

The
CODE
to
ACTIVATE
your
SELFHOOD

By
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YOUTHFUL PSYCHIC PATTERN
(THINKING, DISPOSITION, MOTIVATION, PROPENSITIES, BEHAVIOUR, INCLINATIONS and ASPIRATIONS)

- i. NOTABLE NAME: (e.g. Gilbert Kinyua Mwaniki).....
- ii. NICK NAME: (e.g. Guru G.).....
- iii. THERAPEUTIC TITLE: (e.g. Your Conscious).....
- iv. DESIGNATED DEPARTMENT: (e.g. Computer Science).....
- v. CURRENT COURSE: (e.g. Bachelor of Science in Information and Communications Technology)
.....
- vi. STUDENTSHIP STAGE: (e.g. Certificate. Diploma. Undergraduate. Postgraduate.).....
- vii. LATEST LEVEL: (e.g. Year 1. Year 2. Year 3. Year 4. Year 5.).....

NUMINOUS NOTE!

By the age of twelve (12) years, all the essential attributes of your personality have been formed. The sole purpose of this Will-to-SELFHOOD is to arouse your unique, innate capacities and to channel them following your God-endowed direction towards the best person YOU CAN BE. This package is basically a distillation of the most personalised data from the '2A/3P SELF-ACTUALISATION Model'. It is precisely focused on shedding more light and awakening your individual abilities in regard to dealing with your inner conflicts, romance, career identity, personality predisposition as well as leadership leverage. As a YOUTH you will be aroused on social implications and psychological necessities of your GENERATION. You will be made aware of the stage you are, in regard to your AGE and specific characteristics thereof. After being informed on PSYCHIC patterns which you are apt to engage in as a result of newly acquired cognitive capacities (in this transition period from childhood to adulthood), you will be taken through a personal pilgrimage of understanding intrinsic factors which drives you. Further, you will be enlightened on personal and social forces (either negative or positive) which may serve to determine your present and your future. All those issues which affect your relationship with the world, your parents, guardians, instructors or lecturers, and fellow comrades will be discussed in a very deep and detailed manner.

INSPIRING INVITATION

“The great law of culture is: Let each become all that he was created capable of becoming.”
- Scottish historian and essayist Thomas Carlyle (1795 - 1881)

2A/3P which is the brand name for this **SELF-ACTUALISATION Model** simply means “African Assertiveness / Provoking Positive Perceptions”. **AFRICAN ASSERTIVENESS** implies believing that you have 'answers' to the problems besetting you, and assuming total responsibility for the sacrifice required in order to arrive to the solution. This is a purely individual enterprise which can only be achieved only if you **PROVOKE POSITIVE PERCEPTIONS**.

Clearing the rubbish heap of all those valuations that makes you a weakling and despicable, and entering the treasure house where all great, unselfish and heroic motives of human beings abode, should be the supreme goal of any Assertive African.

A fundamental 'existential' fact is that in the back of your mind, in the album of your consciousness, there is a page which when keenly looked at may reveal various answers to most of your problems. Your only difficulty is identifying the page. So you are called upon to seize the moment and take an inventory and a catalogue of yourself by outlining and striving to fight those obstacles which stand on your road towards attaining your essential nature and prevent you from living up to your basic and real humanness.

As a human being, you have an inherent **SELF-ACTUALISING** tendency, which assists you to meet your needs, develop a positive view about yourself and interact effectively with others. This is what informs the persuasive philosophy of this **2A/3P SELF-ACTUALISATION Model** namely: **Locating** your **Bearing**, in order to **Activate** your **SELFHOOD**, with the purpose of **Actualising** your **Potential**.

Identifying and naming all the negative forces in your **LIFE**, is the springboard upon which you can liberate yourself from the bondage of their inhibitive, as well as downgrading influence. Listen to Irish playwright George Bernard Shaw (1856 - 1950): “If a person cannot look evil in the face without illusions, he or she will never know what it really is or how to combat it effectively”.

To arouse your success consciousness, to channel you in cultivating positive value systems, to propel you in being a healthy fully functioning person who perceives reality effectively, what we have here are not **QUESTIONS**, but **PROMPTINGS** and **RATINGS**, to stimulate you in individually finding **ANSWERS** to your **PROBLEMS** (or concerns and disturbances).

The overall aim is to 'help' you to 'help' yourself to live intensely, productively, creatively and contentedly. The key to unlock your essence, as a 'Yearning Youth' and a 'Serious Student' (as a measure of **Activating** your **SELFHOOD**), is to respond fully to the requirements of your age, as well as the compulsions of your generation. In this way you will *robustly ride* on the whirlwind of personal and social awakening which is prerequisite for an **AFRICAN RENAISSANCE**.

The mode of valuation promulgated by this **SELFHOOD CODE** surfaces out as **BEYONDISM**. This implies amassing that 'little extra' - to bring forth the 'reserve energy'. **BEYONDISM** is simply aspiring to be at the cutting edge of knowledge and technology. 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.

These times may justly use *plus ultra* - more **BEYOND** - where the ancients used *non plus ul-*

tra. It is an age of achievement, hope and vigour; of new beginnings and enterprises in every field; an era that wait for a voice, some *synthesising souls* to sum up its spirit and resolve. It is ME and YOU, as one 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*.

To be precise, **BEYONDISM** entails rising above current *sordid stagnatory state* and asserting your authentic individuality. This means, surpassing usual LIMITS and moving BEYOND the range of normal contentions. **BEYONDISM** is a *supreme statement* for individual advancement, with a *fundamental focus* on *incisive ideals* for living a MEANINGFUL LIFE; one with personal fulfillment and value for society.

In this regard, being a **BLESSED BEYONDIST** is to partake in 'Affirming Africa's Aspired Awakening' by arousing new 'Psychic Patterns' that MUST incorporate theoretical and explanatory principles, applicable to our uncertain and amorphous generation. This will purposively serve as a pragmatic and effective psycho-socio-econo-political programmes that are in imminent accord with the needs and prospects of our beloved and esteemed Mother Continent.

