

## SQUELCHES of the VICTIMS

[The INSIGHT of LIFE; for teens]



## Introduction

In many circumstances, growing up to pass the stage of adolescence has more daring effect than any of the stages of life transformation. This is the stage of life that presents massive bodily changes and the urge to respond to the natural demands of the body. At this stage of early life, it requires self-consciousness, discipline and self-control to be able to call one's self to order amid bodily urges. The compromise of these elements at this stage of life leaves many **been** victims of circumstances, having their colorful dreams been trashed into the bin with their greener lives turned bare and stunted to be nurtured anymore. This stage of life is characterized by "hot spot" and "war zones" **that's** to be identified to help one trudge cautiously, balancing their way to safety.

But in our traditional setting, tradition has made many suffer out of ignorance because, it made it traditionally unruly for a younger person to have foreknowledge about their body changes, reproductive organs, and the danger zones associated with such stage of life. Many are the young girls who fall prey to this stage of life out of sheer ignorance under a tradition of silence. This ushers many young people into the realm of marriage which they never intended to, making them spiritually, physically, and emotionally burning but **pretend out of** in the name of an unprepared and unwanted marriage.

Marriage was regarded as a sacred institution ordained with divinity to bind two souls of interest. It requires mental activeness and the tenacity to weather through the turbulence it comes with. Marriage properly **ushered** an individual into the realm of adulthood, changing them completely into a new paradigm of life. Leaving behind all that matters the most to their interest, to creating a level of life that can accommodate, tolerate, and condoning the in-perfections of each other. These are the very substances lacking in many of today's marriages, leading to higher rates of divorce, separation, single parenting hence higher rates of **streets**, hooligans, and irresponsible social standards in our communities and the country at large. The marriage institution is desecrated with the innocent tears of the ignorant.

How many more dreams do we have to trash, how many more souls do we have to let perish, how much more tears do we want to see shed, how many more “juvenile marriages” do we want to see, how many street children do we want to have all out of ignorance in the hostage of vague tradition.....

This is heart-rending and of societal concern that needs pragmatic measures to save many from the untimely crushing of their dreams. As a teenager, going through this write-up will open you to any information about life in this red zone.

Life is lived in the past, present and to be lived in the future. The road map of life is not created out of nothing. The past often creates a lame light that guides us through the present into the future. Therefore, the present condition of your life is a reflection of the past which will usher you into the future. This suggests that the future is not created out of nothingness but a repetition of the past events you once lived.

Notwithstanding this, we can't control our past anymore, but we have the ability to control our present **to the** way we want **it to lead** us to the future by completely bridging the lame light out of the past and creating an entirely present light that will guide us into our desired future **life**.



## PART 1

### *The squelches*

*Behind me, are the squelches of my footprints*

*Firmly ingrained in the fine course offshore soil*

*So pronounced to be eroded by the ebbing waves*

*Tracing my origin from an unknown locus*

*Far a distance to be traced, only a known traces of memories*

*To an unimaginable foresight destination*

*Existing somewhere in a faraway land yet to be discovered*

*The sores under my feet are smoothened by the chilly offshore soil*

*The sea breeze comforts my soul and refreshes my body to continue my indecisive journey*

*The hurdling of the waves with lousiness comes forth with the soothing winds*

*The pebbles at the beach show beauty in the broken*

*The presence of seashells at the beach tells me there's the existence of life in an undisclosed place way back onshore*

*If I could move further, I will forever be moving*

*Getting my footprints to keep going*

*Giving the latter followers the signals*

*That a life once trod here*

*But to whether it survives, will be a mystery to be discovered*

*When my footprints fade off in the direction of my tread*

*Then there's no more me.... the mystery of my footprints ends*

*All the beautiful memories would've faded away too*

*Before the two phases of the twilight, I faded away*

**There the** *sun will continue to rise and set*

*Showing the beauty of creation on the two opposite sides.*

There's nothing new under the sun. Everything happening now is a repetition of ancient that never **were** made known to the present. That new inventory, that discovery, that new idea, isn't entirely new, they ever occurred under the obscurity of the present.

Therefore, we've been guided by the past, through an unclear path to chart a highway through the present into the future; the past has provided a faint light to help brighten our present and future. The past serves as a benchmark for us to refer to in our course of commute. The future isn't created out of nothing but with recourse to the past and the present.

Our every behavior is the birth of our thinking. Our thinking influences our decisions and our decisions influence our life. So every single decision taken will define our life either in the positive way or negative way. Some decisions when

taken only lead to regrets because they can't be reverted. It is therefore imperative to scale the risk of our decisions before taking a side.

