamed from his Samsung Galaxy Dual Screen phone. Holding it with his right hand he saw it was the school watchman who was calling.

His view of his school watchman alias soldier, was an illiterate man who could not make any decision, and was always asking for directions, from the very minor details to the most bizarre.

“Hello soldier, at 8:30, in the evening, when I want to put a rest to my busy program, what kind of nagging issue have you crafted now?” He asked in very scornful manner.

“Mwalimu, there seems to be a problem boiling among the students. I can see a group of them matching towards your house covering their heads with their pullovers, holding sticks in their hands”, the school watchman said with a trembling voice. Mr. Otambi opened the curtains of his rear window, but in the thick of darkness all he could see were

figures of humans approaching his office, chanting some indecipherable slogans.

As the boys approached his house, Mr. Otambi could now see them vaguely although their voices became more and more clear. He saw their arms raised in the air and spread fingers in the V – for – victory sign, as they chanted and sung: “Students Power...Down with Otambi...Vijana msilale, lale, lale, vijana msilale, bado mapambano, mapambano, mapambano, bado mapambanoooo!”

The thought of students singing disdainful songs against him, overwhelmed him and he felt nothing but despair. He scrolled his phone and dialed the number of the area OCS. Within half an hour a contagion of police officers

dormitories, jumped to their beds and covered themselves in the blankets. There was no sense of disorder, and this state of calmness was extended until morning when Mr. Otambi called on an impromptu parade.

“Obedience is the royal road to order and stability, the only basis of sound education. Boys, you have neglected your duty of acquiring a basic knowledge, so that you may be able to make responsible decisions and earn a decent living in future. Now in your adolescent blindness and folly, you have deluded yourself in thinking you have the intellectual power to decide who will continue propelling Karunyo high school to higher and higher academic height.” He hesitated and waited for effect.

The boys bowed their heads in anticipation of the worse which would befall them.

Although Mr. Otambi was tall man, whose walking style exhibited a rather confident and wise person, his authoritarian way of dealing with sensitive matters, bore the contempt of teaching fraternity as well as the

students’ scorn. Having dealt the first blow of instilling guilt to the student, his next move was to sow seeds of terror in their mind: “Every action has its own reaction, which is directly proportional. But

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wearing anti-riot combat gears, were at the gate of the school.

When the students saw the police, they could not wait their limbs to be broken, by these law enforcers. They immediately rushed to their

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my meager earning which alone is not enough to put food on the table. The downside is that sometimes you can lose in the betting though.” Salim confessed.

Many other lovers of football are fanatics who cannot afford to miss a single match of their favourite European teams. However a majority prefer to watch these matches at popular sports clubs instead of the comfort of their homes. This does not go down well with many wives who feel their precious family time has been taken over.

Mrs. Kamau a mother of three from Mutithi, says: “I hate the soccer season, my husband barely comes home for supper, I can actually count the number of days per week he comes before nine than those he comes late, I am so irritated I have lost count. Beer halls become their wives during soccer season leaving us left out and having to entertain the kids with no extra time to ourselves”.

A Mrs. Njoroge from Kerugoya says: “Weekends where we used to take our two toddlers for ice cream and just even a drive to a park or some recreational has turned into lone weekends as my husband usually wears his teams jersey and heads out just after breakfast. He has no time to talk to me or even tuck into bed his own children but is constantly talking about the score line and how he lost some money in a bet with his friends and guess what the time would be? Midnight”.

“My boyfriend is completely unavailable during football season, we are engaged to be married and sometimes I visit his bachelor

SIMILARITY BETWEEN SPORT AND RELIGION

Psychologists are closing in, on the conclusion that sport has many of the same effects on spectators as religion does. Here is Daniel Wann (2001), a leading sport psychologist: “The similarities between sport fandom and organized religion are striking. Consider the vocabulary associated with both: faith, devotion, worship, ritual, dedication, sacrifice, commitment, spirit, prayer, suffering, festival, and celebration.”

It may seem odd, to equate religion with sport entertainment but it must be understood that prior to mass communications, religious ceremonies were a source of entertainment for ordinary people who rarely attended a theater or traveled to a sporting event. Sports and religion may get categorized separately but their intersection is difficult to miss.

As Wann and collaborators note, various scholars discuss sport in terms of ‘natural religion,’ ‘humanistic religion,’ and ‘primitive polytheism’ pointing out that “spectators worship other human beings, their achievements, and the groups to which they belong.” And that sports stadia and arenas resemble “cathedrals where followers gather to worship their heroes and pray for their successes.”

If ritual may be entertaining, then entertainment, as experienced in a sports stadium, may be ritualistic. Fans wear the team colors and carry its flags, icons, and mascots. Then there is repetitive chanting of team encouragement, hand-clapping, booing the other team, doing the wave, and so forth. The singing of an anthem at a sporting event likely has similar psychological effects as the singing of a hymn in church.

Given that sports entertainment has obvious similarities to religious rituals, it is reasonable to ask whether the connection between fans and their preferred sport has psychological effects that are comparable to religious experiences - effects that account for religion as a worldwide human adaptation. Focusing on sports as a substitute for religion, we find that as a group, sports fans are fairly religious, according to research.

It is also curious that as religious attendance rates have dropped off in recent decades, interest in sport spectatorship has soared. Moreover, research has debunked several stereotypes about sports fans that seem

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pad and he is never there and if by chance he is he would be watching soccer from home, he totally ignores me. This fanaticism is beginning to worry me and how it may affect our marriage”, lamented a 23 years old Karuana, who is dating his future husband 26 year old Murage.

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Scholars on the psychology be-

hind social media and the fundamental human need it fulfills, have noted that people simply love engaging most with, well pretty much ‘whatever touches them on a deeply emotional or personal level’. Their favorite sports team, athlete or their fellow fans certainly qualify. While celebrities use the social arena to nurture their

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CONCISE CAREER CHOICE; ROAD TOWARDS SELF-FULFILMENT

By Kinyua Mwaniki

“A man should learn to detect and watch that gleam of light which flashes across his mind from within, more than the luster of the firmament of bards and sages. Yet he dismisses without notice his thoughts, because it is his. In every work of genius we recognize our own rejected thoughts; they come back to us with a certain alienated majesty”.

- American essayist and poet, Ralph Waldo Emerson (1803-1882)

From the young age when he was in standard 5, Musyoki deeply envied his uncle Muthama, who was an army Major. Those flashy jungle jacket and military boots were a sight which made him construe his uncle as the most strong and the happiest person in his village at the outskirts of Machakos town. But as he grew up, he came to have some reservations on being a security personnel, and started to feel that his passion lay in the fields of dealing and interacting with wild animal.

After finishing his form four and scoring a C Plain, he was prevailed by his uncle to enroll in the military. Although his heart seemed to push him in the direction of being a conservationist, the pressure from his parents and more important his uncle made him to succumb. He endured all the drills and finally he graduated from the military college. However two years down the line he started feeling that being an Army officer was not his calling. Blurred, black days followed and gruesomely phantom-filled night

passed.

He started to construe himself as an unfortunate creature in the teeth of all the horrors devised by a ruthless fate. Like the character Hamlet in William Shakespeare’s play ‘Hamlet’ (1609), “To be or not to be”, had become the supreme question. He had to choose “whether it is nobler to suffer the slings and arrows of an outrageous fortune or take arms against a sea of trouble and by opposing end them”.

In contrast to his friend Mwangi who felt each day of his work as rewarding and accepted disappointments as part of his vocation, Musyoki was haunted by a deep sense of lack of life mission, he felt worthless and guilt started crippling his inner strength as he became utterly uncreative in his work.

In his journey through this dark time, watching movies in the Nat Geo WILD channel which features in GOtv had become

his only salvation as well as his rescue. One day as he watching a certain series in the company of Mwangi, his voice usually so full of life, was dull and flat when quipped: “It is either I quit this job or I will stay condemned to a life of misery, until I will be consumed by the grave.”

Musyoki hopes were answered in an unexpected way when he found an advert at local daily newspaper requesting those with any kind of military training to apply for a job in conservation. The specific function of the job was to devise intervention measures to save the Rhino’s from extinct owing to the unprecedented nature of poaching. Musyoki immediately applied for the post and in a months time the reply came and he was given only three months to confirm whether he was still interested or not.

Musyoki contemplated this next move with a lot of caution. He had to be more strategic but less tactical. If he informed his family of his current decision, he will be faced by an intense tirade of wrath; none will support him

in this direction and he will be accused of betraying the dreams of his mentors like his uncle who saw him rising to the highest rank

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in this direction and he will be accused of betraying the dreams of his mentors like his uncle who saw him rising to the highest rank

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reputation, federations and clubs focus on cultivating their communities.

Fans who have embraced social media amass looking for acknowledgement, attention, assurance, approval, acclimation and appreciation. Fan-centered strategies encourage and enable fans to engage and make the team more accessible, interactive and responsive. Individual interaction not only humanizes the team, but also strengthens the deep personal connection fans feel with their team.

Many sport teams are hell bent in striving to be figure-heads that its entire fan population wildly worships and adores. Social psychologists have directed much of their attention in unearthing the root of why many sports fan live vicariously through their team and their idols. Immense research has gone towards explaining why so many fans suck so much that they need to associate themselves with an outcome that they cannot control.

Why is it that when ‘one’s’ team wins one feel good and when one loses, one feel like someone he or she know has died? Why do fans not feel good about something they can control? Work hard for that promotion; teach their kid how to fish; spend some time with their spouse, whatever. Are these things not worth emotionally investing in? There are plenty of concepts which help to explain why some fans act the way they do during games.

1. BIRG-ing and CORF-ing

Sports fans tend to say “we” won, and by “we,” they do not mean themselves, personally. The closer you identify with your team, the more likely you are to BIRG, “Bask In Reflected Glory”. In contrast, “CORF-ing” means that you “Cut Off Reflected Failure.”

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incompatible with religiosity. Fans are not lazy, nor are they particularly prone to violence. Male fans do not have bad marriages. Some scholars believe that fans are highly committed to their favored stars and teams in a way that gives focus and meaning to their daily lives.

In addition, sports spectatorship is a transformative experience through which fans escape their humdrum lives, just as religious experiences help the faithful to transcend their everyday existence. From that perspective, the face painting, hair tinting, and distinctive costumes are thought to satisfy specific religious goals including identification with the team, escape from everyday limitations and disappointments, and establishing a community of fans.

So far, the transformative aspects of fandom are quite close to those associated with religion. Lest the fans become too smug, here is a socialist critique as outlined by Wann: “Shaped by the needs of capitalist systems, spectator sports serve vested interests as a type of ‘cultural anesthesia,’ a form of ‘spiritual masturbation,’ or ‘opiate’ that distracts, diverts, and deflects attention from the pressing social problems and issues of the day.”

Of course, it was German political philosopher and revolutionary Karl Marx (1818-1883), who famously declared that religion is the opium of the people, but not all religions numb people to their social and moral responsibilities. Like religion sports has some redeeming qualities. However, according to one critic (Harris, 1981): “It has turned into a passion, a mania, a drug far more potent and widespread than any mere chemical substance...It is the new opium of the people.”

After a big loss some fans want to distance themselves from ‘their disgrace’ as much as possible. It is not “we,” who lost, it is “them!” “Winning isn’t everything, but wanting to win is”, so said U.S.

football coach, Vince Lombardi (1913-1970).

Of course the clear objective of every sports team is to win – or at least compete for the championship. But reality is: only one team will win the championship. In the sports industry winning and

losing are inevitable. This is why sports organizations should consistently place match results in more than just a winning context, especially because satisfaction with the outcome of the games has very little to do with the loyalty of fans. Hardcore sports fans will hold onto the passion for their team no matter what. There are examples of winning teams that have attracted fewer fans than mediocre or even losing teams able to maintain a healthy fan base.

2. Apparent Masochism

Psychologist speaks about the ‘apparent masochist’ hidden deep inside every fan. A large part of shared fan experiences, is suffering through years, sometimes decades,

without tasting victory. It is really painful when one invests in a team that is ultimately a loser. One discernible trait about sports fans, is the idea that one earns the

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instead of taking your family for outings?"

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Marriage as a vital developmental stage in the life cycle of a human being is good, but it is not easy. Even the couples who love each other the most will face arguments, stresses, life changes, and many other difficulties. Most issues, however, can be worked through if both partners are committed to the marriage and willing to work on their relationship. One issue that many cannot get past, though, is cheating going by other words like affairs, and infidelity. While cheating is not always a "kiss of death" for marriages, it can do some very serious damage to the trust and love shared between a couple.

You have a sinking feeling in the pit of your stomach. You have suspected your spouse for days, maybe weeks, or even months. Something is wrong or off between you and your spouse, and you are beginning to wonder if maybe he or she might be.... NO! That is not possible. Other people have affairs, not you two; what you have is special.

You have some reservations that your spouse may be cheating but every time you bring the issue up, he or she denies the possibility, twisting it around as if YOU were the one with the jealousy feelings!

"You are just being paranoid—you are crazy for thinking like that!" he or she accuses you. Still there is that nagging doubt in your mind. All the signs are there but you do not have any proof. So, pay attention to the signs and your instinct, but be careful not to confuse signs with proof.

Discovering that a spouse has

tors of a cheating spouse and are not absolutes! If your spouse has one or two of these behaviours, and there is a legitimate reason and a mutual agreement, then there is no point of worry. Moreover, these signs do NOT prove infidelity; they are only indicators of an affair.

To be more precise, none of these signs provide a surefire way to tell if your wife or husband is cheating, and you should not become paranoid right off the bat. However, if you do happen to notice or observe several, or maybe MOST, of these behaviours, your marriage may be in trouble! It might be a good idea to talk about your relationship and

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2nd SURVIVAL STRATEGY

If you have a rebellious or naturally eccentric streak, as is often the case with those who are aiming the higher realms of success in life, you must be careful in displaying your difference too overtly. Let your work subtly demonstrate your individual spirit, but when it comes to matters of politics, morals, and values, make a show of adhering to the accepted standards of your environment. Think of the workplace as a kind of theater in which you are always wearing a mask. (Reserve your most interesting and colourful thoughts for your friends, and for those whom you can trust outside work). Be careful in what you say — it is not worth the bother of freely expressing your opinions. If you sin against this Deadly Reality, people will not acknowledge the cause of their disaffection, because they do not want to think of themselves as conformists. They will find some other reason to ostracize or sabotage you. Do not give them material for this kind of **attack**.

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cheated, or even entertaining the idea that a partner might be cheating, can be a devastating experience. A spouse's infidelity often brings forth feelings of rejection, betrayal, anger, sadness, and doubt. Just be sure your suspicions can be confirmed before you accuse him or her, or else you may create a problem that was not there to begin with. While the best way to find out the truth is to confront your spouse, there are some tell-tale signs that tend to indicate an affair is going on behind your back.

Mt. Kenya COUNSELLOR, endeavours to outline 23 signs that your spouse may be cheating. These behaviours are only indica-

make sure everything is going OK. If something is extremely wrong, then you need to figure out whether or not the marriage is worth fighting for.

If you suspect your spouse might be cheating on you, do some investigating and then talk to him or her about what you have found. Do it in a way that is calm and courteous.

Ask for honesty. Be prepared for lies. It is a sad fact that people having affairs become excellent liars; more in particular, those who never told a lie before in their lives. Trust your gut instinct but also get hard, cold proof.

SIGNIFICANCE OF COUNSELLING IN HIGH SCHOOLS

The general public tends to view counselling as a remedial function and emphasizes immediate goals, such as problem solution, tension reduction and the like. Conversely, counselling in its spirit and essence is generative. It aims at assisting the individual to develop such that he or she becomes psychologically mature and is capable at realizing his or her potentialities optimally.

The Secondary school Counselling needs a meaningful, realistic, practical frame of reference constituent with the short term nature at school Counselling. To help understand on going behavior, Interference Theory provides a frame of reference in terms of four ideas.

The first is that people behave as they do because of various attitudes, assumptions and beliefs, they have about themselves. From these assertions an individual makes decision about the feasibility of various kinds of behaviour. The adequacy of his or her behaviour is largely a function of the validity of these assertions.

The second idea is that as an individual initiates behaviour as he or she observes its effects. This feed back to the individual can either confirm or disconfirm his or her assertions.

The third idea is that when assertions are disconfirmed, the intentions result which inhibit the reappraisal of assertions.

Fourth, because of the inflexibility and rigidity resulting from tensions, the individual strives harder to confirm initial assertions.

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now I tell you that your stupid action last night will receive a disproportionally higher overreaction from my office. From today onwards, it will not be business as usual”

After summoning the meeting of the headboy and other prefects, he was given a list ten boys who were the ringleaders. He then proceeded to the staffroom where he had instructed his deputy to order an impromptu staff meeting. After greeting the teachers, he went straight forward to give them an awe inspiring description of how last night the student wanted to kill him, and how were it not for the timely response of the police, the boys could have razed down the whole school.

The list was circulated among the teachers, who were supposed to immediately decide their fate. In the meeting was a physics teacher, Mr. Mukundi who suggested thus: “It is conventional wisdom that those who incite others to do or contemplate such demonic acts, should be dealt with ruthlessly. We must stop one bad apple from spoiling the barrel. It is my well considered opinion that these enemies of our school fraternity should be expelled from this eminent and historical institution, for good”.

Seated at the corner of the staffroom was Ms. Migwi who was a history teacher, and in charge of Guidance and Counselling department. Listening to the physic’s

teacher’s hollow arguments, she wondered how the true ‘progress’ that science and reason have made over ignorance and superstition, could be watered down by a man who himself was responsible in infusing in the student a ‘scientific spirit of inquiry’.

The idea of expelling the students was ridiculed by other teachers who warned of the legal consequences as outlined in current law which illegalizes corporal punishment and the expulsion of students. A one Mr. John the English teacher illumined: “No incident is too insignificant to be careless about and ignored, unless with calculated deliberation. A troublesome child, is a troubled child. In my researches, most of the problems of these rebellious students can be traced back to unconducive home environments, or failed families.”

This view was supported by Ms. Janet who asserted: “We must learn not to fly against hard truths even if this means revising our dearly held theories. To expel such students from school is to mean that we teacher have failed to mould useful habits in them. It is to tell the society that we are incompetent in our job of shaping the young ones; it is actually to take back a problem to the society.

Most teachers came to the view that those student who were guilty of incitement, should be handled by the Guidance and Counselling teacher, who was to be assisted by teachers of her choice. The indomitable insight of Ms. Migwi had won the hearts of almost all students. She became known to be fair, honest and straight as arrow. Having gloomed herself with three core conditions for a suc

COURTSHIP and AFFAIRS: – Dangerous Characters To Be Wary of

This woman will ruin your life! **THE SIREN**

By Kariungi Nyamu and Kinyua Mwaniki

“A man is often secretly oppressed by the role he has to play – by always having to be responsible, in control, and rational. The Siren is the ultimate male fantasy figure because she offers a total release from the limitations of his life. In her presence, which is always heightened and sexually charged, the male feels transported to a world of pure pleasure. She is dangerous, and in pursuing her energetically the man can lose control over himself, something he yearns to do. The Siren is a mirage; she lures men by cultivating a particular appearance and manner. In a world where women are often too timid to project such an image, learn to take control of the male libido by embodying his fantasy.”

- American author, Robert Green in 'The art of Seduction' (2002)

Njoroge had just landed on a well-paying job at a Real Estate company. Five years earlier, after finishing his Masters Degree in Business Administration (MBA), he found himself condemned to a teaching job at a particular college with a monthly salary that could not satisfy his basic necessities.

Now with a six digit salary, he started frequenting the posh clubs in the city. One evening as he was enjoying a glass of wine, his eyes were illumined to the sight of a young woman who sat at a strategic corner in the pub; alone but not lonely.

As he was battling with restless-

ness which was swelling up in him, the lady woke up to go to the washroom. According to this scholar who had dedicated his life to study and to the service of his family, the figure of this woman was something of a feast to the eye, whose faultless outlines were a stimulus to the imagination.

When she returned to her seat, Njoroge felt an irresistible impulse to approach her. “If she is waiting her companion, I will swallow my pride. If she is really



on her own, thanks to the Almighty, and I will strive to entertain her to the best of my abilities”, he vowed within his heart.

Njoroge amassed all his masculine courage and went to her table. “Good evening madam, may I have a seat?” Njoroge asked with a conciliatory tone. The lady replied with utmost reservation, “at your own desire”. After order-

ing a round of drinks, he started a casual conversation, by which the lady responded very wittily.

That evening they parted ways, with Njoroge feeling as if he was ‘Born Again’. They started meeting at the same posh hotel in almost all weekends, with Njoroge footing all the bills, and paying for her taxi, to and from home. This is not to mention the money he sent to her through M-Pesa.

Each occasion they met was an invigorating experience, which made Njoroge feel a new wave of ideas awakening in him. It slowly dawned upon him that wisdom is not a thing which varies from one generation to another, but from one period of a man’s life to another, in each generation, in a specific social context.

Their discussions shifted gear from casual talks to very intimate talks. At other times her wit was a mixture of flatter and contempt. At other moment he felt he belonged to a former age and still retained the prejudice of that period. He felt duty bound to learn modern manners and etiquettes from this up-to-date lady. Soon he started loosing interest in his family, as the image of this mysterious lady continued to occupy his mind, at home and at the workplace.

The more he tried to banish the memories of their last high-spirited soul-nourishing encounter, the more the images of her continued

COURTSHIP and AFFAIRS: – Dangerous Characters To Be Wary of

This man will wreck your life!

