



# AFROBeyondist Civilization



## 2A/3P = African Assertiveness / Provoking Positive Perceptions = BEYONDISM

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

SIMPLY:  
**I**nvolve, **E**volve and **R**evolve

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

### which are the precise parameters of BEYONDISM?

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

### WILL triggers your FODD

"It is not by spectacular achievements that man can be transformed, but by will", so affirmed Norwegian playwright Henrik Ibsen (1828 - 1906). WILL is a natural growth of autonomy, independence and self-determination; an unbroken resolve to exercise freedom of choice and of self-restraint. WILL is the master motivation and the mother of commitment. The greatest tragedy in LIFE is not DEATH but a LIFE without WILL. Listen to Roman poet Sextus Propertius (50? BC - 15? BC): "Even if strength fails, boldness at least will deserve praise: in great endeavors even to have had the will is enough."

### will-to-Health

**WILL-to-Health** is one of the SEVEN autonomous packages (Will-to-Relate, Will-to-Become, Will-to-Live, Will-to-Parenthood, Will-to-Strength and Will-to-Lead), inclusive of Will-to-LOVE and Will-to-SELFHOOD which compose this software/program going by the name **2A/3P SELF-ACTUALIZATION Model**. This package arouses you on how to shield yourself from, or reduce suffering and attain inner peace. You will be propelled on the natural path towards your physical well-being, by relying primarily on your genetic make-up (your body and blood type). More emphasis is put on dietary choices you should follow which augers well with your Blood Group. The emotional source of the physical pain you may be encountering in certain parts of the body is explained and antidote suggested. You will be armed with the necessary tools which will help you to clear off the debris of Negative Emotions (to which may be doing a lot of harm to your health. A meditation technique (to cleanse your inner faculties) that suites your tastes and orientations is suggested.

**TO BE HEALTHY IS THE SUPREME GOAL OF MANKIND BEING PROACTIVE IN REGARD TO YOUR WELL-BEING**  
**A SOUND MIND HOUSED in a STRONG BODY is DIVINITY and a TIMELY THERAPY**

**T**RUE to the 'language' of counselling, what you are about to **FILL** are not **QUESTIONS** where you expect **ANSWERS**.  
**H**AVE it: They are palatable **PROMPTINGS** from which individual **RESPONSES** will be **EVOKED** from **DEEP** within you.  
**E**SSENTIALLY, following the 'spirit' of professional psychotherapy, your **DATA** will be treated with utmost **CONFIDENTIALITY**.  
**R**ESPONDING honestly to the **7** **PROMPTINGS** below, kindles your inner **VOICE** to start being clearly audible.  
**A**S your subtle **PSYCHIC** music keeps on playing out, you will automatically generate your unique **HEALTH CODE**.  
**P**URPOSIVELY, this shall be your **munificent manuSCRIPT** and a **substantial SCRIPTure**, as you dance to the beat of your **DIVINITY**.  
**Y**OUR **H**e-CODE will ultimately be **configured** and **customised**, as well as **personalised** and **packaged**, in the form of:

**A BOOK written for YOU, by YOU**

**Vivendo Vincamus**  
**(Latin: "By Living Let Us Win")**

**FULL NAME:** \_\_\_\_\_

**NICK NAME:** \_\_\_\_\_

**Favorite Hobby:** \_\_\_\_\_

**COUNTRY:** \_\_\_\_\_

**DATE of BIRTH:** Day.....Month.....Year.....

**Your GENDER:**  Male  Female

1. Utilizing well your enduring **PHYSICAL constitution:** (One choice)
  - a. Medium bone structure; - Predominance of soft roundness throughout the body.
  - b. Heavy bone structure; - Predominance of muscle, bone and connective tissue.
  - c. Light bone structure; - Predominance of linearity and less pronounced muscles.
  
2. Your **Blood Group; basic diet and possible diseases:** (One choice)
  - a. Blood Group O
  - b. Blood Group A
  - c. Blood Group B
  - d. Blood Group AB
  
3. An area of your **BODY** paining you most of the time: (One choice)
  - a. NECK
  - b. SHOULDERS.
  - c. SPINE.
  - d. ELBOWS.
  - e. WRISTS.
  - f. HIPS.
  - g. KNEES.
  - h. ANKLES.
  - i. BUNIONS.
  
4. **NEGATIVE Emotions, you would WISH to WORK on:** (One choice)
  - a. Abandonment, Betrayal, Lost, Love Unreceived.
  - b. Anxiety, Despair, Disgust, Nervousness, Worry.
  - c. Wailing, Discouragement, Rejection, Sadness, Sorrow.
  - d. Fury, Bitterness, Guilt, Hatred, Resentment.
  - e. Blaming, Dread, Cowardice, Horror, Peeved.
  - f. Humiliation, Jealousy, Longing, Lust, Overwhelmed.
  