There are times we are left in-between two evil choices. Evil because neither of these choices seems good and **worth to choose**. Thus they all come with their consequences that bite so hard when chosen. But we're obliged to choose the better of the two evils and be ready for its consequences.

There comes a time as a teenager you have to choose between pleasing your body desires sexually or suppress them and endure the pressure. These are two evils you have to choose from. Will you choose the former or the latter?

It looks so fulfilling to choose the first because the body seems to be in so much need for it and pleasurable to the body, but its consequences are dire and lifelong such as unwanted pregnancy, leading to unwanted marriage, school dropout or termination, depression, sexual transmitted diseases etc

On the other hand, if you choose the second, prepare to fight with your own body because there are times it will push you hard and gives you no other option but to accept its sexual desires. But if you're able to endure these moments, it helps you to be focus, purpose driven and self-discipline.

The difference between the two decisions is, for the first, you fulfill your early sexual desires now and may forfeit your dreams later in life. For the second, you forfeit your early sexual desires now and fulfil your dreams later in life. Of the two, there are **daring** consequences. You have to choose and be ready for the consequences that may come with your choice.

In our own very decisions lives a pool of what makes us and what unmakes or destroys us. Therefore, decisions are a greater determinant of our lives and should be made with the greatest of precision.

Note that, decision taken to give or have immediate pleasure can be deceptive and come with excruciating pains and discomfort later in life. While those that suppress your pleasure or turn to cause pains and discomfort now may offer the best of pleasure tomorrow. Today may **seems** good, but tomorrow will always be better than today in all standards if you dare yourself to wait and prepare for it.



So as an adolescent, if you're ever caught in-between two evil decisions, take the one that will give you pleasure later in life not the one that will give you pleasure immediately. Don't be carried away by the luring tune of the early pleasures to the neglect of the likely consequences. Dare yourself to be uncomfortable now and dwell in an ever beautiful tomorrow.

### **The "hot" and "cold" decision**

There are "hot" and "cold" state of making decisions by teenagers. In the "hot" situation, such as in a state of excitement, anxiety, anger, teenagers are most likely to make the wrong decisions. Thus when a teenager is pressurized, they are likely to make wrong decisions. However, when they're in a "cold" state, thus in a state of calmness, they have the ability to make good decisions. Therefore, as a teenager, before you make any decision, look at the circumstance you're in at that moment.

Regrets or happiness are the resultant product of our decisions. Thus every decision you take will either lead to regret or happiness. And I know if we ever have that power to choose between regret and happiness, I'm sure every one will choose happiness over regret. But regrets come with wrong decisions however, happiness comes with sacrifices made in the past. Hence, we owe ourselves the very best of decisions.

Every day is a new episode of our lives and a collection of days give the full story of our history. When the sun rises everyday till it sets, our footprints are left in the direction in which we move. Every single step along the direction of the footprints presupposes the decision we take every day. While you may be long gone, those indelible footprints you left behind you will serve as reference point for others. So, every day that we wake up, we have the power to make decisions to play a victim or to make decision to emerge a hero. Do you want to be a victim or a hero?

A split second decision can make you a victim or a hero. For that matter, every single decision you take should be properly thought through. Let the footprints you will be left behind be guiding steps for others not footprints others may doubt whether the one who left them behind once survived the tussle of life.

*"When all is said and done, and the chapters of life is complete, we leave behind a legacy of love and courage, woven into the tapestry of existence. Memories and laughter and tears become stars that shine in the sky of remembrance, forever guiding those who follow, creating a symphony of our journey for generations to come" (L. Oduro, 2023).*

## **Relationship Development in teenagers**

Changes in a teen's physical and thinking development come with big changes in their relationships with family and friends. Family relationships are often reorganized during puberty. Teens want more independence and more emotional distance between them and their parents. A teen's focus often shifts to social interactions and friendships. This includes same-gender friends, same-gender groups of friends, and cross-gender groups of friends. Sexual maturity triggers interest in dating and sexual relationships.

## **Changes in relationship with self**

During the teen years, a new understanding of one's self occurs. This may include changes in these self-concepts: namely, independence, identify, self esteem, relationship with peers and family.

## **Independence**

This means making decisions for one's self and acting on one's own thought processes and judgment. Teens start to learn to work out problems on their own. As they develop more reasoning and intuitive abilities, they start to face new responsibilities. They start to enjoy their own thoughts and actions. They also start to have thoughts and fantasies about their future and adult life (for instance, dream school, job training, work, and marriage).