THE RAKE

By Kariungi Nyamu and Kinyua Mwaniki

“But what is this force, then, by which Don Juan seduces? It is desire, the energy of sensuous desire. He desires in every woman the whole of womanhood. The reaction to this gigantic passion beautifies and develops the one desired, who flushes in enhanced beauty by his reflection. As the enthusiast’s fire with seductive splendor illumines even those who stand in a casual relation to him, so Don Juan transfigures in a far deeper sense every girl”.

- Danish religious philosopher, Soren Aabye Kerkegaard (1813-1855), in ‘EITHER/OR’ (1850)

As she walked out the supermarket, Jane found herself accompanied by an elegantly dressed man in his early forties. Suspicious as to who this alien was, her mind become overly attentive. “Is this one of the conmen who I have been hearing about?...What is this man up to”, she thought. As she held her shopping bag tight, her consolation arose from the fact that it was just four in the evening and the area was not without one policeman here or there in patrol.

Relishing the security situation around her, she struggled to pick a mobile phone from her hand bag, so that she may call a motorbike Boda Boda, which frequently takes her home. As she struggled to hold the shopping bag, and the hand bag with one hand, a young man who seemed to have taken one too many drinks stumbled

on her and her shopping bag fell down, emptying out all the contents.

Everyone was busy rushing home, and nobody seemed to take note of what had happened to her. The man, immediately rushed to her assistance by collecting everything, and returning them to her shopping bag without uttering a word. “Thank you very much sir”, Jane heartily commended this man. “Welcome”, he replied.

From the way she uttered those words, he was able to sense that she was a woman of class, who



had an above average understanding of the problems affecting the contemporary society. As such he had to put an image which will synchronize with her psyche. “Do not worry madam, I am more disgusted by the behaviour of these young men who have indulged in a process of self-destruction, than what has just happened to

you”, the man replied with utmost confidence, and a non-judgement voice.

“My name is Jim, a researcher and an author...I am currently working on a research paper on how to curb the wave of alcoholism in Mt. Kenya region”. A social worker herself, Jane had always had problems with her husband for his extreme alcoholic appetites. She immediately turned her attention to this man, not because of his altruist actions but because of his profession.

Jim at first felt between them a trench, dug by deference. But he was a man who believed that there was a way of putting a case which is beyond the capacity of the ignorant, but which always succeeds in winning them over. With his hawkish inner eye, he was able to discern her clearly as a woman who was perhaps guilty of her social setback or her marital life or both.

As a consolation tactic to win her mind and heart, he craftily attributed her predicament to the envy aroused in the hearts of mediocre persons by contact with superior ability. “In my studies I have come to the conclusion that most intelligent people suffer, either by contact with less intelligent or by people who cannot appreciate their intelligence”, he said with a high degree of finesse. Jane felt a shiver in her mind and she spontaneously replied: “Another

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You have to go beyond the classic clues of looking for lipstick on your husband's shirt, or alcohol smell on from your wife. Although these may be a key points of concern, most cheaters have learned how to override this.

1. Your own fears and suspicions

Your spouse stops confiding in you and seeking advice from you, your intuition (gut feeling) tells you that something is not right, you find intimate apparel or other small gift-type items that are gifts for someone else and have not been given to you. These are tell-tale signs of a cheating.

If you find yourself looking for excuses for your spouse's behavior or trying to convince yourself that he or she would never cheat, then that is a warning sign. Your intuition is frequently one of the best indicators that something is wrong.

2. Pulling away

You might think that a cheating spouse would be likely to pull away from your affections and detach him/herself from you. While this is sometimes the case, many cheating spouses will actually do the opposite and will pay you more attention and affection whilst cheating as a way to alleviate guilt.

Rather than looking at how your spouse treats you, consider how he or she treats your friends and family members. If he or she used to call your mom or dad on the phone, but has recently cut off contact, or if he or she has stopped planning get-togethers with your best friend, an affair is a

real possibility.

Cheaters do not like to be around people who care about you, as these people serve to increase their guilt and confusion and also offer a reminder of the many people who would be hurt if the truth of the infidelity came out. Furthermore, many cheating spouses worry that your close friends and family members will be able to tell something is amiss even if you cannot.

3. Changes in sexual behavior

If your spouse suddenly starts wanting more sex from you than ever before, you might feel like the luckiest spouse in the world. Do not be so quick to count your blessings however. Any change in sexual behavior is often a big red flag that your spouse is having an affair.

He or she could be requesting more sex from you as a way to alleviate his or her own guilt. Or it could be that he or she is having an emotional affair and using you as a way to satisfy his or her unfulfilled lust for someone else. Conversely, if you had a healthy sexual relationship in the past but your love life has suddenly gone kaput, this could mean that he or she is finding what he or she needs elsewhere.

When he or she is no longer interested in sex, or makes excuses for its infrequency, starts to request kinky or other erotic sexual activity (behavior) that you have never done before, including watching porn, when he or she show a "new talent" in the bedroom (that he or she might have learned from the individual with whom he or she have been cheating), then perhaps you are being cheated upon.

When he or she appears reluctant to kiss you, or show affection toward you, your spouse continues giving poor excuses for why he or she is not in the mood to make love, he or she have unexplained scratches or bruises on his or her neck or back, he or she suddenly wants more sex, more often, then something might be wrong.

4. Going out with "the boys/girls"

If your spouse has recently turned into a "social butterfly," and especially if he or she was more of a homebody before, he or she could be sneaking out to spend time with his or her lover.

Spouses in happy, healthy marriages should and often do have friendships outside of the marriage. However, in a healthy marriage these relationships always take a backseat to his or her relationship with you.

If nights out "with the boys/girls" have suddenly taken top priority, and if your spouse dodges questions about who he or she is seeing and where he or she is going, you may have something to worry about. Be especially wary if his or her story changes or if you are unable to get into contact with your spouse during his or her outings.

5. Nagging and nit-picking

Does it seem like your spouse is constantly nagging at you? If he or she is nagging about big, important things you need not worry. But if his or her nagging has turned to nit-picking and you cannot seem to do anything right, he or she could be having an affair.

Spouses who are cheating often

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to haunt him. The ever increasing vexations which her memory caused him, led to the conviction that he could not brush these profane visions aside. Consequently, an ardent belief crystallized in him that his self-salvation resided in restoring to them the exact proportion assigned to them by the laws of natural phenomena.

His family members started being concerned about his changed behaviours. Friends who had come to know his affairs, warned him of that “charismatic whore”. However, all advices, comments or even slanders from all those who mattered to him turned out to be mere gossips. He came to construe them as people who were excellent in the utterance of groans, cries of dismay and lamentation in chorus.

Her abundant physical attraction and the sweet music which oozed from her mouth became landmarks which safeguarded his mind against barren or unfruitful flights. She made him so happy that he lost the compulsion to work. He was blinded by her love and did not think any more. He

felt everything was working, he believed in his destiny.

Crippled by his inability to sustain his family any more, his wife separated from him. Unable to be productive in his workplace, his

bosses could not tolerate him any more and he was fired. Without money to sustain his ‘Marvelous Lover’, she departed him with these last words: “Our short moments of delight are over, think of me no more, and never phone me”.

Desperate, jobless, a bachelor, and without friends, Njoroge found this earthly life absolutely unbearable. With a thousand shillings he was left with after selling his mobile phone at a throw away price, he bought a half little of the most lethal herbicide. Alone in the single room he had rented at the filthiest suburb near the city, he found the ultimate escape from life’s perils in drinking the poison.

On his death bed, Njoroge left these words: “.....was the first woman who gave me any degree of confidence. She was the only one who would pay me all manner of compliments on my academic

woman whose sexual attractiveness is considered dangerous. In Greek mythology a Siren is a sea nymph, sometimes described as having the body of a bird and the head of a woman and at other times represented as a woman. The Sirens are the daughters of the sea god Phorcys, although in one version of the myth their father is the river god Achelous.

The Sirens had such sweet voices that, sailors who heard their songs were lured into grounding their boats on the rocks on which the nymphs sang. The Greek hero Odysseus was able to pass their island in safety because, following the advice of the sorceress Circe, he plugged the ears of his companions with wax and had himself firmly bound to the mast of the ship so that he could hear the songs without danger.

From a psychological perspective, and in our contemporary society,

a Siren operates on a man’s most basic emotions, and if she plays her role properly, she can transform a normally strong and responsible male into a childish slave. The Siren operates well on the rigid masculine type e.g the soldier or hero. But never imagine that these are the only types the Siren

can affect. The intellectual is often the one most susceptible to the Siren call of pure physical pleasure, because his life lacks it.

There are to types of Sirens: the

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3rd SURVIVAL STRATEGY

Most people prefer what is familiar – ideas, faces, procedures – because they are comforting. They follow procedures without knowing why, simply because these patterns of doing things may have worked in the past, and they become highly defensive if their ways are brought into question. They become hooked on a certain idea and they hold on to it, even if that idea has been proven repeatedly to be wrong. This means that if you are an adventurous, open-minded type, your very spirit will prove disruptive and upsetting. If you are not aware of the dangers of butting up against this fear of the new, you will create all sorts of hidden enemies, who will resort to conserve the old order. If you press your case with logic and reason, you will tend to make them even more defensive and resistant. You will only waste time and make them resistant.

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achievements. Her praise intoxicated me. From the moment we met, I confined my heart and mind to her. I was passionately in love”.

.....
A Siren is an offensive term for a

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benefits of fandom through loyalty.

This element of long-suffering serves to test a fan's mettle through a series of events. And most fans are proud of this because they have earned the right to revel in the team's success when ultimately things turn around for them. These

same die-hard fans are the ones who loath those who jump on the bandwagon when their team is doing well because, they haven't suffered enough to earn the benefits of fandom.

"I've put so much into the team over the years, that all I want is a good game." After all, to survive is to find some meaning in the suffering.

When it comes to acknowledgement through social media, above all fans want others to recognize their commitment and support. A "real" sports fan is stuck with his or her team; never to love another. There is a constant in life that gives a

person a sense of stability to hang one's hat on. And the main constant of sport that is not found in the rest of our life is that there can only be one winner and a lot of losers.

3. Disinhibition

The most passionate sports fans escape their normal daily life, as

ally - used to describe behavior of people who post content on social networking sites they would never express face-to-face).

The normal constraints on behaviour, such as long-term norms, self-monitoring, and self-awareness, are no longer present, causing fans to act on the basis of their immediate emotions and motivations,

without considerations that might otherwise prevent their behaviour. Even people who are usually relatively reserved and shy can explode in bursts of exhibitionism when they get in, 'fan-mode'. Some fans do not even have to physically attend the game to show the disinhibition effect. Some fans get slightly over-excited after a dunk, feel devastated after a loss, have mild anger control issues or are simply pleasantly insane by nature.

4. Deindividuation

The most passionate fans tend to identify themselves as an

integral part of the team they are supporting, with some of them – clearly – feeling less responsible for their individual behaviour. When disinhibition is combined

ARE YOU A FOOTBALL ENTHUSIAST OR A FANATIC

Social psychologists have invested a lot of energy in carrying out research into 'behavioral addictions' – that is, addictions that do not involve drugs such as addictions to gambling, videogames, sex, the Internet and exercise. Many researches have been carried out into football fanaticism and whether football fanatics could be considered 'addicted' to following their football team.

This is easier said than done as it all depends upon how addiction is defined, and if 'football addiction' exists, what are people actually addicted to? Addiction may be defined as any behavior that features the six core components (i.e., salience, mood modification, tolerance, withdrawal symptoms, conflict and relapse). Any behavior that fulfills the six criteria below should be considered as a genuine addiction. If you are addicted to following your football team, this is what is expected of you:

i. Salience.

This occurs when following your football team (and doing things related to your football team) becomes the most important activity in your life and dominates your thinking (total preoccupation), feelings (cravings) and behavior (deterioration of socialized behavior). For instance, even if you are not actually engaged in something football-related, you will be thinking about the next time that you are.

ii. Mood modification.

This is the subjective experience that you would feel as a consequence of following your football team (i.e. you experience an arousing 'buzz' or a 'high' – or the exact opposite – a tranquilizing feeling of 'escape' or 'numbing' when following your team).

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well as social inhibitions and express themselves freely by "cheering for their team", as well as lash out at rivals. They display the social psychological phenomenon of disinhibition (also – colloqui-

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successful counsellor (Unconditional Positive Regard, Empathy, and Genuineness), she had become more of a redeemer than a mentor to the students.

Her chief concern was the boy who topped the list of the ring-leaders, Jack Kimani. Through her personal researches, she had come to discover that, after his mother's death, Kimani felt an emptiness that could not be easily filled by the normal academic curriculum. He was plagued by deep questions as to the purpose of human life here on earth, that nobody could answer him. Drugs started to fill the void of his desperate life.

“Kimani, I want you to do me a single favour. Call me these boys and tell them to meet me in my office”, she gave him the list. When the boys arrived, Ms. Migwi had developed a unique program to teach the boys how to develop self-esteem, self-efficacy and assertive skills. Each day after four in the evening, the boys were to take a walk to different area within and outside the compound, with Ms. Migwi. During the talks each would be given time to discuss anything without censure and pour out their emotions freely.

Like Ekwefi, Okwonko's second wife in Chinua Achebe's *Things Fall Apart*, Ms. Migwi was crystal of beauty, a courageous and strong willed woman, overcoming disappointment and bitterness in her life. Through her creativity the boys who would have been condemned to a life of uselessness, now started improving in academic grades. The boys became chief organizers of major events in the school, and in his form three Kimani was voted in as a school Head Boy.

.....
Blame shifting and scapegoating aside, the cause of strikes in our learning institutions can be narrowed down to two factors: Lack of student's engagement and lack of motivation.

In this reference therefore, any school or learning institution which may pride itself to be progressive should have a philosophy which is anchored upon two fundamental pillars: The first one is to help the students cultivate in classroom those drives which are vital in developing leadership potential. The second one is to motivate students to engage in work as they are energized by four goals—success, curiosity, originality, and satisfying relationships.

Industrial psychologist agree that, an engaging work, is work that stimulates one's curiosity, permits one to express one's creativity, and fosters positive relationships with others. It is work which one is good at. As for activities people hates, it is repetitive, that requires little or no thought, and that is forced on an individual by others.

Industrial psychologists say students who are engaged and motivated exhibit three characteristics: (1) they are attracted to their work, (2) they persist in their work despite challenges and obstacles, and (3) they take visible delight in accomplishing their work.

In one of the research, it was noted most teachers have caught glimpses of the inspired inner world of a child, and hoped to sustain this wonder, enthusiasm, and perseverance every day. At the same time, they may have felt stymied by traditions of reward

and punishment. Researchers have conceded about this challenge, and have taken as their duty the task of transcending these very real difficulties and provide a practical model for understanding what our students want and need.

They have therefore come out with model known as 'The SCORE'. This implies that, people who are engaged in their work are driven by four essential goals, each of which satisfies a particular human need: Success (the need for mastery), Curiosity (the need for understanding), Originality (the need for self-expression), and Relationships (the need for involvement with others). Under the right classroom conditions and at the right level for each student, they can build the motivation and Engagement (to complete our acronym) that is essential for a complete and productive life.

These goals can provide students with the energy to deal constructively with the complexity, confusion, repetition, and ambiguities of life (a vital drive towards self-actualization).

Rethinking Motivation

The concept of “score” is a metaphor about performance, but one that also suggests a work or art, as in a musical score. By aiming to combine achievement and artistry, the SCORE model can reach beyond strict dichotomies of right/wrong and pass/fail, and even bypass the controversy about intrinsic and extrinsic motivation, on which theories of educational motivation have long been based.

Extrinsic motivation—a motivator that is external to the student or the task at hand—has long

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feel a need to justify their unfaithful behaviors and, as a result, will seek to find fault in anything and everything the other partner does.

A spouse who used to find little idiosyncrasies endearing but who now rolls his or her eyes in disgust and launches into a tirade against them, could be a spouse who is finding love (or fulfilling lust) elsewhere.

6. Primping and preening

After a few years of marriage, most women will let themselves go, at least a little bit. As your wife gets more comfortable with you, it is normal for her to go a little longer in between salons or to lounge in her pajama bottoms all day. While you might get excited if your wife suddenly starts exercising, coloring her hair, or dressing better, these behaviors could indicate the presence of a new love interest.

It is normal for women to want to look their best in the early stages of a relationship, so it makes sense for a cheating wife to suddenly take a new interest in her appearance. It could just be that your wife wants to rekindle the flame between the two of you and is trying her best to make herself more attractive. But more often than not, a sudden change in appearance and grooming habits indicates something is amiss.

7. New best friend

If your spouse cannot stop talking about “Jenny” from work or his or her new friend “Ken” who he or she met at the gym and, worse yet, if he or she is going out with this new person on a regular basis, it might just be more likely that

WHY DO SO MANY FIND SEXUAL MONOGAMY SO DIFFICULT?

On an almost daily basis we are inundated with stories about the collapse of the latest celebrity marriage-and infidelity is almost always the cause of the break up. Is it even possible for two people to stay together happily over an extended period of time?

Since Darwin’s day, we have been told that sexual monogamy comes naturally to our species. But it does not, and it never has. This is the argument which cuts through the book, ‘Sex at Dawn: The Prehistoric Origins of Modern Sexuality’, which deals with the evolution of monogamy in humans and human mating systems. First published in 2010, it was co-authored by Christopher Ryan, PhD with his partner-in-crime (and wife) Cacilda Jethá, MD. These renegade researchers debunk almost everything we “think we know” about sex.

Ryan and Jethá show how our promiscuous past haunts our current struggles regarding monogamy, sexual orientation, and family dynamics. Some of the themes they explore include: Why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for an affair; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality

In opposition to what the authors see as the ‘standard narrative’ of human sexual evolution, they contend having multiple sexual partners was common and accepted in the environment of evolutionary adaptiveness. Mobile self-contained groups of hunter gatherers are posited as the human norm before agriculture led to high population density. According to the authors, before agriculture, sex was relatively promiscuous, and paternity was not a concern. According to the book, sexual interactions strengthened the bond of trust in the groups; far from causing jealousy, social equilibrium and reciprocal obligation was strengthened by playful sexual interactions.

Ryan and Jethá show that our ancestors lived in egalitarian (as hunter-gatherer bands) that shared food, child care, and often, sexual partners. Weaving together convergent, often overlooked evidence from anthropology, archeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature sexual monogamy really is. They expose the ancient roots of human sexu

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he or she is actually hanging out with a “Betty” or a “Jim”!

Women in particular have a desire to talk about what they are doing, even if it is a secret, and inventing a new female friend gives them a way to do that, as well as a convenient alibi for escaping on trysts with their new lovers. Insist on meeting this new friend, and

if your husband or wife makes excuses as to why you cannot, then it is probably time to start worrying.

8. Strange smells

When you live with someone for a long time, you get used to their special unique scent. If that

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Spectacular and the Sex Sirens.

THE SPECTACULAR SIREN

It is not beauty that makes the Spectacular Siren but rather a theatrical streak that allows a woman to embody a man's fantasies. Most men grow bored with a woman, no matter how beautiful; they yearn for different pleasures, and for adventure. All a Spectacular Siren needs to turn this around is to create the illusion that she offers such variety and adventure.

Most men are deceived by appearances; they have a weakness for the visual. The Spectacular Siren is able to create the physical presence (heightened sexual allure mixed with a regal and theatrical manner) and the man is trapped. He cannot grow bored by the Spectacular Siren yet he cannot discard her. Blinded by distractions, he is never allowed to see himself who he really is. He will follow her until he drowns.

THE SEX SIREN

The Sex Siren has a more urgent and immediate effect than the Spectacular Siren does. The incarnation of sex and desire, she does not bother to appeal to extraneous sense, or to create a theatrical buildup. Her time never seems to be taken up by work or chores; she gives the impression that she lives for pleasure and is always available.

What separates the Sex Siren from a whore is her touch of innocence and vulnerability. The mix is perversely satisfying: it gives the male the critical illusion that he is a protector, the father figure, although it is actually the Sex Siren who controls the dynamic.

Most of the physical elements of a Sex Siren are a construction; the key is the air of schoolgirl innocence. While one part of her seems to scream sex, the other part is coy and naïve, as if she is incapable of understanding the effect she is emitting. Her walk, her voice, her manner are delightfully ambiguous – she is both the experienced, desiring woman and the innocent gamine.

General features of a Siren

The Siren does not have to worry about finding the right victim. Her magic works on one and all. First and foremost, a Siren distinguishes herself from other women. She is by nature a rare thing, mythic, only one to a group; she is also a valuable prize to be wrestled away from other men.

Physicality offers the best opportunity here, since a Siren is preeminently a sight to behold. A highly feminine and sexual presence, even to the point of caricature, quickly differentiates her, since most women lack the confidence to project such an image.

Once the Siren has made herself stand out from others, she must have two other critical qualities: the ability to get the male to pursue her so feverishly that he loses control; and a touch of the dangerous. Danger is surprisingly seductive.

To get the male to blindly pursue her, the Siren uses a highly sexual presence. But she does not resemble the whore, whom the male may pursue only to quickly lose interest into her. Instead, she is slightly elusive and distant, a fantasy come to life. These qualities makes a man chase her vehemently, and the more he chases,

the more he will feel that he is acting on his own initiative. This is an excellent way of disguising how deeply a Siren is manipulating him.