At Bottom: **BEYONDISM = TIMELY TRANSFORMATIVE THERAPY**, i.e., healing ourselves from all maladjustments, as well as batterings, and cleansing our PSYCHE, in order to *affirmatively assimilate* personal and social REALITY as IT IS.

By the time you will have finished RESPONDING to the **56 SELFHOOD Promptings** and **70 SELFHOOD Ratings** below, you will have generated The **CODE** to **ACTIVATE** your **SELFHOOD**. This **S-CODE** will be **configured** and **customised**, **personalised** and **packaged**, in the form of a '**BOOK** written **FOR YOU, BY YOU**', so as to *creatively catalyse* you to:

Search deep within yourself, for the hidden meaning of your **LIFE**.

Enact as noble any ideal that makes you feel as soaring higher.

Loath anything that waters down your entitlement to love **LIFE**.

Feel your 'being' bubbling within you devoid of any sort of illusion.

Have an expanded view of your inherent capacities and abilities.

Organise your value-judgements to be in tandem with the 'Times'.

Orchestrate the music of your **LIFE** towards a fertile future focus.

Dare to face and overcome all obstacles without any iota of doubt.

Comprehend the essential and unique dynamics of your personality.

Operate your **LIFE** on the basis of progressive theories and research.

Discover what is enriching at this developmental stage of **YOUTH**.

Endeavour to face the world resolutely, with a candid eager curiosity.

WELCOME AND BE SINCERE TO YOURSELF!!

(IN ANY PROMPTING OR RATING MAKE ONE *CATEGORICAL CHOICE* ONLY)

1. "You cannot heal a wound by saying it is not there."
- Anonymous
2. "They have healed the wound of my people lightly saying, 'Peace, Peace', when there is no Peace."
- Jeremiah 6: 14
3. "I must find a truth that is true for me...the idea for which I can live or die."
- Danish philosopher and theologian Soren Aabye Kierkegaard (1833 - 1855)
4. "I would rather be stricken blind, than to live without expression of mind."
- American rapper and actor Tupac Amaru Shakur, alias Makaveli (1971 – 1996)
5. "You have to be unique and different and shine in your own way."
- American singer, songwriter, and actress Lady Gaga (b. 1986)
6. "I like the person that you are, but I'm in love with the person that you have potential to be."
- Nigerian-American rapper Olubowale Victor Akintimehin a.k.a. Wale (b. 1984)
7. "I believe everybody's an individual. You can't judge someone based on someone else's actions."
- Barbadian singer, actress, and businesswoman Robyn Rihanna Fenty (b. 1988)

PART (A)

The **56** SELFHOOD PROMPTINGS

"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 actualisation...What a person can be, he or she must be...A musician must play music if he or she is to be at peace with him or herself...This need we may call self-actualisation...It refers to the desire for self-fulfillment, namely, to the tendency for him or her to become actualised in what he or she 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)

NB: The personal information you are requested to share may be apparently emotional, but following the spirit of professional counselling, it will be treated with utmost confidentiality.

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

Day..... Month Year.....

2. Unearthing the deep secrets of your GENDER:

- a) MALE: - How to behave elegantly/nobly like a PRINCE.
- b) FEMALE: - How to behave elegantly/nobly like a PRINCESS.

3. Effect of family Birth Order on your PERSONALITY:

- a) First Born (Oldest Child).
- b) Second (of only two) Child.

- c) Middle Child.
- d) Last Born (Youngest Child).
- e) Only (Single Child).

4. Childhood ATMOSPHERE (relation with your parent(s)):

- a) Less consensus, strict discipline, or emotionalism.
- b) Apathy, withdrawal, rejection or direct aggression.
- c) More consensus, more encouragement, less criticism.

5. A CHALLENGE you may be facing in your FAMILY:

- a) My parent(s) restricts me to engage in activities done by my peers.
- b) My family is characterised by constant squabbles and quarrels.
- c) Little pleases me; I always find fault in how my parent(s) treats me.
- d) So much rivalry (sometimes violence) with my brother(s)/sister(s).
- e) My parents have divorced/separated, and I live with one of them.
- f) I have a highly emotional mother, and my father is totally detached.

6. A HURDLE you may be encountering in INSTITUTION:

- a) Not comfortable with transition from high school to new institution.
- b) Overburdened by demand from new academic responsibilities.
- c) Feels disgusted for not going to the institution of my earlier choice.
- d) Having difficulties in achieving the required academic scores.
- e) Poor interaction within the institution because of big population.
- f) Conflict of institution's values with my immediate societal values.

7. A FEELING which occupies you most of the times:

- a) Feels as if everybody is looking at me and spends most time on the mirror.
- b) Feels that many misfortunes can only happen to others but never to me.
- c) Feels that I can generate infinite ideas and solutions to many problems.
- d) Feels that I should not abide by rules, which I feel others should abide to.
- e) Have many views on how things should be or how the world should be.
- f) Convinced that most people should do, feel, desire or think like me.

8. Your sometimes NEGATIVE view of your BODY:

- a) Body so big for my age.
- b) Body so small for my age.

9. A mode of CONCLUDING you need to challenge:

- a) I must get what I want now, or if not so I am a loser and a total failure.
- b) If this bad thing is happening now, it will occur over and over again.
- c) This negative experience occupies my mind overshadowing all positives.
- d) This experience, although they call it positive, does not count at all to me.
- e) This situation is totally bad, and to me, no other viewpoint is possible.
- f) They say I did that task well, but in my view I feel it should be dismissed.

10. Your fundamental and essential STYLE of LIFE:

- a) Setting and adopting targets that are very low.
- b) Engaged in achievement of high objectives.

11. What ENGROSSES you during school holidays:

- a) Doing things only to realise later, I made a mistake.
- b) Always conflicting with my parents over minor things.