## **Identity**

This is defined as a sense of self or one's personality. One of the key tasks of adolescence is to reach a sense of a personal identity and a secure sense of self. A teen gets comfortable with, and accepts, a more mature physical body. They also learn to use their own judgment, and make decisions on their own. As these things happen, they address their own problems and start to develop a concept of themselves. Trouble developing a clear concept of self or identity occurs when a teen struggles to know who they are as in physical, sexual, and independent person.

## **Self-esteem**

This is how you feel about yourself. Self-esteem is determined by answering the question "How much do I like myself?" With the start of adolescence, a decrease in self-esteem is somewhat common. This is due to the many body changes, new thoughts, and new ways of thinking about things. Teens are more thoughtful about who they are and who they want to be. They notice differences in the way they act and the way they think they should act. Once teens start thinking about their actions and characteristics, they are faced with how they judge themselves. Many teens place importance on attractiveness. When teens don't think they are attractive, it often causes poor self-esteem. Typically, self-esteem increases as teens develop a better sense of who they are.

## **Changes in peer relationships**

Teens spend more time with friends. **They report feeling** more understood and accepted by their friends. Less and less time is spent with parents and other family members.

Close friendships tend to develop between teens with similar interests, social class, and ethnic backgrounds. While childhood friendships tend to be based on common activities, teen friendships expand to include similarities in attitudes, values, and shared activities. Teen friendships also tend to be based on educational interests. Especially for girls, close, intimate, self-disclosing conversations with friends help to explore identities and define one's sense of self. Conversations within these important friendships also help teens explore their sexuality and how they feel about it. Teen boys' friendships are often less intimate than those of girls. Boys are more likely to have a group of friends who confirm each other's worth through actions and deeds rather than personal sharing.

### **Changes in male-female relationships**

The shift to male-female and sexual relationships is influenced by sexual interest and by social and cultural influences and expectations. Social and cultural expectations and behaviors in male-female or sexual relationships are learned from observations and practice. During adolescence, developmental tasks include struggles to gain control over sexual and aggressive urges. Discovering possible or actual love relationships also occurs. Sexual behaviors during adolescence may include impulsive behavior, a wide range of experimental interactions of mutual exploring, and eventually intercourse. Biological differences, and differences in the ways males and females socialize, set the stage for males and females to have different expectations of sexual and love relationships. These may influence sexual experiences and may also have consequences for later sexual behavior and partnerships. In time, having a mutually satisfying sexual partnership within a love relationship may be found.

### **Changes in family relationships**

One of the developmental tasks of adolescence is to separate from one's family as one becomes an independent young adult. A part of this process is coming to terms with specific feelings about one's family. During adolescence, teens start to realize

that their parents and elderly persons don't know everything or have solutions to all types of challenges. Some teen rebellion against parents is common and normal. Over time, disagreements often decrease. But relationships with mothers tend to change more than with fathers. As adolescents become more independent from their parents, they are more likely to turn to their peers for advice.

### *The dilemma of Joanna.*

Joanna is a twelve-year-old pupil, who found herself in a dilemma of body changes. She creates a silent mode trying to understand her plight in her way, by making big the little knowledge she had about adolescence from her friends. She had not wanted to discuss her bodily changes with her parents since in the traditional society, it's culturally immoral for a girl of her age to have foreknowledge about the reproductive organs; so she decided to live in her little world of dilemma. Being moved by the overwhelming sudden changes within her body, she rather decided to discuss her situation with her friends. In their conversation, she realized that what she feels or see in her body isn't peculiar to only her but a common situation faced by her friends too. This gives them a sense of belongingness hence has created an avenue for them to always have their time to discuss about their sameness.

At school, they (Joanna and her friends) often retired to a silent place to discuss their commonalities. To their realization, at certain periods, they turn to have this upsurge urge for sex and would've always wished they are found in the arms of the opposite sex or boys. So in all their private conversation, featured discussions on the opposite sex. They feel so much alive when talking about the opposite sex. At home, on their way to the borehole, at the borehole, in their usual group, on their way to the farm, nothing more matters than to be eating from the sumptuous love stories of one another in turns.

In our part of the world, tradition has made life so vague, keeping the younger ones in limbo about their personal lives. This pushes them into making meaning out of

what they hear from friends, experience, or see without any parental guidance. Remember, anything that eludes the human mind, is a mystery and every mystery is worth exploring. And in the attempt of trying to unveil the mystery, many are rendered victims of their exploit. Many are these innocent teenagers whose lives have been jeopardized with their dreams shattered and forgotten because of a tradition that keeps everything hidden from the younger ones, creating an avenue for them to make their own decisions that could haunt them throughout their lives.