A man is often ruined by a Siren, yet cannot tear himself away. Many powerful men have a masochistic streak. A Siren hints at this element, a touch of madness that pulls men in. Sirens are often fantastically irrational, which is immensely attractive to men who are oppressed by their own reasonableness. An element of fear is also critical: keeping a man at a proper distance creates respect, so that he does not get close enough to see through her or notice her weaker qualities. A Siren creates such fear by suddenly changing the man's moods, keeping him off balance, occasionally intimidating him with capricious behaviour.

The most important element for a Siren is always the physical, her main instrument of power. Physical qualities – a scent, a heightened femininity evoked through makeup or through elaborate or seductive clothing – acts all the more powerfully on men because they have no meaning. In their immediacy they bypass rational process, having the same effect that a decoy has on an animal, or the movement of a cape on a bull.

The proper Siren appearance is often confused with physical beauty, particularly the face. But a beautiful face does not make a Siren: instead it creates too much distance and coldness. Although a smile and an inviting look are infinitely seductive, they never dominate her appearance. They are too obvious and direct. The Siren stimulates a generalized desire, by creating an overall impression that

LETTERS TO THE EDITOR

My concern is on the article "What is love" that happened to be the shortest in our magazine yet the most powerful according to me. May you expound more because the society we are living in urgently requires pure guidelines on how to love, to be loved, who to love, sustaining love and the like. I will appreciate very much if you consider my request.

John-Makutano.

We need a rehabilitation center in Mt. Kenya region for drug abusers! In your article on page 7 on the commonly known "Mututho Law" that made me to wish if all alcoholics read this article. Many families have been affected by this 'bitter thing.' Alcoholism has done more harm than good; and I have no reference for any good that it can do, has ever done or will ever do in a family. How many times will we go to streets. "haki yeetu, haki yeetu".

Desperate lady- Mt. Kenya Region.

Dear Mt. Kenya Counsellor, my complain is simple and precise. The copies of magazine that we got were not enough. I thank God I got your address through thick and thin. In fact my colleagues "grabbed" them all at Kagio main stage. This I was forced to borrow a copy from one of my friends who gave it to me under strict conditions. Please supply us with more as soon as you get this short note.

Grace W.N-Kagio.

Mr. Editor, receive my most sincere gratitude from the deepest part of my heart for sending Mr. Nyamu with these magazines in our church-A.I.P.C.A Wamumu (Rurii) .Am a teacher in ST.Josphat Academy and to be open, I used the magazine to motivate my pupils, to encourage and to counsel them with your wise records. If it is possible, Mt. Kenya Counselling team should pay a visit to our school to enable us better our best. Thanks.

Tr. Elijah

Our esteemed Chief Editor, do you have a Kikuyu proverbs dictionary? I say am a "Mugikuyu Karing'a" but from now onwards I will cease saying so. I wonder where you got very classic seven proverbs that I have never heard in my sweet life since I was born forty years ago at the cold slopes of Mt. Kenya near "Kaso" Karandi-Kimunya town centre. For your information, our elders do not tell us these proverbs, traditional songs, old stories that were rich in true knowledge of Our Culture; and many other avenues that can help our children. Many you kindly continue with this wonderful column for us to learn through your excellent interpretation and meanings as you did on pg 31.

Concerned, Kariungi.

ALL YOUR COMMENTS, COMPLIMENTS OR COMPLAINTS ARE WELCOME

WE HUMBLY CALL UPON OUR READERS TO SEND REQUESTS ON THE TOPIC, OR ISSUE THEY WOULD WANT HIGHLIGHTED OR THOROUGHLY EXPOUNDED

KISWAHILI KITUKUZWE

KISWAHILI NI LUGHA SIO DINI

Na Ustadh Mùbíjuh wa Wangaríh

Kila kitu kina chanzo au chipuko lake. Duniani kuna lugha tofauti tofauti ambazo hutumiwa na makabila na matambaka mbali mbali au na rika fulani.

Kati ya lugha hizo nyingi nataka niangazie lugha ya kiswahili. Kwanza kiswahili kilitoka wapi?

Hii ni lugha ya mseto, yaani mchanganyiko wa zaidi ya lugha kumi ambazo hujumishwa na kuitwa lugha mbili, Kibantu na Kiarabu.

Hivyo sharti kama ibanda upate majina ya kibantu na ya kiarabu katika lugha ya kiswahili. Hii ni kwasababu Shombe waliozaliwa na wazazi waafrika na waarabu, walilewa katika dunia ya lugha mbili, kibantu na kiarabu, hivyo kukachipuka lugha ya mseto wa Kibantu na Kiarabu ambayo ni Kiswahili.

Hii ndiyo sababu unapata majina ya Kibantu mathalani kenda- ambayo katika lugha nyingi za Kibantu humaanisha takwimu kenda kama ilivyo katika Kiswahili mufti.

Ngoima vile vile humaanisha mnyama aliyetengwa kwa minajili ya kutolewa kafara katika Kiswahili na Kikuyu, Kiembu, Kikamba na baadhi ya lugha za Kibantu.

Maneno yanayoleta mtafaruku sana katik kiswahili hasa huwa ni salami. Kwa mfano katika kiarabu kuamkua mtu subalkheri mida ya asubuhi ni kumuuliza "hali yako' (kheri)" subal (asubuhi), kwa kifupi subalkheri humaanisha habari za asubuhi yako?

Vile vile salami za salaam aleikum humaanisha salami za amani. Hivyo basis tamko hili si la kiislamu bali ni salamu za kiswahili. Tujitwike jukumu na wajibu wakusoma, kuelewa na kukuza lugha ya kiswahili bila ya kutaka kukiwa, kukikandamiza, kukiminikiza, kukikwika na kukilemaza kwa kukihuzisha kiswahili na dini ya kiislamu.

Hatimaye, kiswahili ni lugha, kiislamu na kikiristo ni dini, uarabu ni tabaka. Pili sio waarabu wote waislamu kama ilivyo si waafrika wote wakristo, tatu sio waarabu wote huzungumza Kiswahili,

VIJANA TUMEKWAMA

Sijjui sijitambui, kalala nje baridini,
Tulipatana Kiaumbui, ukumbini bandarini,
Kachezacheza na Wambui, nikitoka kibindoni,
Vijana tumekwama, Mlima Kenya tushauri.

Juzi shuleni nilipita, mtihani patapata,
Alama nzuri nilipata, ila donge sikupata,
Ya ukarabati sijapata, vijana wetu hupata?
Vijana tumekwama, Mlima Kenya tushauri.

Jana kazi kaahidiwa, Afisini Mpeketoni,
Safari vema saidiwa, kupitia Mombasani,
Karatasi zuri zadaiwa, za kuhitimu darasani,
Vijana tumekwama, Mlima Kenya tushauri.

Harakati za asubhi, kitambulisho kasau,
Ole wangu sijafurahi, fulana pia kizibau!
Naipiga Bismillahi, Mola wangu sinisahau,
Vijana tumekwama, Mlima Kenya tushauri.

Nimeona sibanduki, ya bunduki si samaki,
Kazi jema haibandiki, Patriki huoka keki,
Cha mchana hakiliki, kwa mafuta yalobaki,
Vijana tumekwama, Mlima Kenya tushauri.

Ya jalia ndo mengi, naamini hayajulikani,
Tulisoma kiwa wengi, tafuta kazi ya jikoni,
Msikitini twende wengi, Kanisani fika Likoni,
Vijana tumekwama, Mlima Kenya tushauri.

Beti saba zatimia, moyo sifi vyovyote vile,
Jipe moyo 'siangamia, toka hapa hadi kule,
Za biashara tatumia, pata jana weka pale,
Vijana tumekwama, Mlima Kenya tushauri.

Na malenga Jeff

METHALI SABA TAMU ZA KULA KISWAHILI

1. Ufikapo wakati wa kuo, usichague mke ngomani.
2. Kupanda mchongoma kushuka ndio ngoma.
3. Ng'ombe akivunjika guu malishoni, hujikkokota malishoni kusaidiwa.
4. Jimbi la shamba haliwiki mjini.
5. Hata motto akipiga ngoma wazee hucheza.
6. Mtaka unda haneni.
7. Mkono mkarimu hubarikiwa.

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unique smell is slowly morphing into something different, however, your spouse has either developed some new hygiene habits or he or she may be having an affair.

When he or she leaves the house in the morning smelling like their usual fragrance and returns in the evening smelling like something else, when your spouse arrive home and head straight into the shower or bath, and he or she work on office job, watch out.

When your spouse's clothes smell of an unfamiliar perfume or after-shave used by the opposite sex, when he or she has worn the same fragrance for years, and suddenly he or she is wearing something new and wearing MUCH more than usual, something may be going behind your back.

9. Behavior that is not his or usual character

When your partner shows up without their wedding ring or suddenly stops wearing it and makes lame excuses as to why, then you have all reasons to be suspicious. This also goes for jewelry you might have purchased for him or her and you catch him or her not wearing it when going out when he or she usually wear it at all time.

When your spouse break his or her established routine at work and home for no apparent or logical reason, erratic behavior, when your mate becomes suddenly forgetful and you have to tell him or her everything several times, his or her thoughts are obviously elsewhere, when he or she appears distant, show a lack of interest, or develop an unexplained aloofness that was not there before, or sim-

ply when his or her behavior just does not add up, something may be going behind your back.

When your wife sleeps with her purse by the bed, or your husband sneaks out of the house, when your spouse suddenly starts completely ignoring you and not listening to what you are saying -OR- when he or she suddenly begin to treat you extremely nicely... more so than usual, then all is not well.

When your mate encourage you to have a social life and go places out of town, and it seems like he or she is trying to get you "out of the house", when your husband or wife begins to intentionally look at or flirt with the opposite sex when in the past, this is something he or she would not have done, watch out!

10. Birth control

When you find birth-control pills

in the medicine cabinet, and you have had a vasectomy -OR- when you find condoms in the car or in his pockets, and you are on the pill, then you may be sharing your love with someone else.

From Pg.18

ality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity.

The authors believe that the public and many researchers are guilty of the "Flintstonization" of hunter-gatherer society; that is to say projecting modern assumptions and beliefs onto earlier societies. Thus they think that there has been a bias to assuming that our species is primarily monogamous despite what they believe to be evidence to the contrary.

They argue for example, that our sexual dimorphism, testicle size, female copulatory vocalization, appetite for sexual novelty, various cultural practices, and hidden female ovulation, among other factors strongly suggest a non-monogamous, non-polygynous history. The authors argue that mate selection was not the subject of much intragroup competition among pre-agricultural humans, as sex was neither scarce nor commoditized; rather sperm competition was a more important paternity factor than sexual selection. This behaviour survives among certain existent hunter-forager groups that believe in partible paternity.

Mainstream science—as well as religious and cultural institutions—has long maintained that men and women evolved in nuclear families where a man's possessions and protection were exchanged for a woman's fertility and fidelity. The authors argue as a result that conventional wisdom regarding human nature, as well as what they call the "standard narrative" of evolutionary psychology is wrong; which explains why it is slowly collapsing. Fewer and fewer couples are getting married and divorce rates keep climbing while adultery and flagging libido drag down even seemingly solid marriages.

See Pg.28

11. Uncomfortable around you

When your mutual friends start acting strangely toward you, the most probable thing is that they

UNDERSTANDING THE COUNSELLING PROCESS

By Kinyua Mwaniki

“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...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”.

- American psychologist Abraham Maslow (1908-1970).

It was on a Monday morning, at around seven. The skies were blue, the wind gentle, and the heavens' visibility was unobstructed in all directions. But deep inside, Mwikali felt a gnawing sense of darkness, and a terrible emotional turmoil which threatened to offset her psychic stability.

Two months had elapsed since she was laid off from the job of a teller in a certain international bank. Her life seemed to have taken a downward spiral. Although her husband Otieno was very supportive, she felt something tremendous was going amiss.

“I will come up with a comprehensive plan on how you can engage yourself in a productive, self-fulfilling self-employment, which is in line with your passion and training”, Otieno who was a consultant at certain car trading firm tried to comfort her.

Mwikali shook her head while trying to digest her husband's words. “Okay dear”, Mwikali replied as she tuned the TV from one station to another, a futile gesture of hope.

“You will probably have a long day. I think you should fuel up”, she quipped. There was a logic to that. Otieno sat back down and poured some skim milk into his cereal bowl, already laden with strawberries and bananas. “I sup-

“I would appreciate that so much”. Mwikali tried to think of something to distract both of them. As if to underscore what she had been told, she fell into the sofa and seemed to fall asleep. Otieno snapped out of his mental stupor realizing the extent of the problem which was facing his wife of two years. His heart started racing, his throat clogged up with emotions, but only one sentence escaped him: “Let us im-

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4th SURVIVAL STRATEGY

The world is harsh and competitive place, and we must look after our own interests. Often those who are the most self-absorbed will surround their actions with a moral or saintly aura, or will make a show of supporting all of the right causes. Confused by these appearances, when it is time to ask such people for assistance, you will often appeal to their sense of gratitude, their seemingly charitable nature, or their friendly feelings. You are then frustrated and disappointed when they politely decline to help you, or put you off long enough that you give up. So it goes that, when it is time to ask for a favour or help, you must think first of appealing to people's self-interest in some way. You must look at the world through their eyes, getting a sense of their needs. You must give them something valuable in exchange for helping you – a return favour that will save them time, a contact they need, and so on. Sometimes the chance to look good in doing you a favour or supporting a cause will suffice, but it is generally better to find something stronger than that – some concrete benefit they can foresee coming from you in the future.

Cont. Pg. 34

pose my clients can wait another five minutes”.

They ate in silence for two bites. Otieno noticed the wrinkle in Mwikali's brow. “You are very much worried about your future. I will try to get a soft loan from my friend Mwangi to add to my savings to get you started as soon as possible”.

mediately pay a visit to a doctor”.

A man who was very choosy about the doctors he visited, Otieno found himself driving to the nearest Medical Center.

“I am Dr. Joel, how can I help you”, the doctor politely welcomed them. Mwikali was too

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possible. On the other hand if he fails to obey his inner drive, he will live a damned life, even if he got good money from the military; he will outwardly seem to be living a comfortable life, but his spirit will be always sighing.

Musyoki was therefore faced with the option of devising a means of submitting his resignation letter secretly and preparing for the next job without any of the family members having a hint of what he was doing. He succeeded in doing this and in years time he was able to rise meteorically from rank to rank, acquiring more and more medals.

In his free time he felt duty bound to offer motivation talks on career choices. In one of his celebrated speech at a certain youth forum he made this memorable statement: "Most people are unproductive today because of the wrong career choice they made in the early days... They are suffering because they either fantasized about the career they would want or were influenced by their parents to choose the wrong career path... The relationship between careers is not vertical but horizontal. In other words, no single career is more important than another. Success in any particular profession is a function of ones unique personality trait and personal inclinations... It is better to be a first rate truck driver, than to be a tenth rate medical doctor.

.....

I. DEFINITION

The literature and research on careers, employs several terms that may be confusing. These inter-related terms includes: job, work, career, occupation, position, and

vocation.

Career counsellors define 'Work' as: "An activity that is required and for which payment is made". An activity that is not required but is done for enjoyment is called leisure.

'Position' can be defined as: "A set of tasks performed by a person within a particular organization".

'Job' can be defined as: "A group of similar positions in one organization".

'Occupation' can be defined as: "The kind of activity needed to perform work tasks". The occupation of a teacher is teaching regardless of whether the teaching is done in a public or private school or in the home.

'Vocation' can be defined as: "A sense of life mission or purpose".

If we centralize our focus to the term 'Career', we find that, different authorities define the term 'Career' in different ways, albeit with an obvious common thread running through the various definitions.

One authority describes a career as a long-term or life-long job. Another describes it as profession for life. The term career is also used to describe one's progression through a profession or even their entire working life.

The common thread linking these definitions is the fact that all envision a career as a long-term or long-life activity. The term, therefore, precludes a brief engagement at a given task or employment. Career is also defined as evolving sequence of a person's work experiences over time.

By its most idealistic and holistic interpretation, a career is the reason for our being - our *raison d'etre*. This definition is based on the argument that each person exists or is created for a reason and a mission is their career. Seen in this way, a career is therefore one's calling or vocation.

It is this idealistic definition of career that we are adopting here, in the belief that it incorporates within it all the others – and in the belief that all the perceived benefits of a career, spiritual and material, are realizable within this definition. A career is a job or profession that gives one an opportunity to progress in some ways that are important to a person.

In summary a career:

- Is very important to you.
- Constitutes your purpose.
- Is a process of your self-discovery, self-expression and self-assertion.
- Defines your lifestyle.

Your career should answer the following questions about yourself:

- Who am I?
- What am I capable of doing?
- What do I want to become?

A career involves transforming your dreams and wishes into achievements and believing in yourself and your unique talents and characteristics. It also means turning your aspirations into achievements and believing that you can become anything you aspire to be.

Why do you need a career? You need a career to:

- Earn a living.
- Fulfill a demand for skilled labour.

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with deindividuation – a loss of self-awareness and a sense of diffused responsibility – fans simply do not care anymore about what anyone else might think or feel.

Deindividuation weakens normal restraints without which, fans are more easily influenced by their surroundings; this is when fans start acting – really – weird, in either a pleasant or less pleasant way. Groups of fans may mob, insult, threat or even riot. Groups provide fans with a sense of anonymity. Being part of a group removes individual accountability and diffuses responsibility. Unfortunately this behaviour appears online just as often as it does in the stadium.

Group identities can become especially intense in the crucible of a big sporting event when your entire group is charged with the same high levels of adrenaline. When tens of thousands of people are chanting ‘We’re number one,’ wearing team apparel, our group identity is strong and we want to fit in. So if we see someone throw a beer bottle and it draws cheers from our group members who we are really identifying with at the time, we might be apt to match that behaviour or up it. You can

see it with heckling, if people laugh and provide reinforcement, others act out that way.

5. Fan Socialization

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iii. Tolerance.

This is the process whereby increasing amounts of activity related to your football team are needed to get mood modifying effects. This basically means that if you were engaged in activities related to following your football team, you would gradually build up the amount of the time you spend engaged in those activities.

iv. Withdrawal symptoms.

These are the unpleasant feeling states and/or physical effects (e.g., the shakes, moodiness, irritability etc.) that occur when you are prevented from following your football team or stopped from engaging in football-related activities.

v. Conflict.

This refers to the conflicts between following your football team and those around you (interpersonal conflict), conflicts with other activities (your job, schoolwork, social life, hobbies and interests) or from within yourself (knowing you are doing too much of the activity and, or subjective feelings of loss of control) which are concerned with spending too much time following your football team.

vi. Relapse.

This is the tendency to revert back to earlier patterns of behavior (following your football team and engaging in football-related activity) after a period of abstinence.

The ‘Mt. Kenya Counsellor’ teaches that, for most people, enthusiastically following their team – even to excess – is unlikely to be an addiction. The main difference between a healthy excessive enthusiasm and an addiction is that healthy enthusiasms add to life and addictions take away from it.

Fans do not only connect to sports through stars and places but also through the communication and social currency it generates. Sports events are social gatherings where the supplementary events and experiences are often more important than the actual game. One of the fundamental advan-

tages of social currency is that it appeals to the deeply rooted desire of people to be part of crowds. This factor is critical to the popularity of fan-zones, travelling

to away games, viewing parties, sports-bars and – more recently – the dramatic ‘socialization’ of the sports fan.

The consequence of this socialization is a fan base that is easier to reach and harder to engage. It was more realistic for sports organizations to target mass markets when there were fewer competitors and fewer channels. Now sports fans are resegmenting into smaller and smaller markets. Connecting requires more interaction and more relationship and community building.

6. Parasocial relationships

In a society fascinated with success, fame and celebrity it is easy to appreciate that many

fans idolize celebrity athletes. There are many explanations for this attraction. We love neophilia (novelty, uniqueness or newness) and our sexual selection includes the evolutionary ‘survival of the sexiest’. In most cases the relationship fans feel with a celebrity are best described as parasocial.

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HAVING A FINANCIAL BREAKTHROUGH: vital Secrets of making Money

By Pastor Kariungi Nyamu G



“Invest your money in foreign trade, and one of these days you will make a profit. Put your investments in several places - many places, in fact - because you never know what kind of bad luck you are going to have in this world.”

- Ecclesiastes 11: 1-2. (Good News Bible)

Various people name money differently. Some call it, gold, diamond, silver, copper, soil -----Never miss to read this article in Mt Kenya Counsellor Magazine for we will be unveiling the untold secrets of how to make money, how to save and where, how to increase your rate of earning money, the seeds of poverty in contrast to seeds of wealth and much more.

Money is good though we have clean and dirty money. The line that cuts the two is defined by the means in which you get it. You get clean money whenever you sweat for it, get it fairly in a just way, through acceptable channels in the eyes of God, when you get actually what you deserve and when no one suffers to your

advantage. The opposite of the above totals to dirty money.

In this Century, though we have discovered it soon, money is in business. For a person never to lack money, he must have a business. It does not matter how big or small but the financial fact remains that you can buy and sell either goods or and services daily, weekly, fortnightly or monthly. Many financially challenged men and women have no business they run. My research shows that they depend ONLY on “vibarua” or wait upon their monthly peanuts.