- c) Deeply like moving with the current trends in fashion.
- d) Feels angered most of the time by my friends and parent(s).
- e) Speaks less or feels unable to make request to my parent(s).
- f) Avoids being alone, and most of times in company of friends.
- g) Gets thrill in engaging in activities others deem as risky.
- h) Often stays up too late at night, and then sleeps until noon.

12. An ACT unintentionally HURTING your parent(s):

- a) Proudly asserting my individuality and independence different from what he or she wants.
- b) Depending on self-definition and conduct on doing the opposite of what he or she wants.

13. Your MOTIVE which conflicts with your parent(s):

- a) Doing what I want without being questioned.
- b) Trying to see what I can get away with or not.
- c) Showing my parents the risk I pose to them.
- d) Acting out to test what could happen to me.
- e) Criticising the actual as less than the possible.

14. A STRIVING your parent(s) does not understand:

- a) Trying to figure out who I am and why I am living.
- b) Trying to join a group to have a sense of belonging.
- c) Trying to be noticed for my actions and what I do.
- d) Trying to be in control and make personal decisions.
- e) Trying to be free and independent in my thinking.

15. A sign of TROUBLESOME behaviour you do exhibit:

- a) Fighting, biting, kicking, lying to and sometimes hurting others.
- b) Constantly giving my things to people to purchase friendship.
- c) Complaining a lot, fear of strangers or crying to create a scene.
- d) Critical, judgmental, putting others down by calling them names.
- e) Hesitates to make minor decisions and fears trying new things.
- f) Not initiating contacts or participating in activities of others.
- g) Habits of nail-biting, thumb-sucking, stuttering or bed-wetting.
- h) Hatred of animals and even violence to them (kicking or stoning).

16. A kind of a LIE you have told or feel disposed to:

- a) Complaining of pain or refusing to eat in order to elicit sympathy.
- b) Changing what happened to what I imagines should have happened.
- c) Changing the version of a happening to protect a friend in trouble.
- d) Exaggerating what I have or know in order to look equal to others.
- e) Crafting a convincing story to escape embarrassment or danger.
- f) Forced to say what is expected regardless of whether it is true or not.

17. The DARK side, you would wish to BRIGHTEN:

- a) Manipulates, exploits, deceives or flatters others towards my own end.
- b) Lacks remorse, insensitive, cynical, unconcerned with general morality.
- c) Seeks admiration, prestige or status, expect special favours from others.
- d) Feels pleasure upon witnessing others' pain, or being cruel, guiltlessly.

18. Deepest CONVICTION in these 'Tumultous Times':

- a) NAY ATTITUDE: - Individual aims fade away instead of being fully realised.
- b) YEA ATTITUDE: - Things will turn out well in spite of present shortcomings.

19. WEAKNESS in relating with self, as well as others:

- a) Responding spontaneously, striking back and defending myself.
- b) Does not care about what is happening and ignores all sentiments.
- c) Scolding, criticising and/or imposing value judgments on others.

20. Handling your undoing personal ORIENTATION:

- a) Feeling of being alone, apart and isolated.
- b) Feeling of being helpless and insignificant.
- c) Feeling of being anxious and apprehensive.
- d) Feeling of lack of vital ideals to inspire me.
- e) Feeling of lack of desire to improve myself.
- f) Feeling of being resentful and of self-hatred.

21. Negative EMOTIONS you would wish to work on:

- a) Abandonment, Betrayal, Lost, Love-unreceived.
- b) Anxiety, Despair, Disgust, Nervousness, Worry.
- c) Wailing, Discouragement, Rejection, Sorrow.
- d) Fury, Bitterness, Guilt, Hatred, Resentment.
- e) Blaming, Dread, Cowardice, Horror, Peeved.
- f) Humiliation, Jealousy, Lust, Overwhelmed.

22. A statement which apparently REFLECTS you:

- a) My parent(s) gave birth to me when they were still adolescents.
- b) I feel emotional uplifting when other adults treat me as a child.
- c) I feel that I am immune to various risks facing other young adults.
- d) I feel that I should get a child at this age who will take care of me.
- e) Getting a child at my age is an indication of attainment of adulthood.
- f) I should be taken care of by an all-powerful care-giver or government.

23. A MENTAL state which may adversely affect you:

- a) Inability to understand my environment and plan for the future.
- b) I was a victim of sexual abuse when I was a very young child.
- c) I am a victim of substance abuse (Miraa, Cigarettes or Bhang).
- d) In my neighbourhood, there are various teenagers with kids.
- e) I believe that the opportunities in my society are very limited.
- f) I do not anticipate any fear or shame in being pregnant at my age.

24. A 'Corrosive Comrade' you are ENCOUNTERING:

- a) Works hard and can highly inspire, but has issues with task delegation.
- b) Does what pleases him or herself and ignores everything that others say.
- c) Quite intelligent but cannot accept any criticism towards his or her work.
- d) Always has a story to tell, and it is usually exciting and well animated.
- e) Everything he or she does is always unique, according to him or herself.
- f) Full of deep sexual energy; sees every relationship as potentially sexual.
- g) Overall behaviour is pompous; like he or she is destined to wear a crown.
- h) Always happy to help another person, no matter what the circumstance.
- i) He or she is always talking about success, entrepreneurship, and hustle.
- j) Eloquently critical about behaviours of others, and how things are done.

25. TRAIT of a 'Cherished Comrade' to have a GLIMPSE:

- a) Organises projects, focuses on achieving results in the most efficient way possible.

KNOW THYSELF: An unexamined LIFE is not worth living

- b) Decides logically what should be done and works towards achieving it very steadily.
- c) Notices others' need and tries to provide it, wants to be appreciated for who one is.
- d) Loyal and committed in making obligations, and also concerned with how others feel.
- e) Outgoing, exuberant lover of LIFE who enjoys working with others and make work fun.
- f) Enjoys the present moment, dislikes disagreements, does not force opinions on others.
- g) Focuses on the here-and-now, takes pragmatic approach focused on immediate results.
- h) Tolerant and flexible, interested in cause and effect, and prudently values efficiency.
- i) Sees LIFE as full of possibilities and wants a lot of affirmation from other people.
- j) Quick to see possibilities and be a catalyst for implementing fresh ideas in any setting.
- k) Attuned to the needs of others, facilitates in a group by an inspiring leadership.
- l) Seeks meaning and connection to ideas, relationship, and is an inspiration to others.
- m) Outspoken, solves new problems well, good at reading people, and bored by routine.
- n) Quite, flexible and has unusual ability to focus in depth in order to solve problems.
- o) Forceful in presenting ideas, usually well-informed, and assumes leadership readily.
- p) Skeptical and independent, has an original mind and a high standard of competence.