### **“Hot spots”**

“Hot spots” are danger zones or warning signs that signals a threat or potential dangers in the lives of adolescence. The most fragile stage of the human development is the adolescence stage. It’s often characterized by sexual pressure from the body, pressure from boys, psychological changes [mood swings], anxiety and curiosity, repulsive

**Sexual pressure from the body:** as an adolescent girl, once you start to menstruate, which involves the production and release of eggs from the ovaries, there are certain times within every month you feel sexually active and been pressed hard by your body to go in for sex. At this period, you’re ovulating or producing eggs, which normally takes place some few days before menstruation occurs thus if there’s no sperm to fertilize the egg. The reason for the sudden spike in sex drive is explained in page 22.... This means that it’s a normal routine for every teenage girl menstruating to experience this pressure from the body. Once it’s a routine, you’ll always feel such at any point within the month. So it doesn’t called for moving in for sex anytime you feel such.

**Pressure from boys:** the adolescent period is the stage for massive body development. So during this period, the adolescent girl increases in size, increasing breast size, increase in size of buttocks and hips. This gives them a nice “coca cola” shape, hence at this stage, the teenage girl’s body serves as a magnet that keeps drawing boys to them. At this point, the teenage girl can easily fall prey to the numerous advances from boys. But it’s worth noting that falling for this pressures will bring its dire consequences, thus pregnancy.

**Mood swings:** there's frequent mood changes during this stage of the human development. One time they're happy, within minutes they're sad. They're easily irritated and at times everything seems annoying. On most cases they counter react to every issue especially to actions that turn to stifle their movement or their decisions or anything that turns to belittle them, hence they're repulsive in nature. At this stage, it takes humility to remain calm to take advises and accepts corrections.

In your course of commute, if you know and can identify the "hot spots", you either tread there cautiously or refrain from the commute. But once these "war zones" are not known and identified, you're not taken by any fear to be mindful. Sometimes illiteracy isn't about the inability to read and write but the inability to be fed with the right information when it's needed the most.

### **Caught in the web of love**

**To some, love is a fulfillment of the heart to give peace to the soul**

**To some, love is that meaningless emission of emotional signals between two souls**

**To others, love is the consistent secretion of emotions towards someone**

**To some, love is a complex one worded implicit language understood by only the souls involved**

**To some, love is anything for somebody's everything**

Love is something you can't really understand. It's much complex than what it seems to be. Falling in love means walking into a tapestry of emotions which you can't even explain. The interwoven nature of emotions makes love so heavy and comes with excruciating bitterness when these emotions are forced to disconnect.

At this vibrant age, where everything is in its developmental stage, they sever as sensers ready to pick up signals from around. Thus teens secrets more emotions

towards the opposite sex. This strong emotional feeling at this stage is normal and should be controlled before it picks emotional signals from the opposite sex. Emotions are secreted from the mind and therefore can be distracted from the onset.

Taken Joanna and her friends' case into consideration, they've noticed some changes within them, increase in their breast side, looking curvy, menstruating, increase in desire for sex during ovulation, but how these come about and how to control themselves amid such body changes is a mystery to them. At the age of thirteen, fourteen, they've already started committing sexual promiscuity with the opposite sex in response to their body urge or desires. There was no mouth at this stage to tell them that it's normal to feel such a way (the burning desire to have the companionship of the opposite sex) but that it's unsafe, ungodly, and much worth of a risk to respond to. There was no chance for any adult to make them understand that it only takes greater discipline and self-control to pass that test of early temptation. Hence, at this tender age, they're left to their destiny, to be responsible for their own decisions and actions taken and done in a spacious room of ignorance.

*The wish*

*How I wish the clock could tick back*

*For me to retrace my steps*

*For me to reconsider my actions and decisions*

*To normalized what has gone astray*

*To undo the many mistakes of ignorance in the past*

*How I wish I was better informed*

*To know the "war zones" at this crucial stage of my only life*

*To handle it like an egg destined to be my life*

*Hmm, but nobody was around to talk to me about the "war zones"*



*Not even my parents were of sight when I was treading blindly in these "war zones"*

*I couldn't be better informed*

*I respond to what the chemistry in my body pushes me to...*

*Now here I am, being scolded in ignorance*

*What sort of a tradition do we have?*

*That doesn't allow you to know more about yourself*

*I'm now stranded, freaked, and sculling in anger all out of ignorance*

*But to whom or what can I blame it on if not on me*

*My cheeks have had enough of my innocent tears*

*How I wish.....*

*But it's all a past.*

She lamented in a soliloquy, Annabel a 16-year-old pregnant girl who has ignorantly been caught in the web of love in her response to her body changes. Nothing more **interest** her in life, she feels she's just living the shadow of her life. She dreaded her parents and **see** no need of having any if they couldn't provide her with any parental guidance the time she needed it the most. Everything seems like a dream to her, she wishes someone could tap her out of her slumbers, but in actual sense, it's a reality.