The wages in a day have no great assurance. This is because it may rain heavily such that the little work promised fails to be accomplished. This will equal to no pay on that particular day. You may miss the transport means to reach where “kibarua” is or even experience some poor communication in network, then you get not paid that day too! This commonly said word of “kumekauka sana” emerged from those who depend on daily wages. It so happened that when they missed job to be done, yet bills were waiting to be cleared most sincerely



the morning tea and snacks in the hotel they pass by every morning; when the waiter demanded for pay in the evening the response was, “Bwana leo kumekauka.”

Sadly enough you hear everyone now say “kumekauka” even those who should not. Believe you me, somebody may have in his or her hands a visible cash of twenty thousand Kenya shillings and when you borrow two hundred shillings, the response would be “kumekauka, sijafika kiwango ninachohitaji. Nenda utafute pahali pengine.”

Do not forget that money is never enough. The misunderstanding between these two people may require a qualified counsellor to clear the thinking from each one of them. “Big things start small”, my dear reader “you cannot scratch the part of your back where you cannot reach.” Decide today to go and start a small business. It might be as small as an egg then given time and consistency it will multiply to a thousand hens. Check the difference as you value the cost of an egg at fifteen shillings to a thousand hens each sold at a cost of five hundred shillings without counting the eggs each layed.

Money is made with time. If you take no time to look for money you will never have it. The

Holy Scripture reads: “Invest your money in foreign trade”. This is an approval which is divine that as God believers as we are, we must go to TRADE- this is in other words businesses. How can you invest in foreign trade when in real sense you haven't locally?

Let me guide you; go and start locally then take your enough time to go foreign. It is in business that you make profit and in this regard

reasonable or just profit. If you start a business and make reasonable profit continuously, God will make sure that your

28 THINGS PARENTS SHOULD AVOIDS TO SAY: Boosting a Child's Self-esteem

By Simon Kago



"At every step the child should be allowed to meet the real experiences of life; the thorns should never be plucked from his or her roses."

- Ellen Key (1849 - 1926).
Swedish reformer and educationalist, in *'The Century of the Child'*

Parenting is the hardest job in the world. To succeed in your profession or in making money, at times you may go through some shortcuts. But to be a successful parent you have to follow the main road.

The chief task of a modern day parent is to mould a kid who will be able to face this competitive world with a clear and urgent sense of resolution. This calls for a kid who will be an adult with a high self-esteem and solid self-efficacy.

In the process of bringing up their children most parents unwisely

fall into the mistake of showering them with what psychologist refer to as the 'Emotional Plague' (the idea of making others feel bad in order to free oneself from responsibility). Misguided as they might be in thinking that they are cautioning or advising their children, they end up transferring their ignorance or frustrations to their siblings.

In as much as encouraging words may have positive effects in bringing up a child with an optimistic world view, so it goes that negative words may have destructive effects of infusing the child with a pessimistic world view; an unassertive passive person. A well-bred child will be an adult with sound etiquette and persuasive communication skills; good assets to sail through in the society.

You probably would not use old-



school phrases like "Wait until your father gets home" or "I wish you were more like your sister"

with your kids. But there are lots of less obvious ones that you should avoid, for your sake and your children.

1. "Great Job."

Research has shown that tossing out a generic phrase like "Good girl" or "Way to go" every time your child masters a skill makes him or her dependent on your affirmation rather than his or her own motivation. Save the kudos for when they are truly warranted, and be as specific as you can. Instead of "Super game," say, "That was a nice assist. I like how you looked for your teammate."

2. "Practice makes perfect."

It is true that the more time your child devotes, the sharper his or her skills will become. However, this adage can ramp up the pressure he or she feels to win or excel. It sends the message that if he or she make mistakes, he or she did not train hard enough. Instead, encourage your child to work hard because he or she will improve and feel proud of his or her progress.

3. "You are okay."

When your child scrapes his or her knee and bursts into tears, your instinct may be to reassure him or her that

he or she is not badly hurt. But telling him or her, he or she is fine may only make him or

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know about the cheating or have been told stories about what a horrible spouse you are. When your spouse's co-workers are uncomfortable in your presence, perhaps they know about the affair or have heard horror stories to justify it.

When your spouse seems less comfortable around you and is "touchy" and easily moved to anger, avoids social events with you, as if he or she want to cover up that he or she is with you, then your conjugal rights may be being violated.

12. Things are just different at home

When your spouse raises hypothetical questions such as, "Do you think it is possible to love more than one person at a time?", when he or she has a sudden desire to be helpful with the laundry (and had never done so before) and it is like he or she is trying to find or hide something, adjust your spy lenses, these may be subtle signs of cheating. This may also manifest itself in showing a sudden interest in a different type of music that he or she really disliked before, or loses attention in the activities in the home and seems forgetful, distracted or like he or she do not care.

Other indicators of straying may be when he or she has a definite change in attitude towards everyone in the home... including the children, or loses his or her ability and desire to show the children the attention they need or a lack of desire to do any fix-ups around the house, e.g., lawn care, painting, cleaning the

garage, house repairs, etc.

Your spouse might turn this around on you at the same time and accuse you of never doing anything or treating the child/chil-

to find fault in everything you do, this may be an attempt to justify his or her affair. When your spouse is exceedingly critical and sometimes mocking you, becomes

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This "standard narrative" goes like this: Males and females assess one another's mate value from perspectives based upon their differing reproductive agendas/capacities: "a) He looks for signs of youth, fertility, health, absence of previous sexual experience, and likelihood of future sexual fidelity. In other words, his assessment is skewed toward finding a fertile, healthy young mate with many childbearing years ahead and no current children to drain his resources. b) She looks for signs of wealth (or at least prospects of future wealth), social status, physical health, and likelihood that he will stick around to protect and provide for their children. Her guy must be willing and able to provide materially for her (especially during pregnancy and breastfeeding) and their children (known as male parental investment)."

Assuming they meet each other's criteria, they mate and form a monogamous pair bond. Following this, "she will be sensitive to indications that he is considering leaving (vigilant toward signs of infidelity involving intimacy with other women that would threaten her access to his resources and protection)—while keeping an eye out (around ovulation, especially) for a quick fling with a man genetically superior to her husband. He will be sensitive to signs of her sexual infidelities (which would reduce his all-important paternity certainty)—while taking advantage of short-term sexual opportunities with other women (as his sperm are easily produced and plentiful)." They clarify: "We don't see [the elements of the narrative] as elements of human nature so much as adaptations to social conditions—many of which were introduced with the advent of agriculture no more than ten thousand years ago."

The authors take a broad position that goes beyond sexual behavior, believing that humans are generally more egalitarian and selfless than is often believed. The reason that sharing was so widespread is because it's simply the most efficient way of distributing risk among a group of people. However, with the advent of agriculture people's lifestyle changed completely, leading to the advent of private property and the accumulation of power. This fundamentally changed the way people behave and has left the modern human being in a situation where their instincts are at odds with the society they live in.

The authors do not take an explicit position in the book regarding the morality or desirability of monogamy or alternative sexual behavior in modern society, but argue that people should be made aware of our behavioral history so that they can make better informed choices.

dren badly.

When your spouse talk to you he or she treat you abusively or with disdain, disrespect or excessive sarcasm, or he or she may begin

"accusatory," asking if you are being true to him/her, usually out of guilt, begin to speak more and more harshly to you, or are more sarcastic, sometimes this is just an

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been perceived as the bad boy of motivational theory. In the book *'Punished by Rewards'*, Alfie Kohn (1995) lays out the prevailing arguments against extrinsic rewards, such as grades and gold stars. He maintains that reliance on factors external to the task and to the individual consistently fails to produce any deep and long-lasting commitment to learning.

Intrinsic motivation, on the other hand, comes from within, and is generally considered more durable and self-enhancing (Kohn 1993). Still, although intrinsic motivation gets much better press, it, too, has its weaknesses. As Kohn argues, because intrinsic motivation "is a concept that exists only in the context of the individual," the prescriptions its proponents offer teachers, are often too radically individualized, or too bland and abstract, to be applied in classroom settings

Perhaps it is the tradition of separating extrinsic and intrinsic motivation that is flawed. Robert Sternberg and Todd Lubart addressed this possibility in the book *'Defying the Crowd'* (1995). They assert that any in-depth examination of the work of highly creative people reveals a blend of both types of motivation.

Knowing the SCORE

After taking into consideration

the needs and drives we have mentioned, our model poses four important questions that teachers must ask themselves in order to score the level of engagement in their classrooms:

i. Under what conditions are students most likely to feel that they can be successful?

what they are already doing right and then to encourage the cultivation of everyday classroom conditions that foster student motivation and success.

1. Convincing Students They Can Succeed

Students want and need work that enables them to demonstrate and improve their sense of themselves as competent and successful human beings. This is the drive toward mastery. But success, while highly valued in our society, can be more or less motivational. People who are highly creative, for example, actually experience failure far more often than success. Before we can use success to motivate our students to produce high-quality work, we must meet three conditions:

i. We must clearly articulate the

criteria for success and provide clear, immediate, and constructive feedback.

ii. We must show students that the skills they need to be successful are within their grasp by clearly and systematically modelling these skills.

iii. We must help them see success as a valuable aspect of their personalities.

Teachers define success in many ways. We must not only broaden

THE COMPONENTS OF INTERFERENCE THEORY

1. Decision making construct: - The psychological problems of adolescents can be seen as decision making problems.

2. Conflict: - These decision making problems almost always involve some conflict, either because of fact, or emotional ambiguities, or both.

3. Assertions: - Behaviour is a result at the assumptions, beliefs, and attitudes that one has about him/herself, others and the world in which he or she lives.

4. Disconfirmations: - The effects of behaviour following decisions are feed back to the individual perceived and they confirm or disconfirm ascertain to varying degrees.

5. Tension: - When assertions are disconfirmed, tensions result.

6. Redundancy: - Tensions inhibit the ability of an individual to reexamine his or her assertions and attempt to confirm them and thus they cause redundant behaviour.

ii. When are students most likely to become curious?

iii. How can we help students satisfy their natural drive toward self-expression?

iv. How can we motivate students to learn by using their natural desire to create and foster good peer relationships?

Much of what we will discuss is already taking place in classrooms across the country. The point of our SCORE model of engagement is first to help teachers discover

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an unmanageable situation that prevents progress. The point underscored here is that, like a burned wood which is useful only after cooling down into charcoal, young men and women, these restless souls, in their fuming adolescent insanity are uncomfortable and useless, but become useful only when they have cooled down and gotten charred. Listen to Will Durant: "It is the function of youth to be keenly sensitive to new ideas, as possible means to the further conquest of the environment".

Ego Identity

According to Erikson, the primary duality during adolescence (12 to 18 years) is that of Ego Identity versus Role Confusion. 'Ego Identity' enables one to resolve one's conflicts adaptively and enables one to answer the question 'Who am I?' satisfactorily. This results in a sense of coherent individuality. As Erikson points out, "...a sound ego integrity is the only safeguard against the anarchy of drives as well as the autocracy of conscience".

In a society that presents its young people with ideals they can share enthusiastically, Erikson argues that the ego strength of 'Fidelity' is well nourished as the adolescent becomes ready to learn to be faithful to an ideological point of view. Fidelity consists of 'the ability to sustain loyalties freely pledged in spite of the inevitable contradictions of value systems', without which, the young person will either have a weak ego or suffer a 'confusion of values' or search for a deviant group to be loyal to.

The danger at this stage is that of 'Role Confusion', the general inability to conceive oneself as a productive member of one's society. This frequently arises out the adolescent's difficulty in finding occupational identity; a training or work that is expressive of one's unique personality. Failure in finding adult role leads to the risk of an 'Identity Crisis' (a transitory failure to establish a stable identity) or adopting a 'Negative Identity' that is opposed to the dominant values in one's culture. This nega-

tive identity may provide the only way of demonstrating mastery and free choice in one's culture (in a climate unfavourable for the development of inner resources) and may result in unfortunate consequences such as social pathology, crime or expressions of prejudice.

Erikson introduced into the lexicon of psychological discourse to the terms ritualization and ritualism. A ritualization is a repetitive forms of everyday behaviour, socially structured ways of doing or experiencing something, that assist one in becoming productive members of a community. In any culture, the ritualizations may become distorted and turn into ritualisms if they are rigidly employed.

Although adolescents often engage in spontaneous rites, the ritualization characteristic of this age is ideology. Ideology indicates a readiness to assume a constructive role in the technological-political system of one's culture and to commit oneself firmly to its values. A well-adjusted young person is able to engage actively in those rites and ceremonies, be they of a religious, national, or military nature, that reflect the ideological



commitments of his or her society. Conversely, a maladjusted young person engages in the corresponding element referred to as totalism. This is a fanatic and exclusive preoccupation with what seems to be right that excludes any other point of view.

Crushed Dreams

As Erikson informs us, it is during the

period of adolescence when the EGO's accumulated capacities to integrate talents, aptitudes, and skills, to identify with like-minded people and with other's impressions of one's self, and to begin to make vocational choices is put to test. Now the problem arises when a reasonable number of the youngsters are confused, naïve, and helplessly battered by cruel forces that crush their dreams before they are even born.

These youngsters are consequently seized by a strong feeling of marginality, not belonging, a widespread feeling of inferiority and of personal unworthiness. Their lives can concisely be denoted by a series of Decadent D's; Deceived, Damped, Decaying, Declining, Defective, Depraved, Depressed, Desolate, Desperate, Discounted, Discriminated and Dislocated!

When these younger members of our society perceive themselves as creatures who have been denied freedom to choose; who have chosen things but not things they would have chosen if they had the power to choose truly, as older member of the society we should expect neither progressive action, nor positive reaction from

them. Having been raised and drilled to fear the YES within themselves; to repress their deepest cravings and desires, they move in the spurious innocence of absent-mindedness whose secret motive is a gnawing sense of guilt.

We are living in Tumultuous Times whereby the steam of our youth's passion and pro

CULTURAL AWARENESS

By Simon Kago

THE KIKUYU POLITICAL ORGANIZATION

The Kikuyu had a government composed of several councils of elders, *njama*. Two of the most important ones were the military Council of War, *Njama ya ita* made up of the leaders of the various fighting units and, and the civic Tribal Council, *Njama ya bururi*, made up of the revered elders from each clan.

The Council of War was a loose alliance of each of the geographical areas' main war chiefs, *Athamaki*. These Athamaki war chiefs derived their allegiance and power from having proved themselves in the art of war against the Maasai and/or against each other and by extension having accumulated a lot of wealth from these military campaigns.

To be a *Muthamaki* in the council of war was only one of such athamaki in other fields like judicial athamaki, or ceremonial rites athamaki etc. though it was possible for a powerful individual to emerge who combined several if not all the offices. As athamaki in the warrior corps they wielded a lot of power.

The fighting regiments were organized around the age-set system derived from the circumcision rites. Every two to three years a group of young boys who were circumcised together formed an age-set and from these sets the warrior regiments were formed. Several age set warriors were grouped together to form a regiment. The leaders of each regiment reported directly to the muthamaki of the jurisdiction and to the war council.

The Civic Tribal Council of elders was however the one involved in the actual governance of the tribe through judicial and various other lower councils all the way down

to the family council, *ndundu ya mucii* or *mwaki*, literally referencing to the fireplace within the woman's hut in the homestead.

The Civic Clan councils were

involved in judicial and civic matters like resolving land disputes, dealing with criminals etc. which the lower councils had failed to resolve, of which was very rare.

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THE SEVEN KIKUYU PROVERBS

1. Andu matari ndundu mahuragwo no njuguma imwe

People who have no secret agreement are beaten by a single club.

Lack of union spells weakness.

2. Ciatura nguyu iriaga ng'umo

When there is shortage of figs, birds eat the fruits of the 'mugumo'.

If thou hast not a capon, feed on an onion.

3. Giikaro kimwe kiri ndaa kana ngee

By staying always in the same place one gets lice.

The world is a great book, of which they that never stir from home read only one page.

4. Iganagwo yaari iria yakua

The good milking cow is praised after her death.

A friend in never known till needed.

5. Iri guthua ndongoria itikinyagira nyeki

If the first goat goes lame, those that follow will not reach the pasture

Ill example are like contagious diseases

6. Kanira njara iria ukomeire

Take an oath only for the hand you slept on.

Swear only to that which you know to be true.

7. Maguta mambagio uthiu

The smearing begins on one's face.

There is a time and a way for all things.

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great problem is to associate with people who cannot appreciate your talents or feel offended by them”.

The two were strolling together with the unhurried gait of country people who seem to have unlimited time to give to everything. There was such an empathetic precision in all that they were saying to each other that they spoke only after long intervals of preparation – barely one sentence for every ten steps. Frequently a single word, or an exclamation, served for a whole sentence; but these exclamations conveyed shades of meaning that were full of significance.

In a span of 30 minutes, these former strangers and more in particular Jane started to feel as if they were old acquaintance united in the pursuit of common aims and laying the foundation of a cherished scheme. In Jane’s mind, Jim stood for the safe and the durable, while his humour provided her with the material for phantasy and flights of imagination.

With a mind given over to wild adventures and occupied in dreaming of ways and means to an unattainable goal, she started seeing Jim as the only person who filled the void which for so long had been neglected by her husband. Soon she started being intolerant of her husband dull character, and more importantly his drunkenness. She became a fierce critic of her husband’s behaviour that they stopped sharing a bed. No wonder then her husband’s conjugal rights were taken over by Jim.

The ship of her marriage was headed to the rocks, had her

husband not seen a text she had written to Jim: “My only consolation is talking to you...you are the confidante of all my troubles”. Her husband came face to face with the danger ahead, quit drinking, and started browsing articles which talked more of “Spicing ones marriage”.

On her part, and by grace of God, Jane received a call from her workmate, warning her of Jim. She was categorically informed that Jim was neither a researcher, nor an author, but a womanizer who had escaped death by a whizzer after he was found having an affair with another man’s wife.

.....
From an etymological perspective, the term Rake is derived from mid-17th century, shortening of *rakehell* (obsolete *rakel* “hasty, rash”), a man who rakes the coals of hell. In its original manifestation, a Rake is an immoral pleasure seeker: an unrestrained indulger in pleasures and vices, e.g. drinking and gambling. The term may also be traced from ‘*The Rake’s Progress*’, a series of paintings (1735?) by British artist William Hogarth (1697-1764). These eight satirical scenes, which were much influenced by contemporary theater, depict the moral decline of a young city gentleman who inherits a fortune and squanders it on vice.

Viewed from the psychological lenses, and in the context of our analysis, the Rake is a great female fantasy figure – when he desires a woman, brief though that moment may be, he will go to the ends of the earth for her. He may be disloyal, dishonest, and amoral, but that only adds to his appeal. Unlike the normal, cautious male, the Rake is delightfully unrestrained, a slave to his love of

women. There is the added lure of his reputation: so many women have succumbed to him, there has to be a reason.

A woman never quite feels desired and appreciated enough. She wants attention, but a man is too often distracted and unresponsive. Words are a woman’s weakness, and the Rake is a master of seductive language. The Rake is able to stir a woman’s repressed longings by adapting a mix of danger and pleasure.

There are to types of Rakes: the Ardent and the Demonic Rakes

THE ARDENT RAKE

In seduction there is often a dilemma; the need for planning and calculation, but if the victim suspects that one has ulterior motive, she will grow defensive. Furthermore, if one seems to be in control, he will inspire fear instead of desire. The Ardent Rake solves this dilemma in the most artful manner. Of course he must calculate and plan – he has to find a way around the jealous husband or boyfriend, or whatever the obstacle is. It is exhausting work. But by nature, the Ardent Rake also has the advantage of an uncontrollable libido.

When the Ardent Rake pursues a woman, he is aglow with desire; the victim senses this and is inflamed, even despite herself. How can she imagine that he is a heartless seducer who will abandon her when he so ardently braves all dangers and obstacles to get to her? And even if she is aware of his rakish past, of his incorrigible amorality, it does not matter, because she also sees his weakness. He cannot control himself; he

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scared and too stunned to respond verbally. As Otieno looked at the nervousness which permeated his wife, his mind was hit by a heavy slap of hot air. His mouth was speaking before the brain kicked in: "Just a thorough medical check-up".

Dr. Joel had seen many special cases but none of his medical experience could have prepared him for this. He diagnosed no physical symptom but just a simple rise in blood pressure.

After prescribing some pain relief medicine, he gave the couples a bold smile followed by well-chosen words: "There is no big threat to your health, but I will refer you to a counsellor who will be of tremendous assistance to you. It would be a short period before things will be under control".

"Thank God!" Mwikali mouthed, tears pouring from her eyes.

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In the preceding issue of this magazine, (Mt. Kenya COUNSELLOR, issue No. 001, Pg. 9), we were able to define what COUNSELLING IS and what COUNSELLIN IS NOT. In this continuing series, we are going to look at THE PROCESS OF COUNSELLING.

The process of counselling is divided into major

4 stages:

- i. Exploration stage/current scenario
- ii. Preferred scenario/understanding/insight
- iii. Action stage
- iv. Evaluation and termination

1. EPLORATION STAGE/ CURRENT SCENARIO

(a) Telling the story

Counsellor should help clients to tell their story

THE SPIRIT OF COUNSELLING

Counseling is practiced in a variety of ways depending upon the setting, presenting issues of the client, theoretical orientation of the counselor and other factors.

- Counseling is a conversation with a purpose.
- Counseling is not advice giving you are the expert on yourself, not the counselor.
- The counselor strives to meet the client where he or she is to see the world through the eyes of the client.

Counseling is about helping you:

- 1) To learn about yourself (insight, understanding).
- 2) To become more self-aware (self-talk, environment).
- 3) To use what you learn to make real and significant changes in yourself and your life.