26. Indicate the RELATIONSHIP amongst your COMRADES:

- a) Support each other, as well as encourage constructive actions.
- b) Participating in actions which are neither hurtful nor beneficial.
- c) Doing some things which may put me in danger or hurt others.

27. Describe your ATTITUDE toward your PEER Group:

- a) Worries that if I do not go along with my comrades I will be less popular.
- b) Feels that I am not in a popular group, but I am yearning to join one.
- c) My group is dominated by one strong personality who says everything.
- d) I do not belong to any popular group, but I have my own small clique.

28. What you do consider as 'COOL BEHAVIOUR':

- a) Dressing in trendy and flashy styles, associates with comrades who are considered influential.
- b) Not so much concerned with styles, associates with comrades not considered very influential.

29. REACTION in the face of an adverse circumstance:

- a) Clinging to others for affection and approval.
- b) Confronting others to protect myself from threat.
- c) Isolating myself to avoid involvement with others.

30. IMPULSES preventing you from optimal functioning:

- a) GULLIBILITY, Over-optimism, Manipulativeness, Excessive admiration, Arrogantly confident.
- b) STAGNATION, Pessimism, Suspiciousness, Aloofness, Passivity, Envy, Self-belittlement.
- c) STUBBORNNESS, Stinginess, Constrictedness, Orderliness, Rigid punctuality, Meticulousness.
- d) DISORGANISATION, Over-generosity, Tacit agreeing, Messiness, Dirtiness, Vagueness.
- e) VANITY, Pride, Blind courage, Brashness, Over-friendliness, Chastity, Over-joyfulness.
- f) SHYNESS, Self-hatred, Humility, Timidity, Isolation, Plainness, Promiscuity, Sadness.

31. What your partner (or potential-mate) TALKS about:

- a) Facts, figures, work, play, home, family, news, sports, weather.
- b) Theories, conjecture, dreams, philosophies, beliefs, fantasies.

32. How your partner (or potential-mate) often ACTS:

- a) Doing what effectively gets results; thinks about rules later.
- b) Doing the right thing; concerned with effectiveness later.

33. Your most enduring PHYSICAL CONSTITUTION:

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

34. BLOOD GROUP as a guide to TRAITS and HEALTH:

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

35. A Colour that excites you, and makes you feel ALIVE:

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

36. Cherished pattern of realising PERSONAL GOALS:

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

37. A catalogue of your pronounced TENDENCIES:

- a) Organised, 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.

38. Your preference in dealing with SELF and OTHERS:

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

39. Your preference in acquiring key INFORMATION:

- a) Concrete, detail-oriented and factual; practical and focused on the present moment.
- b) Concerned with meaning, connections and possibilities; more imaginative than realistic.

40. Your preference in making general DECISIONS:

- a) Matters that are based on facts or data, and concerned with reasoning logically.
- b) Matters that are consistent with personal values and help build relationships.

41. Your preference in ORGANISING your basic LIFE:

- a) Likes structures, schedules and plans, with clear, concise and foreseeable expectations.
- b) Likes open-ended, spontaneous, flexible existence, with many available possibilities.

42. Journey to EXPLORE and COMMIT to adult values:

- a) Neither exploring nor committed to any adult role or value in my society.
- b) Already committed to certain roles and values which I did not choose by will.
- c) Exploring but not committed; actively trying out the many options available.
- d) Have explored different alternatives, and made my choices and commitments.

43. Where you do find your MENTAL ABILITY at its apex:

- a) Communicating knowledge, issues, ideas and reasoning from previous experience.
- b) Reasoning, forming concepts, and solving problems using unfamiliar information.
- c) Comprehending quantitative concepts, inclusive of manipulating numerical symbols.
- d) High speed and apparently accurate performance, in terms of reading and writing.
- e) Apprehend and hold information in immediate awareness and use it in few seconds.
- f) Storing information and fluently retrieving it later in the process of critical thinking.
- g) Perceiving, analysing and thinking with visual patterns, storing, and recalling them.
- h) Analysing, synthesising as well as discriminating auditory stimuli (speech sound).
- i) Performing automatic cognitive tasks, when under pressure to maintain attention.

44. When you do get your POTENTIAL optimally utilised:

- a) Singing, playing musical instruments, composing music as well as dancing.
- b) Solving spatial problem of navigation, visualisation from various angles.
- c) Reading, writing, telling stories and memorising words, quotes and dates.
- d) Logic, abstractions, reasoning with numbers and enjoying critical thinking.
- e) Controlling body motions, handling objects, timing and training responses.
- f) High sensitivity to others' moods, feelings, temperaments, and motivation.
- g) Understanding of self, strengths, weaknesses, uniqueness and reactions.
- h) Accruing, nurturing and relating information to the natural surrounding.
- i) Investigating the mystery of universe, God and destiny of human beings.

45. Your NATURE which leads to regular BEHAVIOUR:

- a) Protect myself, others, bodies, ideas, and practices from harm, damage, or loss.
- b) Acquire knowledge, skills, experience to teach, instruct, guide or inform others.
- c) Focus on details, organise and get work accomplished, and delegate responsibility.
- d) Generate original ideas or create works that have values to self and the society.
- e) Diligently guide others to recover from physical, mental, emotional or spiritual pain.
- f) Amuse others or attract focus or amply maintain people's attention on self or work.
- g) Invest quality time, energy, resources or interests to help, assist or care for others.
- h) Take up projects or create opportunities of a commercial or humanitarian values.
- i) Seek out unusual challenges or place myself far outside what others see as normal.

