



# AFROBeyondist Civilization



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

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

SIMPLY:  
Involve, Evolve and Revolve

An IDEAL upon which African IMPROVEMENT should INVOLVE  
A DIRECTION in which African EMANICIPATION should EVOLVE  
The AXIS about which African REDEMPTION should REVOLVE

## 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 CODE

"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-Live

WILL-to-LIVE is one of the SEVEN autonomous packages (Will-to-Relate, Will-to-Become, Will-to-Lead, Will-to-Parenthood, Will-to-Health and Will-to-Strength), 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 dwells on giving you the necessary insight into your irrational impulses and unconscious motivations, which may be directing and informing your present behaviour. All factors that may be derailing your growth including messages hidden in your dreams, cognitive biases as well as defense mechanisms are exposed. You will be focused on the core functioning of your personality and neurotic trends, which may help or hinder you in finding meaning to your LIFE. You will be informed on your personality predisposition as a function of various interlocking factors, which then serve to inform you on how to achieve your objectives. You will be given a chance of choosing a therapeutic tool that is persuasive in digging deep into the wells of your DIVINITY.

## NO ONE WHO IS THE CENTER OF UNIVERSE BUT YOU EXPOSING UNCONSCIOUS MOTIVATIONS AND FINDING MEANING IN LIFE CROSSING your CORE INDIVIDUALITY as the MARK of DIVINITY is a TIMELY THERAPY

TRUE to the 'language' of counselling, what you are about to FILL are not QUESTIONS where you expect ANSWERS. HAVE it: They are palatable PROMPTINGS from which individual RESPONSES will be EVOKED from DEEP within you. ESSENTIALLY, following the 'spirit' of professional psychotherapy, your DATA will be treated with utmost CONFIDENTIALITY. RESPONDING honestly to the 28 PROMPTINGS below, kindles your inner VOICE to start being clearly audible. AS your subtle PSYCHIC music keeps on playing out, you will automatically generate your unique LIVING CODE. PURPOSELY, this shall be your munificent manuSCRIPT and a substantial SCRIPTure, as you dance to the beat of your DIVINITY. YOUR Li-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: \_\_\_\_\_

Current Occupation: \_\_\_\_\_

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

1. When you were BORN as a fount of your ESSENCE: Day.....Month.....Year.....

2. UNEARTHING the deep secrets of your GENDER: (One choice)

- a. Male: How to behave elegantly/nobly like an original MAN.
- b. Female: How to behave elegantly/nobly like an original WOMAN.

3. Effects of family birth order on your PERSONALITY: (One choice)

- a. First Born (Oldest Child).
- b. Second (of only two) Child.
- c. Middle Child.
- d. Last Born (Youngest) Child.
- e. Only (Single Child).

4. Impact of EARLY family atmosphere on you NOW: (One choice)

- a. Parent-Child relation: - Less consensus, strict discipline, or emotionalism.
- b. Parent-Child relation: - Apathy, withdrawal, rejection or implicit hostility.
- c. Parent-Child relation: - More consensus, more encouragement, less criticism.

5. PERSONALITY and enduring physical constitution: (One choice)

- a. Predominance of soft roundness throughout the body.
- b. Predominance of muscle, bone and connective tissue.
- c. Predominance of linearity and less pronounced muscles.

6. PERSONALITY as a function of your Blood Type: (One choice)

- a. Blood Group O
- b. Blood Group A
- c. Blood Group B
- d. Blood Group AB

7. Most cherished pattern of realizing personal goals: (One choice)

- a. Competitive, time urgent, impatient, multitasking, aggressive, stressed by delays.
- b. Non-competitive, one thing at a time, patient, control feelings, relaxed in delays.

8. Know yourself well by outlining your TENDENCIES: (One choice)

- a. Organized, dependable, self-disciplined, dutiful and issues-directed.
- b. Trusting, altruistic, compassionate, well-tempered and cooperative.
- c. Emotionally unstable, anxious, moody, irritable, dissatisfied and sad.
- d. Imaginative, insightful, curious and have a broad range of interests.
- e. Talkative, excitable, sociable, expressive, energetic and outgoing.