The Process of Change

- Change takes time and can be difficult you did not become the person you are today overnight and you will not make significant changes overnight either.
- Change comes slowly the focus of counseling is on making small changes.
- Change is a process that involves stages: pre-contemplation, contemplation, planning, action, maintenance.
- Setbacks are a part of the change process.
- Change is often times about changing your perspective you cannot control events in your life but you can control how you react to them.
- Real change is accomplished from the client's efforts and hard work it requires taking what you learned during the counseling session and applying it in your life.

Counseling is a process that involves the client's active participation and full commitment to the therapeutic process. The focus of counseling is on:

- a) How you see yourself .
- b) How you see your world.
- c) How you see yourself in your world.

The goal(s) of counseling is determined by the client and counselor together usually during the first therapy session.

Various therapeutic techniques are used to help you gain insight and achieve the established goal(s) of counseling.

'Homework' is assigned periodically to help you address a specific issue discussed and/or to keep you fully engaged in the counseling process between sessions

The client presents and explains what he/she thinks the problem is. He/she is helped to answer questions like: What are my concerns? What is/are the real issue/issues? What are my undeveloped opportunities?

The main purpose for this is the client and the counsellor to be acquainted and build rapport or good working relationship. By answering the questions the counsellor will acquire knowledge/information about the client. Some clients are articulate while others are mixed up. Some will be reluctant to reveal everything that is bothering them while others do so easily. The story needs to be told either at the beginning of the helping process or in bits and pieces.

The counsellor should give full attention to the client and note both verbal and non-verbal behaviour. For the clients tell their story,
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our definition, but also make sure the definition is clear to everyone. In this way, students will know when they have done a good job, and they will know how to improve their work. To achieve this clarity, we can present examples of work that illustrate high, average, and low levels of achievement. Such exemplars can significantly motivate students, as well as increase their understanding of their own ability to achieve.

2. Arousing Curiosity

Students want and need work that stimulates their curiosity and awakens their desire for deep understanding. People are naturally curious about a variety of things. How can we ensure that our curriculum arouses intense curiosity? By making sure it features two defining characteristics: the information about a topic is fragmentary or contradictory, and the topic relates to students' personal lives.

It is precisely the lack of organization of a body of information that compels us to understand it further. This may explain why textbooks, which are highly organized, rarely arouse student interest.

As for topics that relate to students' lives, the connection here cannot be superficial; it must

involve an issue or idea that is both manageable and unresolved. We must ask, for instance what issues are adolescents wrestling? How can we connect them to our curriculum?

3. Encouraging Originality

Students want and need work that permits them to express their autonomy and originality, enabling them to discover who they are and who they want to be. Unfortunately, the ways schools traditionally focus on creativity actually thwart the drive toward self-expression. There are several reasons for this.

and sense of seriousness that make creative work meaningful.

How, then, should self-expression be encouraged? There are several ways. Connect creative projects to students' personal ideas and concerns. Expand what counts as an audience. Consider giving students more choice.

4. Fostering Peer Relations

Students want and need work that will enhance their relationships with people they care about. This drive toward interpersonal involvement is pervasive in all our lives. Further, most of us work

hardest on those relationships that are reciprocal—what you have to offer is of value to me, and what I have to offer is of some value to you. In general, unbalanced, nonreciprocal relationships prove transient and fail to generate much energy or interest.

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5th SURVIVAL STRATEGY

Most people have the tendency to want to take the quickest, easiest path to their goals. Burdened as they are by an inveterate lazy streak, and discouraged by the thought that it might take months or years to get somewhere, they are constantly on the lookout for shortcuts. And if you are not careful, they will steal your best ideas and make them their own, saving themselves all of mental effort that went into conceiving them. In this regard your best defence is your prudence. Keep your ideas to yourself, or conceal enough of the details so that it is not possible to steal them. Secure your credit in advance as a part of terms of working together. If people want you to do work for them, then pass it off as a "collaborative" effort, always gauge whether such work will add to your skill base, and examine their past record to measure the intensity of their work ethic. In general, be wary of people who want to collaborate — they are often trying to find someone who will do the heavier lifting for them.

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First, schools frequently design whole programs (art, for example) around projects that teach technique rather than self-expression. Second, very often only students who display the most talent have access to audiences, thus cutting off all other students from feedback and a sense of purpose. Finally, and perhaps most destructive, schools frequently view creativity as a form of play, and thus fail to maintain the high standards

How does this insight apply to life in the classroom? Consider a student's perception of homework. The only relationship that can be advanced through the typical homework assignment is the one between student and teacher. And this relationship is essentially unbalanced. Students do not feel that the teacher needs their knowledge, and the teacher, with possibly 145

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This means that in most cases the target individual (the sports icon) is fully unaware of the existence of a relationship with any particular fan in the first place.

Parasocial relationships are attractive 'and feel safe' for fans as they come without any risk of criticism or rejection. We know celebrities and their lives so well, but they do not know us at all. It makes meeting them like running into an old friend, except that the old friend has no idea who you are. In the world of social media, celebrity works a little differently; a celebrity's re-tweet is today what the 'signed autograph card' meant to fans a decade ago.

Socially engaging fans has become part of the job. These celebrities still might not want to date us, even though it may be the chance of a lifetime, but they still give us a quick hello and allow us to really be a real part of their lives, if only for a moment.

7. Celeb idolization

Fans have very different expectations towards sports persons than they do of their team. Our fascination with celebrities, coupled with social media granting us instant

DO MEN LOVE FOOTBALL MORE THAN SEX?

Football is one of the most watched games in the world, it is one of the sports and in fact the game with most fans in the world. The funny thing is that 98% of its fans are masculine as opposed to rugby where 90% of fans are feminine.

In the game, the fans own the teams and possess them like personal belongings. They always refers to the teams as "we", and "they". The funny part comes when they womanise the teams, if a team concedes a classic goal, or loses a match, it is thought as not to be able to demonstrate its masculine power and hence womanized to show inferiority.

It is also a sport that makes men keep time, a man will be late for anything without a varied reason but not late for the kick off time. If the match is kicking off at 6:00pm, an hour before the kick-off fans are always settled discussing the probable line ups, in which the official line ups are released 30 minutes before kick-off time. At this point everyone becomes an analyst and a coach; they will outline a certain player in and out, his strengths, and weakness and compare him with his probable match from the opposing team.

If you want to suckle the fresh juice of the game, watch the reactions of the fans. A successful dribble is rated highly and the dribbler is praised for the display, on contrary the player who fails to stop the dribble is termed in different diminishing words. Out of all, the one who gets high profile recognition is the goal scorer. Every noun of portraying bravery, ruthlessness and class are his. To some extent the fans nickname themselves a certain player who is praised by the whole world.

What happens to the team that loses, or the player who shows dismal display? The team is mocked but there is always one player who carries the blame. In this game, anything can be placed on the bet, including women! It is also a game that keeps men out till late night, a good example is the tournament called world cup.

In 2014 in East Africa alone, where the tournament was being aired late night due to time zones, it is estimated to have created over 6.8 million temporary widows, that is not considering the Arabpeninsula.

With that it is evident that a man can sacrifice sexual activities for a month or more, and his sleep too just to watch football. Women comes second to football.

access into their daily lives, suggests that celebrities would inherently have a leg up on teams and sports brands. For many fans the thought of having a conversation with a famous sports person, holds far more appeal than being able to interact directly with a more or

less anonymous team or office staff member.

8. Superstitious conditioning

Whether you physically attend games, watch them on TV or simply follow them on twitter, you might recognize the effect known as superstitious conditioning. This is the idea that by not missing a single game, wearing the right jersey or slippers or simply having an ice-cream (or a peanut butter sandwich) at exactly the right moment, the fans caused the team to start scoring and eventually winning the game. Others will claim the opposite, avoiding any real-time action because they can "cause" the team to lose just by 'doing something wrong'.

9. The ingroup-outgroup bias

This is another social psychological phenomenon applicable to fandom. The fans of one team, the "in-group" will deride the fans of the other team, the "outgroup." This intergroup bias is premised on the belief that

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- Enhance your skills.
- Propagate your skills.
- Create wealth.
- Keep fit and healthy.
- Contribute to society.
- Fulfill your purpose in life.

II. THE PROCESS OF DECIDING ON A VOCATION/CAREER

According to career theorist Tiedman (1961) choice of a certain career can be viewed as a process of deciding how to compromise between personal needs and societal requirements. Tiedman saw the process of making vocational decision as happening in two distinct stages, which are:

- i. Period of anticipation.
- ii. Period of implementation.

1. PERIOD OF ANTICIPATION

This period covers the early years when occupations are thought of without being given real serious consideration. This period can be understood in terms of the various sub-stages.

i. Exploration

Here a number of alternatives or possible goals are put into consideration. These alternatives set the field in which the choices will be made. Most of the time the field being considered are hardly related at all. At this stage one's aspirations, opportunities, interests, and capability are put into consideration as he or she explores the different fields.

ii. Crystallization

At this point, patterns regarding which alternatives one prefers begin to form. One starts to order all the relevant considerations and their consequences. This happens when choice becomes imminent.

This therefore happens when the child realizes that he or she has to make a choice more than later.

iii. Choice

At this point one gets to decide on what he or she would like to do in terms of career. At this point a particular goal guides a person's choice.

iv. Specification

When one makes a choice most of the time he or she has doubts in the beginning. So during this stage one gets the time to dispel his or her fears and to perfect his or her image in the particular career of choice. This prepares him or her to put into action his or her decision. This helps one to move into the next stage, that is implementation.

2. PERIOD OF IMPLEMENTATION

At this point fantasy means reality. When one gets an occupation of choice he or she has to see if his or her expectations will be met. This stage can be further demarcated into three major sub-stages.

i. Induction

This occurs when one starts getting experience in his or her chosen profession. At this point the major worry is to find individual goal congruent with the goals of the organization one is in. Success will be achieved if personal and group goals are readily assimilated.

ii. Transition

After one has experienced success and now has gained confidence he or she will review both personal and group goals. This will be done with a view of modifying and improving on the goals.

iii. Maintenance

After modifying both goals now the worker moves towards maintaining the *status quo*. This marks the last stage of career decision-making. Tiedman points out that this sequence of career decision-making is repeated every time one has a career choice to make. He also notes that as an individual deals with career decision making, a self-concept emerges and greatly influences the whole process.

III. CAREER TYPES AND PERSONALITIES

Career theorist John Lewis Holland (1919-2008), illuminated that our vocational choices are an expression of our personality, at work and in school. According to Holland, from one's experiences one learns to prefer some activities. These preferences are turned into interest. Then the interest is translated into a special group of competencies. Finally, a person's interests and competencies create a disposition that leads him to think and act in a certain manner.

Holland asserted that one's personality trait is a product of the interaction between heredity and several environmental factors (parents, peers, social class, culture and physical environment). He argued that people search for environments that let them exercise their skills and abilities, express their attitudes and values and take on agreeable problems and roles. Moreover a person's behaviour can be explained in terms of the interaction between his or her personality and the environment he or she is in.

Holland suggested that a person's satisfactory behaviour at the place of work will depend on the

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actually is a slave to all women. As such he inspires no fear.

In his approaches the Ardent Rake show no hesitation, abandons all restraint, and let's himself go. He shows that he cannot control himself and is fundamentally weak. He is not worried about inspiring mistrust; as long as he is the slave to her charms, she will not think of the aftermath.

THE DEMONIC RAKE

Most women are easily susceptible to words, bewitched by them, longing to be dominated by them. The Demonic Rake is able to conquer a woman by his exceptional verbal power, and the musical timbre of his voice, put to the service of exceptional eloquence.

The Demonic Rake is as promiscuous with words as he is with women. He chooses words for their ability to suggest, insinuate, hypnotize, elevate, infect. His words are a powerful sensual distraction, a narcotic. His use of language is demonic because it is designed not to communicate or convey information but to persuade, flatter, stir emotional turmoil, much as the serpent in the Garden of Eden used words to lead Eve into temptation.

In using the words as a subtle poison with infinite applications, the Demonic Rake concentrates more on the form, and less on the content. The less his targets focus on what he says, and the more on how it makes them feel, the more seductive the effect. He is able to give his words a lofty, spiritual, literary flavour, which insinuates desire in his unwitting victims.

General features of a Rake

A Rake offers pleasure for its own sake, desire with no strings attached. For the time he crosses a woman's path, she is all he thinks about. His desire for her is so powerful that he gives her no time to think or to worry about the consequences. He might have conquered a thousand women before her, but that only made him more interesting; better to be abandoned than undesired by such a man.

The Rake do not offer the mild pleasures that society condones. He touches a woman's unconscious, those repressed desires that cry out for liberation. "Do not imagine that women are the tender creatures that some people would like them to be. Like men, they are deeply attracted to the forbidden, the dangerous, even the slightly evil", so argues Robert Green in *'The Art of Seduction'*. According to Green, the Rake convey a sense of risk and darkness, suggesting to his victim that she is participating in something rare and thrilling – a chance to play out her own rakish desires

The most obvious trait of a Rake is the ability to draw a woman into the kind of purely sensual moment in which past and future lose meaning. He is able to abandon himself to the moment. An added benefit of this quality is that it makes him seem unable to control himself, a display of weakness that a woman enjoys. By abandoning himself to the seduced, he make them feel that he exist for her alone, that she is the only one he truly loves – a feeling reflecting a truth, though temporary one.

The Rake never worries about a woman's resistance to him, or for that matter about any other obstacle in his path – a husband, a boy-

friend, a physical barrier. Resistance is only the spur to his desire, enflaming him all the more. Some Rakes are said to beg the woman to resist; they need resistance to add to the thrill. In any case an obstacle in his way gives him the opportunity to prove himself, and the creativity he brings to matters of love.

The Rake is an extreme personality. Impudent, sarcastic, and bitingly witty, he cares nothing for what anyone thinks. Paradoxically, this only makes him more seductive. Moreover, a Rake needs a backdrop of convention – a humdrum marriage, a conservative culture – to shine, to be appreciated for the breath of fresh air he provides. The Rake essence is that he goes further than anyone else. In demonstrating his audacious desire, he makes himself stand out from the crowd.

Just as a man may fall victim to the Siren through his desire to be free of his sense of masculine responsibility, a woman may succumb to the Rake through her yearning to be free of the constraints of virtue and decency. Indeed it is often the most virtuous woman who falls most deeply in love with the Rake.

Among the Rake's most seductive qualities is his ability to make women want to reform him. And he able to exploit this tendency to the fullest. When caught red-handed in rakishness, he falls back to his weakness – the woman's desire to change him, and his inability to do so. With so many women at his feet, what can he do? He is the one who is the victim. He needs help. Women will jump at this opportunity; they are uncommonly indulgent of the Rake, for

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pensity for experimentation is leaking away irretrievably, as the city of their instinctual innovation is under constant threat of bombardment from all corners. Their aesthetic sense has evaporated like alcohol upon sun, and the divine dance in the rhythm of their souls has waned off, as the happy wind has been knocked out of their sails.

This has culminated in a state of meaninglessness and emptiness in their lives, characterized by stagnation, boredom, and apathy. As a consequence, these young creatures' hot-blood, has cooled and is clotting in their veins; their humble aspirations have become deep and silent rivers, on the verge of being blocked up by the concrete walls of social inertia; their candles of boldness have been blown out; all their high hopes have been shot down by the arrows of skepticism; their latent creative powers seems to be set ablaze to ashes by the wild fires of hopelessness.

For every authentic individual who happen to watch these young men and women either when they are engaged in the business of scratching for daily bread or when they are chewing the cud of reflection on where to get something, even anything that will fill their belly, he or she will not avoid being dismayed by an infectious expression of cynicism. It is an indisputable existential fact that everyone has his or her worth or price. However, when youths have been corruptly taught to mistrust or despise themselves, their heroism is reduced into cowardice as they are drilled into tolerating all abominations, accept every plunder and submit to any oppression.

This gnawing sense of degeneration is made more paradoxical owing to the fact that, whereas the demand for creativity and innovation in this age of Information Technological revolution is very high, the needed supply is very spurious. This because the supposed fresh minds finds themselves overwhelmed with an intolerable conviction of failure under the unskilled treatment of senior members of society stagnating hysterically in the mud of status quo and

whose major achievement is to shower them with the picture of a bright past, a brightness whose height marks only that depth in the abyss which the very sense of future hope is lost.

Upon the relegation of their youthful function of keen sensitivity to the spirit of the moment, their prima facie duty of generation of new ideas as a possible mean to the conquest of the environment has been neglected. They become in the celebrated phrase by German philologist and philosopher Friedrich Nietzsche: 'botched and bungled'.

Negative Convictions

When these youngsters have been walking along paths chosen for them before they had really decided, which makes them feel impotent and unimportant, the ultimate result is a 'pathetic psychic pattern', which prevails amongst a large section of society, informed by some or all of the following TEN (10) convictions:

1. The world is harsh at the very outset.
2. Happiness is a delusion outside mortal reach.
3. Little can be achieved in a society where everything is unforeseeable.
4. The society is indifferent to my needs.
5. Individual aims in life fade away instead of being realized.
6. I am a fated stranger to life. Life has little meaning and has nothing to offer.
7. There is no one to rely on for moral and social support when in trouble.
8. Nothing matters very much, and very few things matters at all.
9. One should take what one can to today because tomorrow there will be no opportunity.
10. It takes dishonesty and deceit to succeed instead of hard work and competence.

This negative pattern of perception is the breeding ground for all maladaptive behaviours. At the core of these watered down convictions is low self-esteem and poor self-efficacy. Consequently this kind of an adolescent becomes susceptible to being indoctrinated by rogue ideologies,

brainwashed by destructive theologies and questionable teachings. A youth without a coherent self-image may easily be attracted to or lured by a secret or an extreme organization. This may serve as a refuge for the expression of his or her perverted and bottled up feelings.

In the absence of traditional reference groups (which individuals may compare themselves, and which serves as the fount for a solid frame of reference and a stable sense of identity) to relate to, such as the band, clan, or tribe, when one's individual self-determination is deprived, one may find oneself magnetically attracted to a 'Cult', 'Gang', or a simply a 'Subversive Group'. The bottom line here is the quest for a sense of belonging or a sense of acceptance or a sense of approval as the only available avenue of quenching one's misery.

At the heart of 'Subversive Tendencies' is the feelings of disconnectedness from significant others and the inability to cooperate with the larger society. This leads to the development of a private logic that becomes increasingly more skewed from common sense or what Austrian psychologist and psychiatrist Alfred Adler (1870-1937) termed as "antiethical scheme of apperception, which the person uses rigidly to classify self, others, and experience".

Driven by a need for emotional nourishment, one quickly slots one's perceptions into very simple black or white categories, often based on whether the stimulus is considered 'good' or 'bad'. Trapped in one's heightened feelings of insecurity according to Adler, "one remains in this primitive level and while the scheme 'limits' one's ability to make realistic judgements, it does not serve the purpose of protecting ones choice of progressive life goals or style".

Subversive Groups

'Subversive Groups' are basically the associations of the hard-pressed and frustrated who, without such faith and the company of their fellows at the bottom of the social scale (or on the other side of the

social scale), would be utterly defeated. Their particular and distinctive trait is that, having never been able to succeed in the world, they take revenge by speaking ill of it, condemning it, or doing destructive acts against it.

When a 'Subversive Group' assumes sectarian or a cultic orientation, it augments itself on the direction of resigning itself to some weird, humanitarian illusion, by developing a distinctive code of ethics. It ascribes unto itself a legalistic, rigid, puritan, black-and-white morality which divides men and women all too easily into world-affirming goats and world-renouncing sheep, or, in other words, into children of darkness and children of light. The proscribed vices are merely the practices of the opulent, whereas abstinence and mortification of the flesh are the prescribed moral foundations of their code. They despise all ostentation and all literature, art and music that is not propaganda for their particular tenets as wholly mundane or as 'spiritual pornography'.

Laying a dogmatic claim to possess unique and privileged access to the TRUTH (or the ultimate path to salvation) and their committed adherents typically regarding all those outside the confines of the collectivity as 'in error', a vital characteristic of the 'Subversive Groups' is their craving for objectivity and authority. As they cannot bear the burden of facing the crude realities of the world, they find the black-and-white ethical code a respite from the responsibility of weighing motives and intentions.

There is an unconscious tendency among the members to demand of their leaders that they give them certainties, since they have enough doubts of their own. Emotionally deprived as they are, they are fanatically devoted to their leader(s). These leader(s) further exploit this state by further mind-controlling and 'Brainwashing' them, stripping them of their ability to act or think independently, by seeking control of every aspect of member's lives and allowing no questioning of decisions.

Charismatic Relationships

Whether one joins a 'Subversive Group' because of how he or she positively views the group or for fulfillment of subconscious psychological needs or through forms of psychological manipulation, the underlying reason is to find refuge and consolation away from seemingly harsh, intolerable, inconsiderate and unfair large society. In this spiritual and psychological search for a community, the lure of a theological or an ideological organization held together by charismatic relationships and demand of total commitment becomes irresistible.

At the outset, when a person who has been desperate joins a 'Subversive Group', there is installation of hope, as other members makes one to feel better, thus becoming more optimistic, as life becomes bearable. The 'cathartic' effect cannot be ignored as the group helps and gives one an opportunity to express one's repressed feelings.

On a deeper examination, the relationship between 'Subversive Groups' and the individual members who join them is appalling. Some form of coercive persuasion or mind-control is used to recruit and maintain members by suspending their individuality. This goes further into suppressing their ability to reason, think critically and make choices in their own best interests.