46. Dominant VOCATIONAL or CAREER inclination:

- a) REALISTIC (Doing): - Farmer, Driver, Pilot, Builder, Carpenter, Mechanic, Engineer.
- b) INVESTIGATIVE (Thinking): - Mathematician, ICT Expert, Doctor, Researcher, Security.
- c) ARTISTIC (Creating): - Musician, Dancer, Actor, DJ, Composer, Painter, Sportsman.
- d) SOCIAL (Helping): - Nurse, Librarian, Counsellor, Mentor, Preacher, Teacher, Coach.
- e) ENTERPRISING (Persuading): - Sales Rep., Business, Lawyer, Manager, Journalist, Politician.
- f) CONVENTIONAL (Organising): - Secretary, Clerk, General worker, Catering, Tailoring, Beauty.

47. Core ATTRIBUTES in your esteemed PROFESSION:

- a) AGRICULTURE and related careers.
- b) ARCHITECTURE, Building and related careers.
- c) BEAUTY, Fashion and related careers.
- d) BUSINESS related careers.

- e) COMMUNITY DEVELOPMENT related careers.
- f) CREATIVE ARTS and Entertainment related careers.
- g) DIPLOMACY and PUBLIC Relations related careers.
- h) EDUCATION related careers.
- i) ENGINEERING related careers.
- j) ENVIRONMENTAL management and related careers.
- k) ENTERPRENEURAL and related careers.
- l) GEOGRAPHY and related careers.
- m) HEALTH related careers.
- n) HOME SCIENCE, Food Technology and related careers.
- o) HOSPITALITY and related careers.
- p) HISTORY and related careers.
- q) INFORMATION, Communication Technology related careers.
- r) JOURNALISM related careers.
- s) LAW related careers.
- t) MANAGEMENT and Administration related careers.
- u) MANUFACTURING and Processing related careers.
- v) PSYCHOLOGY and related careers.
- w) RESEARCH and Statistics related careers.
- x) SECURITY related careers.
- y) SPORTS and Physical Education related careers.
- z) TRANSPORT and Communication Services related careers.

48. Your role in the context of GROUP LEADERSHIP:

- a) Make most decision without asking members' agreement.
- b) Consults the members when vital decisions are to be made.
- c) Keeps a distance and endorse all decisions made by members.

49. Utmost deployment of your persuading POWER:

- a) When involved in 'Idea or Policy Making'.
- b) When involved in 'Idea or Policy Interpretation'.
- c) When involved in 'Idea or policy Application'.

50. Leadership disposition in TEAM-MANAGEMENT:

- a) DELEGATING (Monitors performance, and gives feedback regularly.)
- b) INNOVATIVE (Sees what is not working and brings new thinking.)
- c) CHARISMATIC (Raises others' morale through power of personality.)
- d) CONTROLLING (Follows the rules and expects others to do the same.)
- e) SERVING (Fosters others' good and development, before self-interest.)
- f) TRANSFORMATIONAL (Counts on others to move and give their best.)
- g) EMPOWERING (Linking behavioural response with others' expectations.)
- h) PACESETTING (Sets high performance standards for self and others.)

51. An outline of your indomitable LEADERSHIP TASK:

- a) Goal Emphasis: - Prioritising more on the set end of the goal or target.
- b) Work Facilitation: - Prioritising more on means for the goal achievement.
- c) Interaction Facilitation: - Prioritising on oiling team members' relationship.
- d) Supportive Facilitation: - Prioritising on appraisal of the team members.
- e) Personnel Development: - Prioritising on upgrading members' competencies.
- f) Balanced Approach: - Prioritising focus on both work and those who does it.

52. Seeing through the mist of current Africa's DARKNESS:

- a) Immense suffering in Africa amidst abundant natural resources.

- b) Essence and nature of 'Pathetic Poverty' that is perversely affecting Africans.
- c) HIV/AIDS as a 'Pestilent Pandemic' that is ailing a good number of Africans.
- d) Overt manifestation of 'State Criminalisation' and 'State Corruption' in Africa.
- e) The subtle criminal activities of Transnational Corporations (TNC's) in Africa.
- f) The disgusting, sickening and overbearing weight of 'Debt Burden' in Africa.
- g) 'Spiteful Scavengers' using 'Vulture Funds' to deplete Africa's weak economy.
- h) How foreign countries and companies are engaged in 'Land Grabs' in Africa.
- i) How 'Crippled Creativity' among our elite has stunted vital growth in Africa.
- j) How the African continent is under a protracted siege from all directions.

53. Riding upon the speedy wheels of our AFRICAN HISTORY:

- b) 'Entrenched Escapism' among our scholars in analysing African history.
- b) Pre-contact Africa: - The first catalyst of dramatic disruptive change.
- c) Slave Trade: - The second catalyst of dramatic disruptive change.
- d) Colonialism: - The third catalyst of dramatic disruptive change.
- e) Independence movements: - The fourth catalyst of dramatic disruptive change.
- f) Cold War: - The fifth catalyst of dramatic disruptive change.
- g) End of Cold War: - The sixth catalyst of dramatic disruptive change.
- h) Effects of Africa's cultural contact with other parts of the world.

54. Fighting negative forces against Africa's GROWTH:

- a) Degenerative Disillusionment: - Hidden conspiracy amongst the African elite.
- b) Inescapable Inference: - The path to econo-socio-political emancipation.
- c) Lame Liberators: - Leaders full of empty promises and less actions.
- d) Affluent analysis: - The incredible gap between the poor and rich in Africa.
- e) Lethal Leaders: - Charlatanic 'Quackticians' masquerading as 'Politicians'.
- f) Potent Prophecy: - The plunderers of society are their own grave diggers.
- g) Tenable Trends: - Many scruples to societal improvement are waning off.
- h) Real Ripening: - Time for psychically smart and intellectually fit to lead Africa.