9. Your INCLINATIONS and most favourite COLOUR: (One choice)

- a. Yellow
- b. Green
- c. Blue
- d. Indigo
- e. Purple/Violet
- f. Turquoise
- g. Pink
- h. Magenta
- i. Brown
- j. Gray
- k. Silver

10. Your preference in dealing with SELF and OTHERS: (One choice)

- a. Focused on internal world, and personal ideas; get energy in solitary activity or reflection.
- b. Focused on the external world and other people; energized by external stimulation or others.

- 11. Your basic preference in acquiring INFORMATION:** (One choice)
- Concrete, detail-oriented and factual; practical and focused on the present moment.
  - Concerned with meaning, connections and possibilities; more imaginative than realistic.
- 12. Your major preference in making key DECISIONS:** (One choice)
- Decisions that are based on facts or data, and concerned with reasoning logically.
  - Decisions that are consistent with personal values and help build relationships.
- 13. Your potent preference in ORGANIZING your LIFE:** (One choice)
- Likes structures, schedules and plans, with clear, concise and foreseeable expectations.
  - Likes open-ended, spontaneous, flexible existence, with many available possibilities.
- 14. IMPULSES preventing you from optimal LIVING:** (One choice)
- Over-optimism, Gullibility, Manipulativeness, Excessive admiration, Arrogantly confident.
  - Pessimism, Suspiciousness, Stagnation, Aloofness, Passivity, Envy, Self-belittlement.
  - Stinginess, Constrictedness, Stubbornness, Orderliness, Rigid punctuality, Meticulousness.
  - Over-generosity, Expansiveness, Tacit agreeing, Messiness, Sluggish, Dirtiness, Vagueness.
  - Vanity, Pride, Blind courage, Brashness, Over-friendliness, Chastity, Over-joyfulness.
  - Self-hatred, Humility, Timidity, Shyness, Isolation, Plainness, Promiscuity, Sadness.
- 15. REACTION in the face of an adverse circumstance:** (One choice)
- Clinging to others for affection and approval.
  - Confronting others to protect myself from threat.
  - Isolating myself to avoid involvement with others.
- 16. WEAKNESS in RELATING with yourself and others:** (One choice)
- Responding spontaneously, striking back and defending myself.
  - Does not care about what is happening and ignores all sentiments.
  - Scolding, criticizing or imposing value judgments on others.
- 17. Your fundamental and most essential style of LIFE:** (One choice)
- Setting and adopting targets that are very low.
  - Engaged in achievement of high objectives.
- 18. Deepest CONVICTION in this age of IT Revolution:** (One choice)
- NAY ATTITUDE: - Individual aims fade away instead of being fully realized.
  - YEA ATTITUDE: - Things will turn out well in spite of present shortcomings.
- 19. Handling your apparently undoing personal FEELING:** (One choice)
- Being alone, apart and isolated.
  - Being helpless and insignificant.
  - Being anxious and apprehensive.
  - Lack of vital ideals to inspire me.
  - Lack of desire to improve myself.
  - Being resentful and of self-hatred.
- 20. Your DARK side you would really wish to BRIGHTEN:** (One choice)
- Manipulate, exploit, deceive or flatter others toward my own end.
  - Lack remorse, insensitive, cynical, unconcerned with the morality.
  - Seek admiration, prestige or status, expect special favors from others.
  - Feel pleasure upon witnessing others pain, or being cruel, guiltlessly.
- 21. Understanding the hidden meaning in your DREAM (I):** (One choice)
- Feeling helpless or being utterly paralyzed in a dream.
  - Being in or near any type of vehicle which is out of control.
  - Trying to operate electronic equipment which fails to work.
  - Being lost or trapped and trying to find the way out.
  - Rushing to catch any type of public transport, but missing it.
  - Being prevented from passing a test in different possible scenarios.
- 22. Understanding the hidden meaning in your DREAM (II):** (One choice)
- Yourself (or a loved one) are seriously ill, injured, or dying.
  - Being chased, or running away from a dream monster.

- c. Discovery of extremely decayed or missing teeth in the mouth.
- d. Being in a state of undress, partial undress, or inappropriate dress.
- e. Falling through the air or sinking in water and frightened.