5. How you can turn negative **EMOTIONS** into positive: (One choice)
  - a. Fueling/transforming anger into creativity.
  - b. Struggling with adversity to alter perspective.
  - c. Working through shame to cultivate compassion.

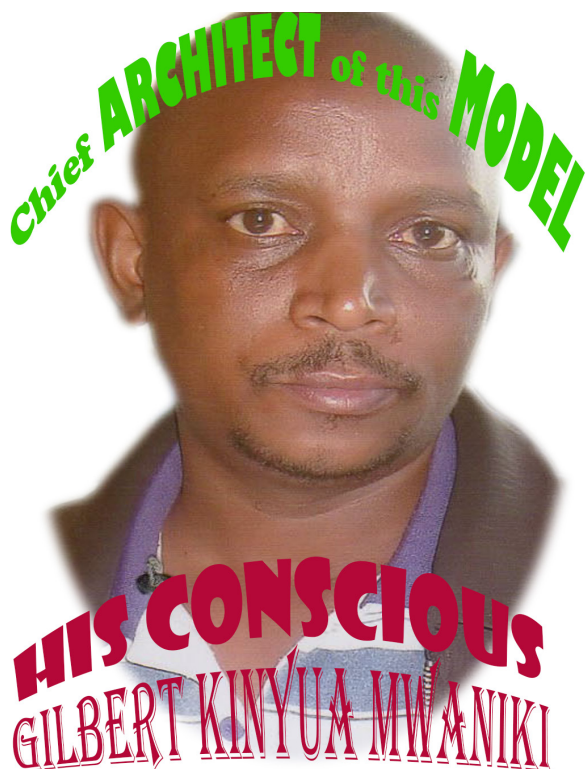
- d. Using pessimism to be more productive.
- e. Using envy to spur you to become better.
- f. Using loss to lead you towards gratitude.
- g. Using negative thoughts towards mindfulness.

**6. An UNDERSTANDING to keep you absolutely aroused: (One choice)**

- a. How your MIND affects your general HEALTH.
- b. The HEALING power of individual PRAYER.
- c. The power of MIND to harm at a DISTANCE.
- d. The chemistry of EMOTIONS and brain electrical wiring.
- e. The science behind the BODY-MIND relationship.
- f. Reducing the weight of the sack of your EMOTIONAL pain.
- g. The role of BELIEF in boosting your emotional strength.
- h. Understanding, identifying and releasing of EMOTIONS.
- i. Methods you may be using to avoid feeling your EMOTIONS.
- j. Methods you can use to identify what you are FEELING.
- k. Facing and welcoming EMOTIONS regardless of what they are.
- l. The top TEN most commonly trapped negative EMOTIONS.

**7. A vital NATURAL SCENE you feel highly uplifted upon: (One choice)**

- a. Watching the refreshing immense blue sky on a cloudless atmosphere.
- b. Sitting comfortably in the evening watching the twilight of sunset.
- c. Lying on a beach/couch in the morning watching the Sun as it rises.
- d. Attentively standing in front of a forcefully and/or swiftly dropping fall.
- e. Being in the thick of forest at midnight hearing all varieties of sounds.
- f. Standing on top of a hill watching well leveled green vegetation below.
- g. Walking with a friend/lover in the mid of night upon a bright full moon.



**2A/3P SELF-ACTUALIZATION Model**, which *soulfully stands* at the *core center* of **BEYONDISM**, deals basically with what it says it does (validity) and produces the same results when given same data more than once (reliability). This MODEL is ferociously fueled by 7P's (Psychology, Philosophy, Poetry, Prose, Programming, Post-Modernism, and Pan-Africanism). This MODEL is precisely for SELF-REALIZATION and SELF-ACTUALIZATION purposes only, and is not in ANY WAY intended to be a substitute for the traditional face to face counselling or psychotherapy with a trained (and certified) professional. (c) 2024 by GILBERT KINYUA MWANIKI, an engineer, a scientist, a programmer and a psychologist. Mwaniki is an accomplished author of two books: 'An ABCD...for an Assertive African', and 'Building a PSYCHIC PALACE: Provoking Positive Perceptions'. Continue striving to LOCATE your BEARING and you will eventually ACTUALISE your POTENTIAL. Let others be blessed by the TIMELY THERAPY of **BEYONDISM** (so as to kindle the fire of an African RENAISSANCE), by proposing this MODEL to as many people as you can. "And he said unto them, Go ye into all the world, and preach the gospel to every creature." - Bible, Mark 16:15. For any comment, compliment or complain, SMS: 0720314852 or Email: mwanikikinyua@gmail.com. All rights reserved.