55. The breed of leaders to join in order to redeem AFRICA:

- a) Volatile Visionaries; injectors of new blood and hope.
- b) Potent Politicians; directors of people's aspirations.
- c) Change Champions; accommodators of new realities.
- d) Social Stimulants; keepers of liberation lamp alight.
- e) Enlightened Economists; promulgators of self-sufficiency.

56. Adding your fuel to the fire of an African RENAISSANCE:

- a) Six waves which characterises the democratisation process in modern world.
- b) 'Awakening' and not 'Revolution', is the 'precise pragmatic path' for Africa.
- c) How Africa has neglected the 'Lasting Legacies' which have rocked mankind.
- d) Economic Emancipation: - A new dawn is breaking, heralding a new ERA.
- e) Social Contract: - The only route towards a state of harmonious coexistence.
- f) Casting off this old and wrinkled skin of corruption leading towards social decay.
- g) The UNITED STATES of AFRICA: - An inevitable and a realistic possibility.
- h) Reasoned summary against those fighting the speedy AFRICAN UNIFICATION.
- i) Countering Criticisms: - The fallacy of self-determination of Africa's nation states.
- j) Strategic Self-Interests: - Way for Africa to rise from ashes and curve its destiny.
- k) Compulsive Choice: - It is either we Africans 'foolishly flight' or 'ferociously fight'.

PART 7 (B)

The **70 SELFHOOD RATINGS**

“The basic nature of the human being, when functioning freely is constructive and trustworthy. For me this is an inescapable conclusion from a quarter-century of psychotherapy . . . We do not need to ask who will socialise him, for one of his own deepest needs is for affiliation and communication with others. As he becomes more fully himself, he will become realistically socialised. We do not need to ask who will control his aggressive impulses; for as he becomes more open to all of his impulses, his needs to be liked by others and his tendency to give affection will be as strong as his impulses to strike out or to seize for himself. He will be aggressive in situations in which aggression is realistically appropriate, but there will be no runaway need for aggression . . . The only control of impulses which would exist, or which would prove necessary, is the natural and internal balancing of one need against another, and the discovery of behaviours which follow the vector most closely approximating the satisfaction of all his needs.”

- American psychologist Carl Rogers (1902 - 87)

Study each itemised phrase carefully and then rate yourself on a scale of 1 to 7, according to how you feel you honestly fit each of the description. All questions MUST be answered. DECEIVE yourself at your own peril! You will have played the devil upon yourself, thus stunting your personal growth! FOR A CLEAR SELF-ANALYSIS, DROP YOUR EGO, AND SEE YOURSELF AS AN OBJECTIVE OBSERVER WOULD SEE YOU!

1. You **ADAMANTLY** say: “That is the way I am, and that is all there is to it.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
2. You find yourself unable to see possibilities and/or seize **OPPORTUNITIES**.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
3. You must be **RECOGNISED**, listened to, or be the center of attention.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
4. You find it hard to **ADJUST** to new or unfamiliar environments, or situations.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
5. You **COMPLAIN**: “Oh, poor. Poor me. How unfair things are, or this situation is.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
6. You find it hard to **DELAY** present desire for a meaningful, future objective?
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
7. You must **STUBBORNLY** achieve what you want, and have your own way.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
8. You find yourself unable to fully benefit from the momentary **EXPERIENCE**.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
9. You **PROUDLY** feel that you can always do things better than any other person.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never

10. You are the kind who likes **ADVISING** and telling others what to do or not.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
11. You **JUDGE** other people without justification, or on the basis of rumours.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
12. You **ARROGANTLY** stop a discussion with: “I know what I am talking about.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
13. In most discussions, you must be **LISTENED** to, or have the last word.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
14. You are the kind who tends to brood over **DISAPPOINTMENTS** or defeat.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
15. You give the excuse: “I lacked the **ENTHUSIASM** to complete that project.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
16. You tend to say: “If only I had more time I would **ACCOMPLISH** that...”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
17. You swear: “I will never do it?” And find yourself **REPEATING** same actions.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
18. You tend to blame other people for your actions, so as to **ESCAPE** feeling guilty.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
19. In the event of being overtaken by **TIME**, you say: “I intended to do it, but...”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
20. You are in the dire habit of saying: “I was **UNABLE** to accomplish the task”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
21. In the event of making an error, or a mistake it is difficult for you to **APOLOGISE**.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
22. You confidently claim: “I am not **INTERESTED** in other people’s misfortunes.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
23. If you do not **LIKE** a certain person, you refuse to deal with him or her entirely.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
24. You frequently say: “I just cannot **SOCIALISE** with those type of people.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
25. You tend to wait for the other person to **INTRODUCE** him or herself first.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never

26. You are the type who LAMENTS: “Situations or people are not friendly to me.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
27. You tend to find yourself really ASSOCIATING with questionable characters.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
28. You feel comfortable following or CONFORMING to opinions of the majority.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
29. You SELF-RIGHTEOUSLY proclaim: “I cannot be a pretender, or a hypocrite.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
30. You tend to say: “I do not have the morale to INDULGE myself in doing...”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
31. You have the tendency of seeking ASSURANCE from others for your actions.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
32. You apologise with: “I am unable to make a sound DECISION on this issue.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
33. You think material gifts can create strong friendships without AFFECTION.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
34. You find it hard to AROUSE joyous, or pleasurable feelings in other people.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
35. You feel DESPERATE, frantic, or helpless when in a pathetic situation.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
36. You believe in the most touted statement: “Any kind of WORK is work.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
37. You are the kind who says: “I do not know which specific career to CHOOSE.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
38. You excuse yourself with: “If only I had his or her advantageous CHANCES.”
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
39. It is difficult for you to take advice or COUNSEL gracefully without defensiveness.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
40. You get IMPATIENT that you must have, or achieve everything immediately.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
41. In privacy or in public, you have a strong drive, or desire for PERFECTION.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never