Upon recruitment and in a very subtle and indirect manner, members are put in physical or emotionally distressing situation and their problems are reduced and narrowed down to one simple fantastic explanation which is repeatedly emphasized. Having come from a perceived 'unlovely' larger society, they are subjected to a kind of 'love bombardment', receiving unconditional love, acceptance and attention from the charismatic leader or the group, thus getting a 'new identity' based on the group.

After this, they are subjected to entrapment (isolation from friends, relatives and the mainstream culture) and their access to information is severely controlled. Through debilitation, use of special methods

to heighten suggestibility and subservience, coupled with powerful group pressures, this promotes deep-seated dependency on the group and its leaders. This is solidified by the fear of extreme consequences of revealing the group's secrets, besides desertion from the group.

There are also constant use of 'Breaking Sessions' (which are used by members and cult leaders to attack those who are suspected as not measuring to the expectations of the group, like recruiting others members), whereby a person is verbally and emotionally attacked until one - in some extreme cases - cries uncontrollably.

Individual Isolation

Driven by the delusive conviction that, they alone are trending the right path is the bitter necessity to condemn others outside their circles. This leads to the development of an acute 'Them against Us' mentality that entrenches mass neurosis. The consequence of this is that, they unwittingly isolate themselves from the larger society - the larger society becomes virtual enemy. Members are constantly warned of engaging themselves in the affairs of the general society, in the guise of avoiding intoxicating themselves with the implied societal 'rogue ways and ideals'.

Contact with others is restricted only to the purposes of recruitment; otherwise members are under strict orders to relate only with members of their 'Subversive Group'. This sheds light on why they are disposed to say 'NO' from the very outset to what is 'outside their circle', 'different from their circle' and 'not their circle'; and this 'NO' becomes their creative deed which cement a sense of 'oneness' amongst the members.

By imprisoning truth through institutionalized system of beliefs and dogmas, the mind gets imprisoned in superstition and fear. By encouraging ceremonies and practices that soon lose their original meaning and become mere routine, 'Subversive Group' discourages their adherents from trying to understand not only the unknown but also

what might come in the way of individual's social and intellectual effort.

They refuse to allow their members to fall into that chaos of mind and theory which prevail in the camps of the advanced intellectuals of our time. By discouraging curiosity and thought, and preaching the philosophy of submission, they tend to close and limit the minds of their members and to produce dependent, unfree individuals. Allaying themselves to shadowy theology, 'Subversive Groups' produces narrowness, intolerance and credulity.

Rapacious Leaders

With everything designed to advance the goals of the group's leaders and to appease their highly elated appetite for money and wealth, to the actual or possible detriment of members, their families or the community, all 'Radical Group' are at high risk of becoming abusive of fundamental 'rights' and 'freedoms' vital to a civilized life. This is in part due to members' adulation of the charismatic leader which invariably makes him or her to become corrupted by power.

This is further consolidated by the fact that, most if not all 'Subversive Group's Leaders' are men and women who are possessed and obsessed by a pathological desire for power, and an insatiable appetite for cheaply acquired wealth. They are fanatically determined to trend this path with a suicidal gusto; through socially conducive channels if possible, or through other underhand methods if necessary or expedient.

No wonder then, 'Subversive Group' leaders exhibit either an extreme case of 'disinterested commerce' with their followers, who are only useful if they are imbecile objects of exploitation, or a pathetic case of 'abject intercourse' whereby their followers are only good if they are perfect grooves in the commission of the most bizarre acts.

Societal and individual responsibility

The 'Mt. Kenya COUNSELLOR' categorically asserts that, the current decadent state-of-affairs is not an accident, it is not 'just a

passing glance', or a temporary deviation from what is normal or desirable. On the contrary, it is an incident which is the logical consequence of bottled up emotion of 'future hopes strangled'. It is the temptation at despair which cuts across the spectrum of various sectors of our society, with our young men and women being it worst casualties. This crystallizes into the pessimistic conclusion that 'the way of the world is closed to me'.

The victims are gnawed by a sense of being imprisoned, bound, constrained, and circumscribed, resulting in regrettable state of a lack of life goals. This leaves the individual in a social vacuum without direction or meaning. So if the society infuses in these 'sagged spirits' a view of a fertile future, decadence will eventually wade off.

In other words the burden of arresting this torrent of decadence which sweeps across all sectors of our society lies squarely on everyone's shoulders; more importantly the older members of our society. If we fail to do so we should be braced to face the demon of gangsterism, cultism and terrorism. In this state of anarchy no one will be safe as disorder and disintegration shall be the order of the day.

However, as a youngster, it would be meaningless to keep on lamenting about the current retrogressive societal state-of-affairs. This is only being defeatist. If you allow yourself to be crushed by the societal cruel forces, you have no one to blame but yourself. Remember: it is in your power to amass the necessary inner resources and come out triumphantly.

It is worth noting that membership to a 'Subversive Group' demonstrate an unstrategic, tactless, unwittingly, if not blind case of running away from a bicycle (seemingly harmful society) into a motorcycle (actually harmful group). The bicycle might only bruise you, but the motorcycle will maim you.

As a youngster you should be fore warned that upon realization of the danger unto

which one has plunged oneself into, a deep sense of bitterness against oneself seizes the person, such that the only source of consolation may be found in committing heinous acts which are harmful to the general society.

Psalmic Pattern

As a young person who is still in the 'morning' of your life, your inescapable duty is to prepare yourself for the inevitable 'afternoon' and the 'evening'. To beef up your inner 'centripetal forces', in order to shield yourself from being destroyed by external social 'centrifugal forces', is your mortal heritage. To boost your ego so that you may not be lured into joining any 'Cult' or 'Gang'; to shield yourself from being indoctrinated, brainwashed or radicalized, is your chief youthful assignment.

In this regard the 'Mt. Kenya COUNSELLOR', takes you through a tour of the 21 PRICEY 'PSYCHIC' PROGRAMS for the 21st CENTURY. These are precisely Ego and Psychic strengths, vital in armouring you with the necessary resources in order to have a winning walk in this ambiguous game of life.

Ego and Psychic strength, in our context here is in the words of Erikson, "that organizing capacity, the unifying factor of the individual reflected in one's synthesizing power to reconcile discontinuities and ambiguities, all in a simple alternative, in order to make one battle and one strategy out of bewildering number of skirmishes". This is the chief propelling yardstick for moving forward in spite of myriad retrogressive forces.

The key word for Ego-strength is enduring tolerance, the ability to refuse to be put off by stress, frustrations, or disappointments, which implies the potential to deal with reality without falling back to infantile defense mechanisms. It is our ability to play the 'Game of Life' according to whatever curves life throws at us; the power, determination, road ability to engage reality for whatever we find it to be; to hold still upon the swing of things and to eventually look at the

world situation in the face without caving in or being overwhelmed.

In order for the particular 'EGO-STRENGTH' we are proposing to have an 'endless existentially elevating effect' our 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 Counsellor, 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 (the center of your being). Again, true to our belief in the mysticism of 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: A short play expounding a relevant Swahili saying.

S – SCRIPTURAL - Scriptural Sources: Quotes from major holy books (Bible, Koran and Gita).

A – ASSERTIVE - Assertive Analysis: 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: Self-arousing and self-instructing poetic messages.

C – CATHARTIC - Curative Catharsis: Total emotional release through music and dance.

The chief ingredients of our 'PSALMIC' pattern is an extensive scriptural scholarship (what was), alloyed to 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.

In the preceding issue (No. 001) of this magazine, we were able to look at patience though in a shallow manner (see Ushauri Uliojaa Ucheshi, Pg.35). In this JOVIAL JOURNEY, our focus tentatively narrows down on RADIANCY. The underlying philosophy here is: RADIANCY REDEEMS ROBUSTNESS.

PROVERBIAL PROVOCATION

METHALI: - Kipendacho moyo ni dawa

(Wasichana wawili na kijana mmoja wanatoka kwenye mlango wa kampuni)

Msichana I: Huyu karani wa kampuni, ana hamaki na hasira za mkizi. 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 kuwashu ghulikia wateja, haina kifani.

Msichana II: Isipokuwa ni huyo mkurugenzi, hiyo kampuni ingekuwa imepoteza wateja wote na kuzama kwenye kaburi la saha.

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 kama malaika.

Msichana II: Hivyo basi, wateja watafurika humo pomoni kama maji ya mto kwenye ziwa. Kama wasemavyo wahenga, 'kipendacho roho ni dawa'.

SCRIPTURAL SOURCES

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

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attempt to justify their cheating... or to give them an excuse to storm out of the room/house.

Your antennae should be well tuned when your spouse starts to be always tired or demonstrate a noticeable lack of energy or interest in the relationship, sleeps on the sofa some of the night, you two do not go to bed together, and he or she tells you not to wait up when you have always done so, reluctant to kiss you or accept your affection and/or criticizes you for showing attention, ignores or criticizes your loving behavior and thoughtful ways.

When your spouse suddenly asks about your schedule more often than usual—wanting to know where you will be and when, perhaps he or she is enquiring that as a means to adjust his or her straying program.

13. Lots and lots of changes

When your spouse joins the gym and begins a rigorous workout program and “hated” exercise before, buys new, sexy underwear and you never see it, have a sudden preoccupation with their appearance, begin to make sudden and excessive purchases of clothes or an unexplained change in clothing style, this is a big warning sign.

Men and women may display

different signs of infidelity. **Her:** When she gets spiffed up and dresses provocatively to “go grocery shopping” or to “get her hair done.” She may also show up with a sudden change of hair style. **Him:** When he showers, shaves (cologne, deodorant, etc.) and dresses up more than usual to “go out with his buddies” or to “go fishing.”

14. Automobile related signs

When the passenger’s seat is adjusted differently than you had left it, your spouse takes the child seat and/or kid’s toys out of the car for no particular reason, you find suspicious items in the car like phone numbers, receipts, lipstick,

the store for groceries” or “goes to get some gas” or “goes to the bank” (a task that should take just a few minutes) and comes home 5 hours later, you should wake up from your comfort zones.

17. Paper trails

When you find credit card receipts for gifts you did not receive -OR- your credit card bills itemizes gifts you did not receive (such as florist or jewelry), you find the credit card receipts showing purchases from places unknown to you or that seem suspect -OR- when your credit card bill itemizes odd places, something is amiss in your marriage.

If you see an increase in ATM withdrawals on your bank statement, especially those from out-of-town, you find ATM receipts bearing a time/date stamp from a town you don’t recognize [Cheating costs money! To play you must pay], be cautious that something

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6th SURVIVAL STRATEGY

Most people around you, constantly under the pull of their emotions, change their ideas by the day or by the hour, depending on their mood. You must never assume that what people say or do in a particular moment is a statement of their permanent desires. Yesterday they were in love with your idea; today they seem lukewarm. This will confuse you and if you are not careful, you will waste valuable mental space trying to figure out their real feelings, their mood of the moment, their fleeting motivations. It is best to cultivate both distance and a degree of detachment from other people’s shifting emotions so that you are not caught up in the process. Focus on their actions, which are generally more consistent, and not on their words. Do not take so seriously people’s promises or their ardour in wanting to help you. If they come through, so much the better, but be prepared for the more frequent change of heart. Rely upon yourself to get things done and you will not be disappointed.

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condoms or strange hairs in the vehicle, begins to keep a change of clothes hidden in the trunk of the car or an unusual amount of clothes changes at the gym, then perhaps someone is fishing in your waters.

When the car has unexplainable mileage or a lack of additional mileage, when he or she “goes to

may be up.

16. Work-related signs

When he or she works longer hours, more frequently, supposedly work a lot of overtime, but it never shows up on the pay stub, change the established routine with no apparent reason, begins

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he is such a pleasant, dashing figure. The desire to reform him disguises the true nature of their desire, the secret thrill they get from him. The fact that the Rake is so devoted to women, in his own way, makes him lovable and seductive to them

The Rake's greatest asset is his reputation. He never downplays his bad name, or seem to apologize for it. Instead, he embraces it, enhances it. It is what draws women to him. There are several

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Very few cases ever ended up at the Clan Council.

The tribal council's main work was a spiritual steering of the

tribe through religious ceremonies and rites as well as all civic governance. The military council's work was simply the maintenance of a standing army. The councils consulted each other and some individuals belonged to several councils. To become a member of the tribal council did not merely require age, but involved intricate ceremonies of initiation in various levels of eldership. These initiation procedures were structured into various grades with fewer and fewer members in the higher grades.

Thus there were elders of one goat, of two goats, and of three goats. Certain ceremonies could only be performed by elders of such and such grade etc. The Kikuyu had no ceremonial leader or king and when the various recognized clan elders came together to form the tribal council, *Njama ya Bururi* they had no

head but operated through consensus though they occasionally consulted a medicine man or seer or gave ear to the wisdom of a revered elder or oratorical genius.

The war council had its own medicine man. The ruling councils of each era had a name which lasted for several generations until there was a handing over, *ituika*, of one generation to a new set of rulers with a new ideology.

Each ruling generations is named after the outstanding characteristic of each though some names seem to be difficult to decipher. For instance the *Ndemi* generation belonged to the people who penetrated and cut down the primal forest, thus Ndemi or Cutters. The *Cuma* generation before that belonged to the people who discovered the science of smelting iron and thus was named Cuma or 'iron generation.'

THE KIKUYU ECONOMY AND FOOD

The Kikuyu were agriculturalists and also kept sheep and goats and for the well off, a humped breed of cattle. Goats were a form of currency and so practically every Kikuyu man kept a herd of goats. A woman always kept a fattened ram in an enclosure, *gicegu* inside her hut.

The cattle were grazed together with the goats during the day by the young men and boys and they were taken out in the morning to where good grazing could be found and brought back into the homestead in the evening. The cattle were housed in a fenced enclosure, *kiugu* near the man's hut and inside the main fence surrounding the homestead.

The goats and sheep were distributed among the huts in the compound for the night. There were two planting sea-

sons, the *njahi* season and the *mwere* season. The *njahi* once planted required to be weeded by the women and once ready, they were harvested, shelled and stored in the granary.

The millet on the other hand required a lot of vigilance after it flowered as birds could also feed on it. Therefore a platform, *gitara*, in the millet field was constructed and it was the boys' and girls' task to scare away the birds from this platform from very early in the morning to late evening using slings and shouts. This task only came to an end after the millet was harvested, and stored in the granaries.

The Kikuyu diet was mainly a vegetable one with millet, bananas, sweet potatoes and beans being especially important. Millet and sorghum were ground into a flour which was used to make porridge

or gruel, the principle breakfast. Maize and pigeon peas, *njugu*, and/or hyacinth beans, *njahi*, and other legumes were first boiled in a large pot for several hours.

Green plantain bananas, and various green vegetables preferably pumpkin leaves or stinging nettle or a whole range of leafy greens growing in uncultivated farm land left fallow were added later and these let to cook for half to three quarters of an hour. The excess stock was then drained and the pot removed from the fire and the stuff mixed thoroughly with a stick prepared for this purpose, *muiko*, and served as half round cakes on a calabash.

This was the main meal and what was known as food, *irio*. Sweet potatoes, yams, arrowroot and cassava were second class foods which were used to break the

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counselors need to develop an effective, helpful relationship with the clients. He/her should accept the client warmly, act in a non-judgmental manner, and offer unconditional positive regard.

(b) Aware of blind spots

Counsellor should help clients become aware of, overcome their blind spots, and develop new perspectives about themselves and their problems.

Many people fail to deal with problems, or fail to exploit opportunities because they do not see them from new perspectives. They lock themselves in self-defeating patterns of thinking and behaviours. The counsellor helps the client to see the blind spots. Once they see the blind spots, they will be able to prioritize issues.

The counsellor goes by the client's agenda. The counsellor uses his/her expertise to find out whether the presented problem is the problem. He or she needs time to determine the nature of the problem. Using imagination and brainstorming, as a means of problem management and opportunity development is one way in which counsellors can empower clients.

Challenging blind spots does not mean telling them what they are doing is wrong. It is helping them to see themselves, others and the world around them in a more creative way.

(c) Search for leverage

Counsellor should help clients search for leverage.

The counsellor should aim at influencing or empowering the client to come up with some means of obtaining results. The clients should be helped to identify and work on problems, issues concerns, or opportunities that make a difference.

Leverage includes three related activities. First, the cost of the problem has to be considered in terms of the effort and time spent on it. Secondly, if clients when telling stories reveals a number of problems at the same time, or if

I will never tell anyone what you've shared with me.

Thank you. It's a relief to be able to speak freely.



the problem is complex, then criteria is needed to determine which concern is to be dealt with first. Lastly, the problem issue and concerns need to be clarified in terms of specific experiences, behaviour, and emotions.

2. THE PREFERRED SCENARIO/ UNDERSTANDING/ INSIGHT

(a) Develop range of possibilities

The counsellor should help clients develop a range of future possibilities

The client is helped to see the situation he/she would like to be in. The client is also helped reassess the issues in deeper levels, to reach new perspectives such that they can find solutions. A client is helped to imagine, conceptualize, or picture a new state of affairs that is more acceptable.

The client is helped to develop understanding of where they have come from, where they are and where they would like to be. Most of the times clients need counselling because they do not know solutions to their problems.

(b) Translating possibilities

The counsellor should help clients to translate possibilities into goals

The variety of possibilities constitutes the possible desired outcomes of the helping process. The client is helped to possibilities that make the most sense and turn them into goals that need to be accomplished.

(c) Identifying incentives

The counsellor should help clients identify the kinds of incentives which may enable them to commit themselves to the goal they have set

Ideally the goals a client chooses are appealing. If not, then the incentives for commitment need to

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degree of congruence between one's personality and the work environment. Congruence is the compatibility between a person's personality and the environment. The highest level occurs when one is in an environment exactly like his or her personality.

Holland developed a theory which he code-named as RIASEC: **R**ealistic, **I**nvestigative, **A**rtistic, **S**ocial, **E**nterprising, **C**onventional.

Realistic careers

Realistic people possess personality characteristics as being Shy, Materialistic, Self-effacing, Frank, Genuine and Persistent.

Realistic careers are the skills and technical-oriented jobs. Work here involves tangible and practical skills where people work with tools, machines, plants and animals. The people in these jobs are highly practical and physically strong. They often enjoy dealing with things rather than people. They are good in technical subjects such as: Agriculture, Metalwork, Woodwork, Homescience, Technical Drawing, Drawing and Design among others.

Realistic personalities excel in: All kinds of engineering such as Electrical, Mechanical and Agricultural engineering, Wildlife management, Wood science and technology, Armed forces and related careers.

Investigative careers

An investigative person is likely to be analytical, critical, curious, independent, intellectual, introverted and reserved.

The professionals in investiga-

tive careers are scientific and laboratory-oriented. They have a high curiosity, intellectual input and empirical approach to issues. Their work involves analyzing facts, solving puzzles, dealing with charts, numbers, formulae, graphs and data processing. These people enjoy observing, studying, analyzing, interpreting and solving complex challenges. They do well in leadership positions, social gatherings and activities.

Investigative personalities are good in: Mathematics and the sciences, Business studies. They excel in: Medicine, Architecture, Microbiology and related courses, Criminal investigations, Accounting, statistical analysis, money, financial and related fields, Veterinary, zoology and related fields, Computer science and information communication technology.

Artistic careers

The artistic type prefers ambiguous, free, and unsystematized jobs and environment. They are intuitive but somehow disorderly.

Those who excel in these careers are arts-oriented, creative, expressive and aesthetically conscious. Their jobs involve a lot of imagination. Consequently, those who excel here are highly original, emotional, nonconforming, unconventional, independent, idealist and introspective. They take risks and like producing distinct products.

Artistic personalities are good in: Languages, Literature, Drawing and design, Music. They excel in: - Drama and theatre arts, Graphic designing, Literary studies, Writing, painting and poetry, Acting, Home decorating, fabric designing, Photography, singing, draw-

ing cartoons.

Social careers

These involve working with people. Those who excel here have an inner urge for helping others. They like training, informing, enlightening, arbitrating and organizing other people. They are sociable, friendly, understanding, empathetic, generous, helpful, cooperative, responsible and hard working. Often, they are sober, welfare - minded and articulate.

Social personalities are good in: Languages, Literature, Humanities, Can also be good in the sciences if they put more interest and effort in them. They excel in: Administration, Education, Law, Theology, Journalism and mass communication, Human and public relations, Political science and related fields, Counseling.

Enterprising careers

These careers involve influencing, manipulating and persuading other people so as to reach organizational or economic gains. There is a lot of goal and profit orientation in these jobs. Those who excel are enterprising, ambitious, talkative, argumentative and domineering people.

They are also energetic, self-confident, optimistic, sociable, competitive, impulsive and persuasive. They enjoy chairing meetings and committees. Often they run for elected offices, head important functions and motivate others.

Enterprising personalities are good in: Mathematics. Business studies. Science. They excel in: Business management. Sales and marketing. Hotel management.

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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".

ASSERTIVE ANALYSIS

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.

At the bottom of the cultivation of 'RADIANCY' as a personal enterprise, is individual commitment at building self-worth.

HERE IS HOW TO BUILD SELF-WORTH

Babies are born knowing their self-worth; as life moves on, the comments, expectations, and attitudes of other people can wear down this natural sense of self-worth. Self-worth is what enables us to believe that we are capable of doing our best with our talents, of contributing well in society, and that we deserve to lead a fulfilling life. Building it up again is therefore natural, essential, and healthy.