"By the time I became aware of the consequences of indulging in premarital sex, I have already immersed in it, nothing could draw me back nor scare me the most to think otherwise. I feel like I was walking into the valley of death, all the danger warnings were showing up, but I kept going. I couldn't stop going nor finding my way out". Said Joanna. She became pregnant at the age of sixteen without knowing who the biological father of her conceived seed was, dropped out of school, been surrounded by lots of controversies, and verbally abused by society, she was

emotionally and physically unstable. Her whole world seems to be crushing upon her. Nobody seems to be on her side. Society has made it like she's the only devil that ever lived. The very people who denied her of the information under the hostage of vague tradition turn to scold her for her misfortunes. Welcome to our part of the world where ignorance forced many a teenager to lay down their tools in the fight for success.

The marriage institution is bleeding profusely with the innocent tears of innocent beings. Many are souls secretly dying out of ignorance, many are marriages in separation or divorce, many are "juvenile" marriages we're encountering out of ignorance, and many are souls like Joanna and Annabel who are victims of circumstances. The sanctity of marriage has been forsaken and nothing else of it matters.

To those precious young souls waiting to be entangled in the early web of love out of ignorance, should take a cue from the above perishing souls' testimonies of Joanna and Annabel. They're many more a teenager out there tasting their salty-sweet, wishing the clock could tick anticlockwise but the story has already been documented in the archives.

It doesn't pay to be discipline, but it costs a lot to be indisciplined. You're responsible for whatever decision or actions you're taking. No one is there for you now but people will be around to point accusing fingers at you for your misfortunes. There isn't anything worth exploring at this stage. Don't go **behind bars** to do what pleases the body, for the body will always push forth its demands but it's a task on you to defy all the odds with constant discipline and self-control.

The fact that you might want to respond to the urge of the body at the blind side of your parents shows that it's morally defective and not worth engaging in at that tender age. This is the aspect that tradition will never clear the doubt on. Tradition has made it that you've to use your conscience to define what's morally right. It takes greater self-control and discipline to pass this test of early temptation. Do not react to the body desires of today to the detriment of the beautiful and ever shining tomorrow that lies ahead of you. Today might be beautiful but tomorrow is always more beautiful. Use your conscience more at these trying times than what the body pleases. Often, the language of the body and the conscience is always on opposing

sides, which needs to be carefully balanced to bring stability. Balancing these opposing languages is where discipline, self-control, and determination come to play.

***My little heart***

*My heart can sense the fragrance of love*

*Solidly rocking in the air here and there*

*Passionately craving for people to venture into*

*But my heart is so callous, insensitive to its luring tune*

*My heart is indifferent to the beauty of love*

*Its doors are tightly shut, giving not a pinch of love to drop therein*

*My heart is so fragile to love, so it precipitates not the fancies of love and nurtures not its roots*

*The depth of my heart is so shallow for deepen roots of love to thrive*

*My heart is fragile and susceptible to damage*

*It entertains not the foul games of love*

*It can't undergo surgery once broken*

*So it trudges cautiously on its grounds, balancing its way to safety*

*Love is a wicked game played not in the territories of the soft-hearted*

*I have seen many a laugh in love **turns** sorrow*

*I've seen many a sweetheart **turns** bitter hearts*

*Many are love egos turn sour in love boats*

*Many are lives that decayed for love*

*Many are a barrel of tears gushed out for love*

*How then can my heart play such a wicked fair game?*

*My conscience is so soft and agile to wickedness*

*Is love a crime?*

*My mind is bloated...*

This is a version of lessons learned by Bernice from her peers who once found themselves in the web of love. Though she too has been denied information from the onset of puberty, she has taken a cue from the many suffering souls **been** caught in the web of love. She had had that chance to fall in love in response to her body urge but with the many examples she has seen, she knew her heart wasn't yet ready for such a tussle. So she decided to keep close her heart to prevent it from been tempered with. She made it clear that her heart was still so young to contain the heavy stories of love. She has seen love to be a wicked game that's not meant for the fainthearted.