42. You feel **ENVIIOUS** or troubled by another individual's success, or breakthrough.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
43. You say to yourself: "If only I had this or that, I could have really **DONE** that."
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
44. You feel **NEEDY** and expect all significant people to like, or duly applaud you.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
45. You expect never to be **CHALLENGED**, snubbed, rebuffed, or rejected.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
46. You **BOASTFULLY** assert: "I do not need anyone's help or assistance."
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
47. You find it hard, offensive or humiliating to take or utilise a **CRITICISM**.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
48. You find it scaring to go on a **RETREAT**, or to indulge in solitary reflection.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
49. You are the kind of a person who says: "I will only be **HAPPY** if I get that."
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
50. You are **DEVOTED** to a certain football team, and cannot miss its games.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
51. You have a **SECRET** desire to watch pornography, and feels well after doing so.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
52. You feel **LACKING** in something if you miss your favourite Soap Opera.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
53. You find yourself in **CONFLICT** with established rules and accepted norms.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
54. You are **CONFUSED** as on how to behave yourself in certain situations.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
55. You find yourself groping in the **DARK**, lacking conviction for improvement.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
56. You have struggled to acquire suitable **LEARNING** styles to no avail.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
57. The world outside classroom seems to be **INTIMIDATING** and unwelcome.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never

58. You construe LIFE as a hotbed of MISFORTUNES, and a series of calamities.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
59. You are SWAYED hither and thither by others opinions, or belief systems.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
60. No amount of NATURAL replenishment can cool your PSYCHIC agitations.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
61. Turning off external stimuli, so as to INTENSIFY inner states is an illusion.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
62. All melodies are just IRRITATING noises to be kept at bay at any cost.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
63. Twisting of bodily parts in rhythmical STIMULATION is simply childish.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
64. BELIEF in a Deity is basically a clutch for those will broken PSYCHE.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
65. Human DEVELOPMENT is haphazard and follows no discernible pattern.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
66. It seems scary to TRY new things, or create new ways of approaching LIFE.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
67. You are DEFENSIVE and never ready for whatever LIFE brings your way.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
68. You tend to be FOGGY in thinking and have no idea about human situation.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
69. You have no EXCITEMENT in LIFE, and cannot put your ideas to work.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
70. You believe that an African RENAISSANCE is an unrealisable pipe dream.
Always (1)____ (2)____ (3)____ (4)____ (5)____ (6)____ (7) Never
-

In this bountious battle of LIFE, the options are opulently open!!

**You either *foolishly flight, fatally freeze or ferociously fight.*
You flight and lose, you freeze and perish, but you fight and win.
For Thy deep and *concise commitments* to bear *formidable fruits*,
The *Subtly Soothing SELFHOOD SONG* of BEYONDISM,
Existentially Entreats, O Thee**

To READILY ACQUIRE the **SUBLIME FREEDOM** for **SOARING** from **ZEROISM** to **HEROISM**,
By *inspiringly invoking* this **'PRUDENTLY PROFICIENT PRAYER':**

Real Almighty LORD, absolute TRUTH, and the fount of LIFE, I pour my PSYCHE unto thee.
Enlighten my entire 'being', to perceive the *subtle secrets* concealed in Thy Supreme Holiness.
Allow Thy Eternal, Omniscient, Omnipresent and Transcendental Spirit shine in all my mortality.
Direct and commend my soul to absorb and be vitalised by Thy Divine incomprehensible energy.
Incline Thy Infinite creativity to shower, beautify, illumine and sanctify my *core commitments*.
Let Thy WILL and *bounty benevolence* be like a golden beacon signaling in the moonless night.
Yearning for salvation conferred by Thy 'grace', let it pull the thorn of 'hatred' out of my heart.

Accustom my instinct to obey my intuition; let it be the magnetic compass on my LIFE dark sea.
Content to live within my basic means, let me witness the infinite rose-garden inherent in me.
Quench my spiritual thirst with Thy wisdom; let it pass through me on account of her pureness.
Unchain me from all addictions; let this be the potent influence flowing from Thy inner glow.
Infuse my PSYCHE with Thy blissful LOVE; let it be the image of Thy everlasting guidance.
Rock my consciousness with utmost clarity; let it be the unspotted mirror of Thy eternal power.
Entrench Thy *vivid vision* in all my *mighty missions*; let me never mistake empty 'talk' for 'action'.

Submerge me in the sea of innovation, so that I may swim in the LIFE-giving flood of creativity.
Undeterred by any retrogressive force, let me always relieve all weary burdens and heavy laden.
Blessed as I am as a BEYONDIST, let me fire my *ardent aspirations* to escape from all yokes.
Living a LIFE devoid of any hypocrisy, let me be persistent in shedding off all the false masks.
Inspire me to override all 'destination mentality' and have in its place a 'migratory mentality'.
Make me construe these efforts not as *final finishing points*, but as *jovial jumping off points*.
Empathetic in my *virtuous valuations*, let me *lovely light* the dark streets for all humans to see.

Factual in my PSYCHIC liberation, propel me to move towards other lofty fountains of freedom.
Reveling not in just being free 'from what', let me assert the imperative of being free 'for what'.
Engaging all my WILL in making key CHOICES, let my conscience never lead me to falsehood.
Enlivening all my IDEALS captivated by the past, let me fully resurrect the present and fortify it.
Duly working unengaged in futile meanderings, let me dream devoid of illusory fanciful longings.
Opposed to be a promiser, but a fulfiller, let me be a speedy bullet longing for other horizons.
Motivate me to be a conqueror and a liberator, as opposed to being an inheritor and a subduer.

Striving to be a fair and wise leader, couch me to be a passage for those desiring further shore.
Orient me to be a solder joining diverse views, and a soldier protecting the plight of the weak.
As a small Sun for those in need of more light, let me feed upon the sweet feast of divine love.
Reading the signs of the 'Times' clearly, let me keep charting the course for others to follow.
Inspired by the LOVE of my fellows, let me continue wrestling with miseries, sorrow and sin.
Nourishing to fully transform every dormant 'it was', let me align it into a lively 'I want it thus.'
Gaining a core understanding of Human Nature, let me consecrate this as a seal of redemption.