1. Understand the power of your attitude toward yourself and views about yourself.

How you perceive yourself, how you talk about yourself, and how you represent yourself eventually become the reality for you. And if it happens that you are putting yourself down, belittling your worth, and making light of your talents in the face of others, then you will come across as self-effacing, low in self-esteem, and almost a part of the wallpaper. This is not humility, it is self-denial and an attempt to lessen your presence.

On the other hand, if you exaggerate your qualities, talents, and skills, you will come across as egotistical and arrogant. However, oddly enough, this is not about over-estimating your self-worth but about deceiving yourself through insecurity. There is a middle pathway and it is the one in which you recognize and celebrate the fact that you are a valuable person, equal to everyone else, and that your talents and thoughts are unique and worthy. Getting to this belief can be difficult if you have spent years underestimating your worth but it is always possible to change your thoughts and to learn to value yourself

2. Learn to overcome a fear of self-love

Self-love is often equated with narcissism, egotism, and some kind of one-way trip to introversion. This is probably partly because the English language has a hard time dealing with the word 'love' – it has to cover a lot of territory for the many different types of love out there. It is also mired in the confusion people feel about the messaging to do good unto others, to always be charitable, and to give, give, give, without strings attached.

While these are noble intentions, they can often be taken out of proportion and used to downplay putting one's own needs and wants beneath those of others out of a fear of being perceived as selfish or inward-looking. Again, this is about getting the balance right. Healthy self love is about being your own best friend.

Self love is expressed not through preening oneself all day and constantly announcing how great you are (those are signs of intense insecurity); rather, self love is about treating yourself with the same care, tolerance, generosity, and compassion as you would treat a special friend. Treat yourself with care, compassion, and respect. Avoid overlaying how you think other people see you; how does it help you to capitulate to their idea of you?

Only you can give yourself the esteem boost needed. Self love falters when we fall into the realm of addiction. Alcoholism, drug addiction, Internet addiction, and all similar addictions are a sign that you are hurting deeply but also that you do not want to face up to the opportunities presented by working through your pain.

Advertisement

MWANIKI 2A/3P GUIDANCE & COUNSELING MODEL

By
Gilbert Kinyua Mwaniki

As an individual you are just an atom in the molecule that is the human species, which is just a drop in the ocean that is 'Existence'. REALITY is so immense (even infinite) that trying to search your individual reality (or cause of your maladjustments) in the wide range of information (theories, doctrines, dogmas or even heresies) from the inexhaustible pool of cultural heritage of humanity in general, may be very exhausting if not frustrating.

In your personal strive for a solid self-understanding (or to deal with your emotional disturbances), you have read many books, pamphlets and magazines, or perhaps you have read very few or none, or you have sought assistance from friends or COUNSELLORS.

But this GUIDANCE & COUNSELING Model sincerely bets that, you have never come across a written material which precisely reflects your aspirations and guides you as an individual in meeting your objectives and living a creative and a contented LIFE. In this hectic life, reading what puts supreme value to your personal problems as function of your personality, genetics or developmental process may be a redeeming experience.

This is what this MODEL seeks to do: give you a once-in-a-life chance to have a book (or a reference material) written "BY YOU, FOR YOU, and WITH YOU". By honestly responding to some promptings (not really questions) you will get to find your unique individuality (who you are) and what is holding you back in unleashing your God-endowed potential, in the thick forest of the wisdom borne of serious biological, psychological and philosophical research.

2A/3P simply means African Assertiveness / Provoking Positive Perceptions. The bottom line here is that individual change is often times about changing your perspective ... you cannot control events in your life but you can control how you react to them. The core ideal for this MODEL is: Locating your Bearing, in order to Actualize your Potential. The key word is WILL, which suffices out as a natural growth of autonomy, independence and self-determination; an unbroken resolve to exercise freedom of choice and of self-restraint.

To 'help' you to 'help' yourself to achieve a Holistic Humanistic Health (meeting all physical, social, emotional, vocational and spiritual needs) this MODEL has SEVEN packages. Whereas each package is independent, all are unified together to arrive at the overall goal of mankind: SELF-REALIZATION as a stepping stone to SELF-ACTUALIZATION.

1. WILL-TO-LEARN

This package captures on study skills which are in synch with one's personality trait. One is enlightened on one's unique learning ability. The individual is made aware of career and vocational choices which reflects one's temperaments and inclinations. Skills to improve on one's pet subject are explained. Insights into improving one's academic are offered. All vital aspects in regard to the real world of work are put in the right context. The enigmatic issue of 'Passion' is given utmost consideration.

2. WILL-TO-RELATE

This package captures on the teenage rebellion, peer pressure and sexuality. The teenager is aroused on social implications and parameters of his or her generation. One is made aware of the stage one is in regard to his or her adolescence and specific characteristics thereof. After being informed on thinking patterns which he or she may engage in as result of newly acquired mental abilities, the adolescent is taken through a personal pilgrimage of understanding intrinsic motivations which drives him or her. Further the teenager is enlightened on personal and societal forces (negative and positive) which may serve to determine his or her future. All factors which affect the teenager's relationship with the society, one's parents, teachers and the fellow peers are discussed in great depth.

3. WILL-TO-LIVE

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13. Trust your own feelings.

Self-worth requires that you learn to listen to and rely upon your own feelings and not automatically respond to the feelings of other people. Once those around you establish that you will respond to what they want, they lack any incentive to not make use of your responsiveness, and that sets a bond for you that can be hard to break (but you must break it). When you trust your own feelings, you will realize that when demands are placed upon you, you do not feel great and you will want to respond with what works better for you, or for both of you, rather than what works better for everyone else except you.

Self-worth plummets when we let others make decisions for us. Initially this may seem like the easy route and one that allows you to avoid hard choices. Ultimately though, it turns into the hard route because you will always find yourself boxed in by what other people decide for you. And then suddenly, if the people who make decisions for you disappear from your life, you are left alone and indecisive. That is a very earth-shattering place to end up in and it's more likely than not to happen if you are not prepared to make decisions for yourself.

*You are hereby exhorted 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 your vital 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.*

LIVELY LAUGHTER

USHAURI ULIOJAA UCHESHI

Ken na Mpira

Kabla hajapata kazi kwenye kikosi cha Jeshi, Bwana Ken alikuwa mwamba katika timu yao ya mchezo wa Vikapu (Basketball). Alikuwa anau-penda ule mchezo kiasi cha kwamba wakati wake wote hata kama hakuwa kwenye mchezoni, 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 kufikiria yuko 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 lake kama ilivyotakikana.

Maji yalipozindi unga na tabia yake ikawa imezorota 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 kupumzishwa kazi kwa muda wa miezi sita bila malipo.

Ken alipoona kitumbua kimeingia mchanga, na kufutwa kwake kazi kumekuwa hakika kama mauti, ilimbidi ajarukue, na mara hiyo akabuni mbinu mwafaka. "Mkubwa, naomba nije pahali upo", Ken alinena kwa unyenyekevu kama kinyaunyau. Alipopewa ruhusa na ule mkubwa wake, alienda na kukiweka 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 nimeamua

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is both distracting and alluring. It is not one particular trait, but a combination of qualities:

The Voice

The Siren's voice has an immediate animal presence with incredible suggestive power. Perhaps that power is regressive, recalling the ability of the mother's voice to calm or excite her child even before the child understood what she was saying.

The Siren has an insinuating voice that hints at the erotic more often subliminally than overtly; a delightful, sweet-sounding voice, which has a mesmerizing quality. The Siren never speaks quickly, aggressively, or a high pitch. Her voice is calm and unhurried, as if she had never quite woken up – or left her bed.

Body and Adornment

Besides having a lulling voice, the Siren has a dazzling body and its adornment. It is with her clothes that she aims to create the goddess effect; sometimes fashioning her hair, makeup, and clothes to evoke the look and air of Venus, the goddess of love. Whereas everything dazzles, they are also harmonious, so that no single ornament draws attention. Her presence is charged, larger than life, a fantasy come true. Ornament is used to cast a spell and distract.

The Siren can also use clothing to hint at the sexual, at times overtly but more often by suggesting it rather than screaming it – that would make men easily manipulable. Related to this is the notion of selective disclosure, the revealing of only a part of the body –

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her feel worse. Your kid is crying because he or she is not okay. Your job is to help him or her understand and deal with his or her emotions, not discount them. Try giving him or her a hug and acknowledging what he or she is feeling by saying something like, "That was a scary fall." Then ask whether he or she would like a bandage or a kiss (or both).

4. "Hurry up!"

Your child dawdles over his or her breakfast, insists on tying his or her own shoes (even though he or she has not quite mastered the technique yet), and is on pace to be late for school -- again. But pushing him or her to get a move on creates additional stress. Soften your tone slightly by saying, "Let us hurry," which sends the message that the two of you are on the same team. You can also turn the act of getting ready into a game: "Why don't we race to see who can get there first?"

5. "I am on a diet."

Watching your weight? Keep it to yourself. If your child sees you stepping on the scale every day and hears you talk about being "fat," he or she may develop an unhealthy body image. It is better to say, "I'm eating healthy because I like the way it makes me feel." Take the same tack with working out. "I need to exercise" can sound like a complaint, but "It is beautiful outside -- I am going to take a walk" may inspire him or her to join you.

6. "We can not afford that."

It is easy to use this default response when your child begs you for the latest toy. But doing so

sends the message that you are not in control of your finances, which can be scary for kids. Primary-schoolers may also call you on this claim if you turn around and make an expensive household purchase. Choose an alternative way to convey the same idea, such as, "We are not going to buy that because we are saving our money for more important things." If he or she insists on discussing it further, you have a perfect window to start a conversation about how to budget and manage money.

7. "Do not talk to strangers."

This is a tough concept for a young child to grasp. Even if a person is unfamiliar, he or she may not think of him as a stranger if he is nice to him or her. Plus, kids may take this rule the wrong way and resist the help of police officers or firefighters whom you do not know. Instead of warning him or her about strangers, bring up scenarios ("What would you do if a man you do not know offers you candy and a ride home?"), have him or her explain what he or she would do, then guide him or her to the proper course of action. Since the vast majority of child-abduction cases involve someone a kid already knows, you might also adopt a favorite safety mantra: "If anyone makes you feel sad, scared, or confused, you need to tell me right away."

8. "Be careful."

Saying this while your child is balancing on the swinging bars at the playground actually makes it more likely that he or she will fall. Your words distract him or her from what he or she is doing, so he or she loses focus. If you are feeling anxious, move close to

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business is justified to survive. The profit you make should be divided into a biblical ratio. A tithe of YOUR PROFIT must be offered to God. Return the rest to your stock. On and on the favour of the Most High will dwell in your business days without an end!

Draw a budget for your money and stick to it. This is where many of us fail, that is we do budget yes but we do not stick to it! Many a times when you do not have money issues arise. Immediately the cash lands in your hands-serious and urgent needs crop up. Please even if it happens for it will always be part of you to purchase every good thing you plan to without failure. Also, you will never fail yourself. Many people are not failed by others but they are failures of themselves.

You should put your businesses in several places. Yes set up one in Meru, Nanyuki, Eldoret, Kisumu, Nairobi, Kabondo, Garissa, Lamu, Taveta and Machakos. Since you never know what kind of bad luck you may have in this world, investments in several places is part of security of you stock in business.

Let us dig deeper, the ten businesses in the ten different towns or cities should be corded such that you receive a thousand shillings in your bank account daily. You find that every day you will be earning ten thousand shillings. Let the small businesses be closed on Sundays as workers and you take rest and attend worship centers. So in a month you will receive two hundred and sixty thousand shillings. Now, multiply by twelve months that qualifies you to be a millionaire!

This is only possible in only one year and only in business. Given time and consistency bear me witness that it is as easy as A B C to become a billionaire. Why then do you afford to stay without money? Mark my words and kindly take them like the Biblical truth. Just before I forget, how many Kenyans in the white collar jobs earn a salary of Ksh.260,000/= (per month)? Let it dawn on you that in investments, several

businessmen and women earn far beyond the mentioned above. Kindly send your answer to 0723 439 411.

Impulse buying my dear friends is a financial weakness that destabilizes someone quickly. Observe discipline - very personal and as an individual - of never to buy things unplanned for. Get to books and learn as much as you can. I mean that you enroll to schools, colleges and institutions to learn more in this life to be an all-round person. That way, you will attract money, honourably and in a justifiable manner.

A long the way my brothers and sisters, you will realize that investing is the ONLY WAY to prosperity and freedom. You may decide to agree or disagree with me when I say that the most important achievement nowadays is to work for yourself profitably and progressively. Therefore take risks. If you win you will be happy if you lose, you will be wise. Someone said: "It is not because things are not difficult that we do not dare, it is because we do not dare that are difficult."

Money is everywhere even in the desert. The team that went to exile, witnessed that there are people who left Babylon rich or wealthy. If your confidence in business evaporates for whatever reason, you are dead meat! Wait a minute, if it must be careful to have tried your ideas for at least one thousand different times.

MORE ABOUT MONEY IS ON THE WAY. DO NOT MISS THE NEXT ISSUE.

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students a day, probably is not seeking a deep relationship either. But suppose student work is complementary: one student's job is to learn about tortoises, another's is to learn about snakes, and a third student is boning up on lizards. After they do their research, they jointly develop a poster comparing and contrasting these three reptile types. The students actually need one another's knowledge.

5. Cultivating Engagement

All students, to some extent, seek mastery, understanding, self-expression, and positive interpersonal relationships. But they are all different as well. Imagine what could happen if we engaged our students in a discussion of these four types of motivation. What might they tell us about themselves and their classrooms? Could we actually teach them to design their own work in ways that match their own unique potential for engagement?

By observing and understanding how classroom conditions can create or repress student engagement, teachers can gradually move toward a more successful, curious, creative, and reciprocal school system.

Last, we can score the change process itself. What professional conditions block teachers' motivation? We can redesign staff development to promote understanding and respect among school staff members. By seeking to break down boundaries between teacher and teacher, teacher and student, student and the learning process, we will learn what students want and need. As a result, more and more teachers may go to bed at night remembering the images of wonder, enthusiasm, and perseverance on the faces of their students.

IF WE FOLLOW THE SPIRIT OF THE SCORE MODEL, WE WILL HAVE OPENED UP AVENUES FOR STUDENTS TO EXPRESS THEIR GRIEVANCES. IN AS MUCH AS STUDENTS WILL BE FREE OF REPRESSIONS (PENT UP EMOTIONS WHICH MAY BUST OUT IN A VIOLENT MANNER), THEN WE WILL HAVE SLAIN THE DEMON OF STRIKES IN OUR LEARNING INSTITUTIONS.

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be discovered. The goals that are set should be chosen from among a number of options. The focus should be on those that reduce crisis or pain.

The counsellor can help clients see ways of managing the obstacles that stand in the way of goals attainment. The client needs to be helped to identify strategies for accomplishing the goals.

3. ACTION STAGE

(a) Brainstorming

Helping clients brainstorm various strategies for implementing their goals

The client is helped to ask him or herself questions like, how can I get where I want to go? Strategies tend to be more effective when chosen from a number of possibilities. Strategy is the action needed to achieve a goal. Once the issues have been identified and clarified, it is possible to prepare a plan of action to enable the client to tackle the problem.

When the counsellor and client are satisfied that they know the real problem, then counselling can begin. Depending on the counsellor's qualities and skills as well as the problem behaviour, the counselling process may take a short or a long time to complete.

If the strategy or the goal to be achieved is complex, then it needs to be divided into a number of interrelated outcomes or accomplishments. Each of these sub-goals then has its own set of behaviours to be learned. This 'divide and conquer' process can lead to the achievement of what once seemed impossible.

The counsellor helps the client to come up with his or her own goals to solve the problem. He or she should refrain from imposing goals on the client. One reason why people fail to achieve goals is that they do not explore the different ways by which a goal can be reached.

Brainstorming plays a role by suspending judgement, producing as many ideas as possible. Using one idea leading to others, removing constraints to thinking and by clarifying items on the list the client may not be familiar with. Counsellor plays the role of a facilitator. The goals have to be decided by the client.

(b) Choosing a set of strategies

Counsellor should help the clients choose a set of strategies that best fit their environment and resources.

Best here means one strategy or a combination of strategies that are suitable to clients' needs, preferences, and resources, and those likely to be blocked by factors present in the clients, environment. They should be clear and specific, and tied to the desired goal. They should be realistic, effective, accepted by the client and in keeping with his/values.

Counseling is not giving advice, direction, information, or instructions. It does not try to eradicate, prevent, or control certain behaviour. Rather, counselling aims at meeting the therapeutic needs of the individual through helping him/ her to make decisions and to plan changes.

(c) Step-by-step procedure

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monotony of real food. Roasted sweet potatoes and roasted maize were snacks. The main meal was always the evening meal.

During the day, those working in the fields or herding would carry the previous night's leftovers for their lunch. They would also carry cold fermented porridge in small gourds. For fruits, ripe bananas were the principle fruits and a woman always kept some in her private store. Wild fruits and berries were gathered from the forest. Blackberries, ndare, and, mbiru were favorites while there were all manner of fruit trees in the forest, most famous being the giant yellow mulberry, *mwituya*.

Young boys tending cattle in the field roasted anything from teaks, locusts, and birds eggs but would make sure not to mention this at home. The Kikuyu also kept hives in the forest and harvested honey from time to time whose main purpose was the making of beer. Beer could also be made with sugarcane though honey produced the premium beer. The sugarcane was also chewed straight from the cane as a snack.

The occasional meat from a sacrificial goat was a luxury as meat was not regarded strictly as food. There were prescribed ways of cutting up the meat and cooking it and even eating it.

Certain parts could only be boiled and certain parts could only be roasted. The head for example was divided with each part eaten according to its meaning. Thus the tongue could only be eaten by the men who were meant to talk and be listened to. Women, *atumia*, a word derived from 'keeping silence' ate the cheeks, and girls, so that they could listen ate the ears etc.

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discouraging you from calling him or her at work, often “unavailable” when you try to call him or her at work, returns calls long after you leave a message for him or her, perhaps you are being played with.

When he or she prefers to attend work functions (or any events) alone and tries to discourage you from attending, takes more trips for business reasons and even refuses to let you drive him or her to the airport, finds out by accident he or she took vacation day or personal time off from work – but supposedly worked on those days, is away from home, either nights or on trips, more than previously, the amount of money being deposited into your checking account drops off, he or she is late home from work and always have an excuse ready, claims to be stressed with work problems when questioned about his or her odd behaviour, these are sign to watch out.

17. Becoming a cell-phone addict

Is your spouse constantly getting phone calls? If this has always been the case, you may be able to disregard this as a cheating sign. But if the phone calls have greatly increased all of a sudden, and if your spouse excuses him/herself to take them in private, or whispers while on the phone, cheating is a definite possibility. Emotional affairs occur primarily via the phone, especially cell phones. If you find your spouse hanging up suddenly when you enter the room or erasing the history on the cell phone and becoming defensive when asked about it, then you might want to check your phone

records.

When you are not allowed by your spouse to ever look at or use his or her cell phone, and he or she goes to great lengths to make certain their cell is not answered by you, there is a looming danger. Bear in mind, however, that your spouse may communicate with his or her lover through secret texts or via the computer as well. If these behaviors have increased and your spouse is being sneaky about them, he or she could have something going on the side. In this case, try a mobile spy software.

Other points of concern are: when he or she buys a cell phone and doesn't let you know about it. When your husband or wife suddenly deletes all messages from the voicemail where as he or she used to accumulate. When he or she suddenly deletes all caller IDs from the phone so you can not see them. When he or she sets up a separate cell phone account that is billed to the office. When he or she receives bizarre text messages from friends you never realised knew – in other words having ‘pretend’ names in their phone.

Some issues you will ignore at your own peril: When your spouse receives “mysterious” phone calls that do not seem to make sense—and when you ask who called, he or she say, “No one”, “Wrong number”, or “Why do you care?” When YOU get an increasing number of hang-ups or “wrong numbers” when you pick up the phone especially if the caller hangs up after hearing your voice and does not speak.

Generally when a person dials a “wrong” number, he or she will at least ask, “Is Mugo there?” before hanging up. When he or she

hurriedly picks up the phone to answer it before you do, when he or she behave differently or end the telephone call abruptly when you enter the room...or appear to hang up quickly, then there is a problem.

18. Excessive Computer Use

When your spouse stay up to “work” or “play a game” on the computer after you go to bed, have instant increment in internet usage, especially late at night, this is a red flag. Other danger signs include: When your spouse will not allow you access to their computer or he or she suddenly shut down the computer when you walk into the room. When he or she may password protect their laptop or computer to keep out suspicious eyes.

When he or she warily guards access to his or her chatroom, chat logs, games, Facebook page, or other social media, do not take this lightly. When your spouse has unusual sites showing in the “browser history” (such as “adult-friendfinder” or “ashleymadison”), or erases their history after each late-night session, be on your guard. When your spouse sets up a new e-mail account and doesn't tell you about it, spends all their time on the email, checking their email, or fooling with email somehow, suddenly deletes all emails from the email account (and it is not just a clean up) and in the past he or she used to let them accumulate, and when he or she delete an email the minute it comes in, and then delete the trash to make sure you do not see it, then you should smell a rat.

19. “I love you but I am not in love with you.”

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one's own group is better than all other groups. The most fanatic fans might say that they hate their archrival, while in fact – ironically – true fans partially exist only BECAUSE of the outgroup they claim to despise.