Our culture has made it that no one owes you that responsibility to get you informed about the traffic and hot spots in life. **It, therefore**, behooves you to turn the misfortunes of others into your blessing. There are many examples at all flanks to take a cue from, they're not there for us to overlook; they present your future endeavors **have you lose** guide of self-consciousness, self-control, and discipline to the early desires of the body. That's why Bernice ended with a rhetorical question "is love a crime". She finds it difficult to harbor why most youngsters are in lamentation trying to experiment with love. Many are those who're single parents, many are those who give birth to street children, many are those who do all sort of dirty work just to feed the undesirable element, many are those looking dejected and mentally retarded. These and many more physical and psychological

characteristics keep sending her (Bernice) out of the path of early love even though she has the tune of love hovering around her.

**Many were** the pressure forthcoming from all angles, but she remained on her stand. She **sees** her heart **prematurely** to be **played on** by the opposite sex, so she tightly **shuts** the door of her heart, making it insensitive to be melted down by the songs of love stories. Though in the beginning, it **seems** much a heaven to fall in love, with time, it **seems** it's the hellfire that spares not. Is love a crime? .... She couldn't stop thinking about this whole kind of tragicomedy scenario of the fiction of love. Her mind is bloated.

Culture may deny us the very information we need but society will present it in full to us. Still living in absolute ignorance about the dangers of premarital sex is a matter of choice. Note, this is not a game to be tried for once, once you **tasted** it, you'll be motivated to go in for it one more time and again and again. The time you realize, you're at the beginning of the end story of your life.

Just as Bernice, see your heart as a precious gift, premature to be tossed up by someone who doesn't even desire it. Shut its door tighter to the luring tune of a common love, and use the misfortunes of the unfortunate persons as a blessing to your life. What you see in any of those misfortune teenagers is a true reflection of what you'll be if you give up so easily to the early temptation of your body. It doesn't matter how qualified a driver you're, the car can get accident either through a faulty tire, miscalculated road signs, a careless driver of an ongoing or bypassing car, a reflection of light, and others. There's no careful play in this game, there's no perfection, and there isn't cautiousness to be observed in this game. Remember what Bernice said, "Love is a wicked game played not in the territories of the soft-hearted". Once you find yourself in it, no matter how cautiously you trudge along, its faulty and wicked side will always resurface. There's **no a** football match played 90 minutes without fouls been recorded. No perfectionism, no once trial, no cautiousness. Once you decide to follow your body desires, be prepared to play a wicked game for future losses.

**Spiking sex drive**

Spiking sex drive also known as libido reflects the desire for sex and its fluctuations when a girl starts menstruating. When a girl starts to menstruate, there is an increase in sex drive which is linked to hormonal estrogen, which is high during few days before ovulation. During these few days to ovulation, usually seven days to ovulation, the desire for sex increases and you feel friskier than at other points in the cycle. However, sex drive decreases after ovulation days as the estrogen levels drops and another period approaches. Once the period arrives, a new cycle begins and libido starts to build up again. This period is linked to the fertilized window of a woman.

Fertilized window; it's the time which you can conceive. It lasts for seven days each month. During this period, you're most likely to experience increase in libido as you approach ovulation and a drop in libido once ovulation occurs. According to research, this phase of increased in sexual drive lasts for around six days and coincides with the production of luteinizing hormone [a hormone in females which acts on the ovaries to make follicles to release their eggs and to make hormones that get to the uterus ready for a fertilized egg to be implanted]. This means that it is normal to feel the way you felt at certain times of the month. It doesn't mean that you've to satisfy the body urges any time you've this frisking experience. Just hold up yourself for seven days and that urge will go away and you'll be free again. But before you kowtow to the dictates of the body, remember that this is the time period you can easily conceive and these are the most tempting days in the life of every adolescent girl. So during these times, you've to be extra careful, extra discipline and have greater self-control. Tell your body and your heart to wait for the appropriate time.

Love is beautiful when it comes at the right time

Love is fulfilling when it falls on the right fertile lands

Love is blessing when it comes naturally

Love is comforting when it comes pure

Love is wonderful in its trueness

Love is fun

Love cures

Love heals

Love is good

Love promotes dream

But when it falls on the wrong path or comes prematurely,

It can be deceptive

It hurts

It brings discomfort

It causes tears

It causes sorrows

It quashes dreams

It causes pains

It brings regrets

It can cause unending grieve

It can make your heart barren for genuine love

Let love **flows** to you naturally in its goodness of time and its full glory will be realized.