Zesting in the *green grasslands* of INTIMACY, may I climb the *holy hills* of LEADERSHIP.
Entertained in the *fondly forest* of VOCATION, may I revel in the *sublime seas* of MASTERY.

Reeling in the *restless rocks* of IMPULSIVITY, may I tread the *pure path* of SELF-CONTROL.
Obviated in the *ghastly garbage* of INDOLENCE, may I breath the *affluent air* of VIGOUR.
Imbecilic in the *lonely lowlands* of REBELLION, may I fly to the *highest heights* of REASON.
Soiled in the *morbid marshes* of VICES, may I refresh in the *curative caves* of MEDITATION.
Moved by the *wile winds* of HERESAYS, may I fasten on the *solid structure* of BEYONDISM.

Harnessing my duty to be REAL, may I take charge of my LIFE through SELF-AWARENESS.
Entrenching all that which builds me, may I assert my IDENTITY, so as to make *deft decisions*.
Resisting any MEANINGLESSNESS, may I Locate my BEARING, so as to Activate my SELFHOOD.
Organising my *ennobling efforts*, may I pursue what my MENTAL abilities can accommodate.
Imbuing myself with my DESTINY, may I know what my social structure can make workable.
SELF-ACTUALISATION as my end, may I know what my personality formation can integrate.
May I *absolutely awaken* all my PSYCHIC antennae, to *robustly respond* to my environment.

A M E N !!
GOD is for **ME**.
GOD is in **ME**.
GOD is with **ME**.

SOUND SCRIPTURAL STANDING:

“Praise the Lord, blessed is the man who fears the LORD, who greatly delights in his commandments! His descendants will be mighty in the land; the generation of the upright will be blessed. Wealth and riches are in his house; and his righteousness endures forever.”

- HOLY BIBLE. Psalms, 112: 1-3

“And indeed We created man and We know what his ownself whispers to him. And We are nearer to him than his jugular vein (by Our Knowledge).”

- NOBLE QURAN. Qaf, 50:16

“Engage your mind always in thinking of Me, become My devotee, offer obeisances to Me and worship Me. Being completely absorbed in Me, surely you will come to Me.”

- BHAGAVAD-GITA. The Most Confidential Knowledge, IX: 34

SEVEN SUPREME STATEMENTS:

“The voice of the intellect is a soft one, but it does not rest till it has gained a hearing.”

- Austrian psychoanalyst Sigmund Freud (1856 - 1939)

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

- French essayist Michel de Montaigne (1533 - 1592)

“The bitterest tears shed over graves are for words left unsaid and deeds left undone.”

- U.S. writer and abolitionist Harriet Beecher Stowe (1811 - 1896)

“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.

KNOW THYSELF: An unexamined LIFE is not worth living

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)

“Cassius from bondage will deliver Cassius.
Therein, ye gods, make the weak most strong;
Therein, ye gods, you tyrants to defeat.
No stony tower, nor walls of beaten brass,
Nor airless dungeon, nor strong links of iron
Can be retentive to the strength of spirit;
But life, being weary of those worldly bars,
Never lack power to dismiss itself. If I know this,
I know all the world besides
That part of tyranny that I do bear,
I can shake off at pleasure . . .
To every bondman in his own hand bears
The power to cancel his captivity.”

- English playwright and poet William Shakespeare (1564 – 1616)

“Capacity for nobler feelings is in most natures a very tender plant, easily killed, not only by hostile influences but by mere want of sustenance; and in the majority of young persons it speedily dies away if the occupation to which the position of life has devoted them, and the society into which it has thrown them, are not favourable to keeping that higher capacity in exercise. Men lose their high aspirations as they lose their intellectual tastes, because they have not time or opportunity for indulging them; and they addict themselves to inferior pleasure because they are the only ones they have access to, or only ones they are any longer capable of enjoying.”

- English philosopher and political scientist John Stuart Mill (1806 - 1873)

“The concept of man as an animal guided by reason ignores the deeper, irrational forces which shape, drive and bind the individual to their peremptory demands. . . civilisation is an ambivalent precarious organisation, and the tragic ‘dialectic of civilisation’ is the result of this interaction. Faith in the perfectibility of Man and society, belief in progress, in the furtherance of humanity, is rather naïve and shallow. On the other hand man is not an imperfect creature because an imperfect man can only create an imperfect society, a parody of soaring expectations, always at war with itself, always reaching out for ideals which ineluctable reality snatches from its grasps. Every form of society is thus a painful and antagonistic process, never a harmonious or finished conclusion. . . Man is not born absolutely good and he is not everywhere in chains, only because of his environmental situation, or because of any particular system of property relations. He is on the contrary a divided and fallible creature, divided in the deepest layers of his unconscious, as he is on the highest levels of consciousness, tainted with and ruled by blind necessity. . . Man is both creative and destructive, swayed both by love and hate. He is as much moved by his passion for creation, for justice, for truth, for the fulfillment of an ideal as he is by his greed for power, domination and gain. Man is both imperfect and imperfectible, an eternal battleground, between conflicting urges and impulses, lost alike to seeds of nobility and ignominy. Man tends to be intoxicated by power. Man’s ambitions and lusts enter into every relationship and every institution, distorting and corrupting his most generous aspirations, overseeing the powerful strength of forces of habit, custom, tradition, and inertia which are both form of human society. The world inhabited by man is not as tractable as the philosophers of the enlightenment, of liberalism and of socialism in all its forms imagined. . . Viewed in this light, history is then a permanent, an eternal conflict between man, driven by sublime discontents and aspirations, and the inherent limitations of his own nature and of his environment, unable to transcend the antagonisms at the heart of the world. All man’s bravest efforts, all his quests, all his discoveries, can never really eliminate or overcome the primordial pain and contradiction at the heart of things.”

- Prominent 21st century author and political scientist I. R. Sinai

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