If the enemy would not be there, there would be no “us”. In addition, who would there be to beat? They are both passionate about supporting their team, know every detail about the players, and religiously follow the progress of their heroes.

The only thing that differentiates one group from the other is the team they root for. The sad truth behind the ingroup bias, is that we simply love to hate each other (and ‘their’ sponsors).

10. Confirmation bias

This is the phenomenon where all of us only look for what confirms our expectations or intuitions and ignore what contradicts our expectations or our intuitions.

Confirmation bias helps explain why some fans will boo every single referee call against their team. Abetted by this bias, fans automatically see the world as they want to, not how it is.

11. Delayed excitement

The fans desire to be closer and have more access to the sport and the sports person fuels the fans connection.

Today sports fans have access to a wide variety of sports at any time of the day including the insights

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7th SURVIVAL STRATEGY

The root cause of all passive aggression is the human fear of direct confrontation – the emotions that a conflict can churn up and the loss of control that ensues. And because of this fear some people look for indirect means for getting their way, making their attacks subtle enough so that it is hard to figure out what is going on, while giving them control of the dynamic. There are people out there seething with insecurities who are veritable passive-aggressive warriors and can literally ruin your life. Your best defense is to recognize such types before you become embroiled in a battle, and avoid them like the plague. The most obvious clues come from their track record – they have a reputation, you hear stories of past skirmishes, and so on. Sometimes you are confused because you suspect sabotage or obstruction, but they present such a friendly or benign exterior. Discard the exterior and focus only on their actions and you will have a clear picture. If they evade you and delay necessary action on something important to you, or make you feel guilty and leave you unsure why, or if they act harmfully but make it seem like an accident, you are most likely under a passive-aggressive attack. At all cost, avoid entangling yourself emotionally in their dramas and battles. They are masters at controlling the dynamic, and you will almost lose in the end.

from experts that were never available. Fans can sit in their living room dry and warm to see constant replays and on-demand highlights, listen to coaches and players talk to each other and experience almost any sporting event from anywhere in the world.

Fans seeking uncertainty find the drama and randomness of the sports outcome a compelling attraction and a reason to invest money, time and energy in being a spectator (which also partially explains the excitement many fans have for gambling and fantasy sports).

12. The second screen

Some psychologists attempts to answer the question why sports fans find watching a pre-recorded sporting match so much less exciting than watching exactly the same game live? The **Rational explanations**, such as: the removal

of drama, an increased distance from the actual experience and too much control over the experience and the **Irrational explanations** such as the lack of superstitious conditioning and the belief that if anything really exciting would have happened – “you would probably have already known about it”. The opposite is also true.

Fans love to loose themselves in the unpredictable drama of the live sports event. This also explains why sports are so suitable for second screen activations. As fans use several media at the same time they connect with each other to talk about the game and connect with a community of others doing exactly the same thing as they do at that moment (real-time is key here).

The ability to communicate about the game, the feeling of doing and experiencing something together and the mere psychological act of

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ashindwe kabisa". Mara hiyo hiyo yule afaa akabatilisha ule uamuzi wa daktari na kumpatia Ken afueni ya miezi mingine mitatu kuangaliwa.

MCHONGOANO

HALO! HALO! Huyu Binadamu ni mchangamfu kiboa, hivi kwamba akipita kwenye wanyama pori, wao humfuata kwa densi wakiiba; 'huyu ni mnyama mwenzetu shida yake tu ni kuficha uchi wake na kutembea kwa maringo na miguu miwili badala ya minne, na kifua kikiwa kimeangalia mbele badala ya chini'.

MOTIVATING MODEL

The thrills of a historical figure going by the name WINSTON CHURCHILL

Sir WINSTON LEONARD SPENCER-CHURCHILL was born on 30th November 1874 and passed on to glory on 24th January 1965. If we 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.

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, on 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.

INSPIRING INSTRUCTION

(Repeat this poem unto yourself)

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!

SEVEN SELF-STIMULATING SERMONS

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.

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.

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.

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.

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.

You are at the citadel of **'Holistic Humanness'**;
When you surely find yourself by any cause
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.

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.

CURATIVE CATHARSIS

(Repeat this unto yourself)

I pray for RADIANCY to flourish in others;
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.

THE SONG ACE OF BASE - LIFE IS A FLOWER

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.

*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
When every race is run
And the day is closing in
I don't care about the world*

*I'm living for the light
Don't cry for me today,
ah-ah ah...
yourself*

*We live in a free world
I whistle down the
wind...*

*I can not be your judge
Mr. jailer is your host
He's keeping you inside
And hides you from the
world
No catcher in the rye
Can help you from*

*We live in a free world
I whistle down the
wind...*

*Please Mr. agony
Release them for a while
Learn them the conse-
quences of
Living without life*

*We live in a free world...
(repeat & fade)*

DANGERS OF HOLDING NEGATIVE EMOTIONS

By Angela Wairimu

Emotions control your thinking, behavior and actions. Emotions affect your physical body as much as your body affects your feelings and thinking. As such, negative emotions create illness.

People, who ignore, dismiss, repress or just ventilate their negative emotions, are setting themselves up for physical illness. Negative emotions that are not **felt and released** but buried within the body can cause serious illness, including cancer, arthritis, and many types of chronic illnesses.

Studies have shown that negative emotions actually weaken your body, while positive emotions strengthen your body. Shame has the most devastating effect, followed by guilt, apathy, grief, fear, anxiety, craving, anger and hate.

Since your body/mind/spirit are all connected, negative emotions reflect in your face and change the appearance of eyes, expression, skin texture, color and tension.

So, negative emotions really DO cause disease and illness and pre-mature aging! But how does this process work? Here is a simple analysis.

As the electrical current of an emotion travels along your neural pathways, it triggers the release of chemical proteins called neuro-peptides (NPs). Each emotion has a different frequency that triggers the release of specific NPs.

These tiny chemical proteins communicate chemical messages throughout your body, creating a physiological response. Your body produces a thousand different neuro-peptides, each controlling different physiological functions.

Adrenalin, hormones, oxytocin, endorphins - these are all NPs. Each neuro-peptide creates such specific biological responses, that physical symptoms can actually

pinpoint what is really happening in your unconscious mind!

For instance, happiness, joy, laughter, and orgasms cause the release of endorphins. Endorphins are powerful opiates that make you feel good. They boost your immune system, relax muscles, elevate your mood, and dampen pain.

Adrenalin, cortisol and norepinephrine releases when you feel fear, anxiety or stress. They cause your heart to beat faster, and blood vessels to dilate, making your skin flush. Rapid, shallow breathing ensues. Muscles tighten, especially around the stomach and shoulder area. A slight sweat may break out.

When you get sick or are feeling a lot of tightness and pain, often times your body is asking you to observe yourself and find peace once again within yourself and your environment. It is all a learning and growing process you do not have to judge nor fear.

Psycho-neuro-immunology is the study of how emotions impact your health and well-being. Thoughts create, not only in the sense that your thoughts motivate you to action, but also that every thought or feeling creates your state of health and well-being. This startling new awareness has resulted in the emergence of a whole new field of medicine called energy-psychology.

An imbalance between your rational mind and your emotions will cause digestive upset, constipation, diarrhea or digestive disorders. That is because your mental digestion or assimilation process is mirrored by your body's physical assimilation process.

Powerful emotions such as pain, fear, grief, disappointment, panic, anxiety, anger, and longing, shock your body like an electrical charge, leaving scars or lesions along your neural pathways. This disrupts your body's

natural energy flow.

According to various researchers, condensed molecules from breath exhaled from verbal expressions of anger, hatred, and jealousy, contain toxins. Accumulated over 1 hour, these toxins are enough to kill 80 guinea pigs! Anger in particular damages the liver and gall bladder. Anger toward another person is like taking poison and expecting someone else to die!

Can you now imagine the harm you are doing to your body when you stay with negative emotions or unprocessed emotional experience throughout the body?

It does not help to hold back or deny your emotions. The very nature of energy is movement. When you bury or control your feelings, their energy can not flow outward properly and dissipate naturally. You may think you have controlled how you felt, but the energy of it is still at work.

Suppressing emotions uses up a lot of energy, which robs your body of energy that should be used for vital functions. Negative emotions tax your adrenal glands and use up nutrients the body needs to sustain itself. The result is fatigue and lowered vitality.

Energy has to move. If a negative emotion is not expressed (outward movement), it is suppressed (inward movement). The result of controlling or stifling emotional energy is frustration, anger, depression, physical pain, control issues, emotional shut-down, or self-sabotage. Self-judgement, low self-esteem and unworthiness may develop.

This inhibits your ability to create or receive what you really want in life. You learn to expect little joy in your life and settle for less than your soul needs to flourish.

BUT HOW DO YOU RELEASE NEGATIVE EMOTIONS? LOOK OUT IN THE NEXT ISSUE!

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spot him or her in case he or she takes a tumble, being as still and quiet as you can.

9. “No juice unless you finish your dinner.”

Using this expression increases a child’s perceived value of the treat and diminishes his or her enjoyment of the meal itself -- the opposite of what you want to accomplish. Tweak your message along these lines: “First we eat our meal and then we drink juice.” The wording change, though subtle, has a far more positive impact on your child.

10. “Let me help.”

When your child is struggling to build a block tower or finish a puzzle, it is natural to want to give him or her a hand. Do not. “If you jump in too soon, that can undermine your child’s independence because he or she will always be looking to others for answers.” Instead, ask guiding questions to help him solve the problem: “Do you think the big piece or the little one should go at the bottom? Why do you think that? Let us give it a try.”

11. “Be a man!”

It is important for kids to learn to express their emotions, but statements like this only create those emotionally unavailable people we all know (but like anyway).

12. “Girls/boys do not do that.”

You do not want to stop your kids from exploring something you may very well excel at.

13. “I hope someday you end up with a kid just like you.”

It sounds like a clever thing to say, but you are basically telling your kid that the experience of raising them is so miserable you hope you have to suffer through it too.

14. “Your mom/dad is an idiot.”

Your partner or ex may indeed be an idiot, but it is important to remember that you are talking about your kid’s parent. More than that, though, when you speak this way you are sending the message that it is OK to talk about the people in your family this way.

15. “You are the _____ one, and your sibling is the _____ one.”

This only puts your kids into boxes that they may want to break out of one day.

16. “Shut up!”

No one likes to be told to “shut up,” but if you say it enough to your kids they will eventually start saying it to others.

17. “Why can’t you be more like your brother/sister?”

This only creates feelings of inadequacy and drives a wedge between siblings.

18. “Stop crying or I will give you something to cry about!”

Parents have been dropping this old chestnut for generations, but it is basically threatening your kids when you stop to think about it.

19. “Why can’t you do anything right?”

Kids learn through trial and error, but they will never try anything new if you have made them afraid

to try.

20. “There is no reason to be scared. Just do it!”

Telling your kid there is no reason to be scared does not change the fact that they are scared. Instead, try listening to why your kid says he or she is scared.

21. “That is what you get for not listening!”

You might feel a weird sense of vindication when your kid falls down after you told him or her not to run in the house, but rubbing it in only creates resentment and ruins a chance for a teachable moment.

22. “You are a bad girl/boy!”

When you say this you are hoping your kid will stop acting up, but all you are really doing is reinforcing the idea that they are bad. You are better off saying something like, “Right now you are not acting like the good girl/boy that I know you are.”

23. “I hate my body.”

Criticize your body and your kids will learn to criticize theirs. If, however, you project a positive body image, your kids will be much more likely to grow up to be happy with the way they look.

24. “I was bad at math too. You take after me!”

It’s easy to feel like your kid is an extension of yourself, but the truth is they do not have to be bad at math just because you were.

25. “Just let me do it for you.”

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This package dwells on giving the individual the necessary insight into one's irrational impulses and unconscious motivations which may be directing and informing him or her present behaviour. All factors that may be derailing the individual growth including messages hidden in one's dreams, cognitive biases, defense as well as escape mechanisms are exposed. One is focused on the core functioning of one's personality and neurotic trends, which may help or hinder the individual in finding meaning to life. One is informed on his or her personality predisposition as a function of various interlocking factors, which then serve to inform him or her on how to achieve one's objectives. One is given a chance of choosing a therapeutic tool that is persuasive in digging deep into wells of one's divinity.

4. WILL-TO-PARENTHOOD

Are you a parent looking for a little help figuring things out, and maybe have a laugh about the world's hardest job – parenting? This package seeks to assist parents in making parenting a nourishing and enjoyable experience rather than an inescapable burden and/or a lifelong regret. The parent's eyes are opened to his or her child's possible struggles and how he or she can assist. He or she enlightened on the cognitive, emotional and social development of his or her children at every stage of their growth. The parent is informed of poor parenting style one may be applying or may gravitate towards and how to deal with it. One is armed with well-researched and proven tactics which will enable one to raise his or her children (whether single, married or divorced) into responsible adults who one can be proud of. All possible conflicts which each parent may be encountering with his her or children at different ages are put into sharp focus and an individualized antidote suggested.

5. WILL-TO-HEALTH

This package teaches the individual on how to shield oneself from, or reduce suffering and attain inner peace. One is propelled on the natural path towards one's physical well-being, by relying primarily on one's genetic make-up (one's body and blood type). More emphasis is put on dietary choices one should follow which augers well with one's blood type. The emotional source of the physical pain one may be encountering in certain parts of the body is explained and antidote suggested. The person is armed with the necessary tools which will help him or her to clear off the debris of Negative Emotions which may be doing a lot of harm to one's health. A meditation technique (to cleanse one's faculties) that suites one's tastes and orientations is suggested.

6. WILL-TO-LEAD

This package is intended at arming the individual with leadership and managerial skills which will help him or her to sail through this competitive and fast paced world. The individual is given a chance of choosing a psychic program alloyed to a historical motivating model, which he or she can immensely learn from. One is aroused on one's leadership leverage as a function of one's inherent disposition and temperament. All the dangers which affect our African continent are put in their right perspectives and solution suggested. One is initiated to being a partaker in building an African Civilization and is informed on one's role in facilitating the dream of an African UNIFICATION.

7. WILL-TO-TYPICAL 2A/3P

This package is the epitome of the name of our MODEL: African Assertiveness / Provoking Positive Perceptions. It precisely arouses the individual on the stumbling blocks as well as stepping stones to one's ego and psychic strengths. This realization becomes the only vital necessity in arming him or her with the ability to be a well integrated, resourceful individual and to live harmoniously with other society members. One's mind is strengthened by well focused and relevant philosophical points. One is assisted step by step on one's specific road towards achieving the highest level of human awakening one is capable of.

How to benefit from this MODEL:

Choose the package(s) you would want. Send your request by calling this number, 0773039171, or Email your request to mwanikikinyua@gmail.com. You will be sent a questionnaire to fill, which you will scan and send it back. The personalized result (about 30 pages, A4, font 12) will be given or sent to you, perfectly bound in form of a book, hence the name of this MODEL, a book written "BY YOU, FOR YOU, and WITH YOU".

Do not gamble with your life anymore. At a price of KSH 500 per package, seize this chance of being changed by recent breakthroughs in philosophical, pedagogical, psychological and physiological research.

If you want to earn some cash by marketing this Model call: 0773039171

From Pg. 52

If you hear these words, a big warning bell should go off. This is one of the most consistent things a cheating spouse will say. Your spouse may have a deep, loving bond with you, but intense feelings of passion can override the bond with you and cause your spouse to lose sight of his or her true feelings.

The cheating spouse will develop what psychologists call *hormone-induced amnesia*. The surging hormones and passion he or she feel in his or new relationship can cause some very skewed thinking.

20. "We are just friends."

This is also another very predictable statement that will come from a cheating spouse. If your spouse is spending more and more time with this new "friend"; then there is probably more to it than mere friendship. Your spouse may feel he or she has a lot in common with this person, that this person understands him or her and things he or she is going through. Whatever the reasons for the friendship, it is a big warning sign and one you should take seriously.

21. "I need some space to figure out my feelings."

Spouses who are involved with someone else will request more space, time alone or away from the family. They may say it is due to confusion over their feelings or stress at work. This can be a sign that there is someone else and the spouse is trying to figure out ways to have more freedom.

IN THE NEXT ISSUE WE WILL FOCUS ON 'DEALING WITH A CHEATING SPOUSE'

_____END_____

From Pg. 51

The counsellor should help clients formulate a plan step-by-step procedure for reaching each goal

A plan has strategies for reaching goals. Divide strategies into workable bits. Organize bits in sequence to be accomplished and give a time frame for each. Both the client and the counsellor will monitor the progress towards the goal.

The counsellor will acknowledge any progress made by the client and the counsellor will discuss the reasons why they are not working. Perhaps some new strategies need to be formulated or the present ones modified until a solution is found.

Formulating plans helps clients find useful/meaningful ways of reaching goals. Plans provide an opportunity to evaluate the realism and adequacy of goals. The client is also helped to discover obstacles to goal reaching. Obstacles that may be on the way must be overcome. The counsellor has to be "there" for the client.

4. EVALUATION AND TERMINATION

Evaluation is an ongoing activity during implementation/action stage. However, the final evaluation will be done to make sure that the client's goal has been achieved. Counselling is terminated after the client has achieved his/her goals.

LOOK OUT IN THE NEXT ISSUE AS WE DISCUSS THE SKILLS AND TECHNIQUES UTILIZED BY A PROFESSIONAL COUNSELLOR

_____END_____

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Politics. Industrial consultancy and related fields.

Conventional careers

The careers here involve highly orderly, systematic, routine and practical jobs. Often, there are some inflexible activities. Those who excel have a common denominator of being obedient, unimaginative, practical, persistent, defensive, calm and orderly. They are also inhibited, efficient and conforming.

Conventional personalities are good in: Business studies, Computer and office practice, Home science. Sciences. They excel in: Accounting, Bookkeeping, Auditing, Statistics, Inventory control, Store keeping, Secretarial, Office management, Computer operations.

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If we keep brushing our kids' teeth, tying their shoes, or doing their homework, they will never learn to do things for themselves.

26. "You look so much better when you..."

You may think you are offering constructive criticism, but it is still criticism, which can have devastating consequences on your kid's self-esteem and self-confidence.

These two last statements compiles a negative label and condemnation of a child's future.

27. "Didn't I warn you this is going to happen."

28. "You are never going to accomplish anything."

SIMPLE CROSSWORD

RULES AND CLUES : - CIRCLE THE WORDS IN ANY DIRECTION.

I	N	F	I	D	E	L	I	T	Y
C	B	Y	W	G	J	O	X	U	W
A	L	O	V	A	B	L	E	V	E
L	R	M	T	K	E	N	Y	A	C
C	S	O	A	E	D	I	P	L	O
O	X	U	J	L	I	M	Q	C	U
H	S	T	R	A	T	E	G	Y	N
O	E	H	P	L	O	V	E	O	S
L	V	X	A	Y	R	Z	N	O	E
I	E	W	O	Z	N	Q	I	X	L
S	N	F	S	T	R	E	S	S	L
M	T	E	E	N	A	G	E	R	O

1. A ten letter word that shows an act of disloyalty and was discussed as being rampant in Kirinyaga in the issue No. 001.

2. The name of this great magazine.

3. A name on the title discussed on page 28 of the issue No. 001. that means a young person.

4. Affectionate and tender devotion.

5. A person in charge of part of a newspaper.

6. The number of survival strategies in the issue No. 001.

7. Condition causing hardship, disquiet e.t.c

8. A piece of work, either to be done or completed.

9. Substance made of fat or oil and an alkali, used for washing and cleaning.

10. The best name we should say to drug abuse.

11. Deserving or inspiring love; worthy of love.

12. A medical condition caused by drinking too much alcohol regularly.

13. The process of planning something or putting a plan into operation in a skillful way.

14. The entrance or opening of something.

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but a part that stirs the imagination; thighs, breasts or even arms.

Movement and Demeanor

The Siren moves gracefully, suggestively and unhurriedly, obsessing men with her tremulous presence, her manner and nonchalant air. The proper gesture, movement, and demeanor for a Siren are like the proper voice; they hint at something exciting, stirring desire without being obvious. Her air is languorous, as if she had all the time in the world for love and pleasure. Her gestures have a certain ambiguity, suggesting something both innocent and erotic.

If you are a young man in search for a life partner, or a married man with a straying mind, be on look out for this type of a character.

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things he is known for: his irresistible attractiveness to women; his uncontrollable devotion to pleasure (this make him seem weak, but also exciting to be around); his disdain for convention; a rebellious streak that makes him seem dangerous. This last element can be slightly hidden; on the surface, he is polite and civil, while letting it be known that behind the scenes he is incorrigible. Ultimately a woman may feel ambivalent about the Rake's reputation, but beneath that ambivalence is an underlying interest. On his part, the Rake does not leave his reputation to chance or gossip; it is his life's artwork, and crafts it, hones, and displays it with the care of an artist.

All ladies, married or not should be keen on this character and avoid him like an Ebola victim!

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connecting is an extremely strong motivation for fans.

13. Self-sacrificial devotion

This manifests itself in a deep-rooted commitment to a sport or club even if in the long term this could harm one's health or cause trauma, for example, fighting with fans of an opposing team.

14. Unwavering conviction

This is an extreme trait of a football fan which borders on fanaticism. This fanatical faith goes hand-in-hand with fanatical distrust of reality where obvious facts are denied and illusions are preferred. Therefore, in the fanatic's opinion, reality that does not support his or her convictions about his or team's strength must be rejected.