### **Will you yield to pressure?**

As an up-and-coming young woman, your well-modifying stature acts as a magnetic field, which keeps drawing closer all magnetic materials. The boys including men fall prey to your transforming body. As such, they keep coming closer to you, they pester you and push you further to have their way with you. Not

only one or two boys might come your way but a flux of them, each trying to book his place in your heart. Are you going to accept one to stop the demand of the others? Are you ready to keep "tossing" all of them? Or you will remain your stand of not registering any and bear the annoying pressure?

When equal pressure or force is applied at opposite sides of an object, it neutralizes. A state of equilibrium is established leading to a stable state of the object. But when the pressure or force on one side is greater than the other side, disequilibrium occurs leading to a shift in the position of the object to the direction of the greater pressure or force.

Remain a constant fashionable "no" or "yes" to all distractors will neutralize the quantum of pressure they all exert. There wouldn't be any demand for a product if the seller is unwilling to price the product. But if you can't maintain a constant answer then the pressure from the side of the distractors will outweigh yours. Once the product is priced, no matter the price level, some people will afford it. The way not to give out the product is for you not to price it. But if you think pricing it higher will deter people from purchasing it, remember the high-class people are always in search of ostentatious goods. Being able to withstand the pressure with a constant stance is part of self-control and self-discipline.

Be reminded that at this age, you will always be enticing to the opposite sex and they'll react to your ever-growing succulent body. Anyway, others use the advantage of their body to mouth water the boys, these are the people who **ended** up being victims of the game. The cat never gives a surfaced mouse the chance to escape though it might be tempted to run to safety. Be guided and be informed that just as your body is giving you pressure to draw closer to the opposite sex, so will they be attracted to **your you**. But the twin words, self-control, and self-discipline will always vindicate you in the end otherwise, you will be victimized.

This is what Charles felt for Angela, seeing her well-modifying stature which he couldn't resist but to approach her. His thoughts about her have been summarily put in short sentences but portraying the exact way he feels about Angela.



***I couldn't resist***

*When I see her upcoming curvy hips, I get going crazy*

*When I set my eyes on her young shooting breasts, I wish she could be mine*

*When I look into her eyes, I see nothing but love*

*I can't for once set my eyes off her*

*At any moment in class, I see the teacher to be a well-defined comedian*

*Her thoughts are my lessons taken in my mind*

*When she comes closer to me, I wish she could fall into my hands*

*When she smiles at me, I keep thinking the last time I ever got so happy*

*When she talks to me, my mind freezes for some seconds*

*I couldn't imagine how I feel that way for her*

*I wish she could be in my little world*

*I couldn't resist anymore, but to **penned** her my emotional feelings about her.*

He couldn't deny the fact that he feels unease when he steals a glance at Angela's stature. When he fixed his eyes on her, the chemistry going on in his body gives him the zeal to want to love her. They being classmates, Charles always has his mind been ceased by the thoughts about Angela. Though he's always physically present, mentally, he's out of the content of what is been taught in the class. He, therefore, sees the teacher to be doing a cos ninety (zero) work. He sees the teacher to be a comedian in front of him trying to entertain the pupils. When Angela innocently smiles at him, he feels he's the only living being on earth. She talking to him sends him to live on another planet. As days go by, the more he falls for her. He couldn't resist her lustful desires but crumply scribbles his feelings to her.

Charles couldn't have been the only person that's sexually attracted to Angela but she should be able to change the tone they'll sing. When the tone is changed, she becomes a step ahead of them if only she's able to maintain her tone at a constant rate. Note, there can never be collusion when the objects are moving in the opposite direction.

But once you dance to the rhythm of their tone, it gives them the urge to pester you the more. Maintain a tone that's so difficult for them to chorus with yours. There can't be a good song when the verses and the chorus aren't correlating.

According to Peterburg Munyasya, *"love is a passing cloud that soon leaves you stuck and stranded as a victim of love that never was"*.