**23. A COGNITIVE BIAS blurring your thinking power (I):** (One choice)

- a. Attributes success to own character and failure to external factors.
- b. Over-emphasizes the role of others' personality; under-emphasizes situational factors.
- c. Engaging in behaviours that elicit result which will confirm my beliefs.
- d. Referencing only those perspectives that fuel my pre-existing views.
- e. Overestimates the values of my immediate group, at the expense of others.
- f. Puts more weight on previous events, believing they will influence future outcomes.
- g. Feels better after making crappy decisions or making a costly purchase.
- h. Overstates the risks of harmless activities, while overrating most dangerous ones.

**24. A COGNITIVE BIAS blurring your thinking power (II):** (One choice)

- a. Notices things I didn't that much before; assumes frequency has increased.
- b. Makes choices that guarantee things remain the same or change a little.
- c. Perceives or pays more attention or give more credibility to bad news.
- d. Likes to go with the flow of the crowd and follows majority opinions.
- e. Assumes that most people think just like me; without any justification.
- f. Have hard time imagining myself in the future and altering my beliefs.
- g. Tendency to compare and contrast only a limited set of items.
- h. Easily forget information that can be found readily online on the internet.

**25. A DEFENSE MECHANISM stunting personal growth (I):** (One choice)

- a. Arguing that: 'Everybody does it, so I don't feel guilty'.
- b. Blames others for personal acts, or have virtual enemies.
- c. Treats the one I dislike in an overly friendly manner.
- d. Turns a blind eye to hurtful issues in my interactions.
- e. Imitates or aligns with the successful or authority figures.
- f. Makes others to shoulder my mistakes or carry my burdens.
- g. Refuses to accept reality, acting as if an event didn't exist.
- h. Reverts to an earlier age in the face unacceptable impulse.

**26. A DEFENSE MECHANISM stunting personal growth (I):** (One choice)

- a. Redirects thoughts directed at one person or object to another.
- b. Performs an extreme behaviour in order to express impulses.
- c. Loses track of self; finds another representation of the self.
- d. Behaves as if I had separate and distinct sets of values.
- e. Unconscious blocking of unacceptable thoughts and feelings.
- f. Overemphasis on thinking in the face of unacceptable situation.
- g. Using anxiety or depression as an excuse for avoiding tasks.
- h. Criticizing others, thereby achieving a sense of superiority.

**27. A DEFENSE MECHANISM stunting personal growth (I):** (One choice)

- a. Creating a feeling of superiority over others so as to harm them.
- b. Avoiding commitments by for instance using drugs or alcohol.
- c. Eliciting comforting protestations (criticisms) from others.
- d. Attributing responsibility for a failure or difficulty to others.
- e. Takes back or correct an unconscious behaviour that is hurtful.
- f. Channels an unacceptable impulse into more acceptable one.
- g. Counterbalancing a weakness by strength in other areas.
- h. Personal expression in a manner that is respectful and firm.

**28. A TIMELY TOOL to remotely awaken your core DIVINITY:** (One choice)

- a. A deep insight regarding WISDOM.
- b. A deep insight regarding TRUTH.
- c. A deep insight regarding LIFE.
- d. A deep insight regarding DEATH.
- e. A deep insight regarding VOCATION.
- f. A deep insight regarding RELIGIOUSNESS.
- g. A deep insight regarding BEAUTY & MEDITATION.
- h. A deep insight regarding MUSIC & DANCE.
- i. A deep insight regarding HAPPINESS.

# SEVEN BEYONDISM BASICS

- #1. **TIMELY TRANSFORMATIVE THERAPY (TRIPLE T'S)**
- #2. **KNOW THYSELF: An unexamined LIFE is not worth LIVING**
- #3. **LOCATING your BEARING in order to ACTUALISE your POTENTIAL**
- #4. **BEYOND Being 'Botched and Bungled' to Becoming a Bastion of BLESSEDNESS (7B's)**
- #5. **LASER focus on issues and FINGERTIP feel for situations**
- #6. **The CATALYST for an AFRICAN RENAISSANCE**
- #7. **Concise, Comprehensive, Creative, Coherent, Compatible, Compelling & Curative. (7C's)**

Chief ARCHITECT of this MODEL

HIS CONSCIOUS  
GILBERT KINYUA MWANIKI

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.