### **The ballad of life**

*Life is nothing but a candle*

*Where each its wick is lit*

*To banish darkness into the gulf*

*And the eyes grapes at its charming glow*

*The wax and tallow starts to weep*

*For in no time, the lights dim*

*And the darkness reigns again*

*Life is nothing but a flower*

*A favorite haven for its adorers*

*That beams forth beauty at its prime*

*And expels a saccharine scent from its whorl*

*But when ranted by cruel seasons*

*It frowns and crumbles*

*Life is nothing but a flower*

*Where early in the morning*

*Its plump and lucid being*

*Encloses agile free leaves to refresh them*

*But alas, as the sun rises, the dew mournfully kisses the leaves goodbye*

*O what a pint-sized stint life is.*

*By Nathan Mkumbira*

**Life is like the moon, when it's its time, it brightens freely bringing forth clarity in the darkness but when it's below the horizon, the darkest takes possession again with every visible thing clouded in darkness.**

## **THE OUTRAGEOUS COMPLIMENT.**

Boys are known for their fewer words, but in these fewer words lies the heavy meaning and good tidings that can melt the callous heart of a girl or woman. When it comes to matters of love, the wording of boys can enslave the thinking faculty of a girl. Flattering a girl is a natural tool embroidered in boys as a luring mechanism to capture his prey. They'll magnify you, they'll make you seem larger than you can imagine, they can make you even doubt yourself about some of the things they say you are. The bait is always too juicy to bring you to the hook.

Elsie, a seventeen year old girl, said, "sometimes I have self-doubt about what I hear about myself from the opposite sex. So most times, after my encounter with some of them, I stand in front of the mirror for minutes, trying to see all that they say I am. Sometimes I think I'm been over magnified but I'm often left with the popular adage that love lies in the eyes of the beholder". This is the rule of the game, they (boys/men) will leave you with their outrageous compliment even to the extent of you doubting yourself. They make you so large that you can easily be overconfident and too pompous. With their outrageous compliments, they turn to place a limit to your thinking ability thereby weakening your sense of purpose hence, falling into their trap. They can easily say things to you they think you're not but to spice up the game and have their way with you, they will cuddle with your mind, making you suit generic (one of a kind) they can't live without.

### **Why most girls fall foul to these outrageous compliments**

In our traditional settings, tradition and poverty have made parents unknowingly subject the girl child to vulnerability. In the face of tradition, no parent ever attempted to compliment a girl over her outlook. Therefore, these vulnerable girls have no first-hand idea about how they look to society, or how society thinks about them. They've no idea about themselves, they've no idea about what society thinks about them. They seem so little in their world and see nothing greater in the outside world.

In such a deprived state of the first-hand compliment, these innocent, ignorant, and vulnerable girls are filled with ecstasy when they're first caught in the flattery words of the predator. They now turn to see themselves in the vast world, they turn to hear more of what someone thinks they are which nobody ever told them. They see themselves larger and visible to capture the eyes of someone. They smile to themselves, be in front of the mirror often, and always thinking about what they heard about themselves one more time over and over with intermittent smiles crisscrossing their faces. She feels for the first time she's a living being and would like to hear what makes her happy thousands of times. What will be the feelings and reactions of a person who tasted honey for the first time? The very compliment they've been deprived of for all this while, they're now happy someone has

identified it in them and would like to hear such a good tiding lyrics about themselves. These compliments from the wrong person's serves as a self esteem booster which make them confident and self worth

### **Sandra, now 19 years narrates her euphoria.**

I come from a very primitive home where nobody dares provide you with first-hand information about your life as a grown-up girl. I tried leaving in my little world, unnoticed in my self-inferiority state. Not until in my junior high level when Patrick, a boy in our neighborhood approached me in a grand style. At first, I seem not to understand what he wanted to put across. I taught he was just interested in flattering me to anger till I could notice his serious intentions in his eyes and demeanor. That was the first time I know I worth something to someone, that I'm told I have an extraordinary beauty in me. That day, I feel I was now a living being, noticed of my worth. That's the day I started to appreciate myself. I couldn't get these compliments off my head, I daydreamed about this encounter with Patrick and always wish to hear more of my outlook from him though I was trying to resist for the first time.

I could for once noticed the happiness, the beauty in me, and my changed way of doing things. Though my silence over Patrick's proposal keeps him a distance and in limbo, I was also really lost in his words, waiting for the last thing that will break the camel's back. I see that day as a day I've been accepted and noticed by society. What else could I feel knowing all this while that I was beautiful in the eyes of someone? This proposal came to me as an "eye-opener" where my approach to everything and life changed overnight.

Many are these teen girls just like Sandra been flooded and captured with the melodious and mouth watery tone of boys. They easily entice their minds into accepting their offer without a second thought, by the time they regain their consciousness, they've tasted the forbidden fruit.

### **Vera's story**

The day I received a white paper from Adam at the hedges near the urinal pit was a glittering memorable day that **creates** a permanent scar on my mind. It all happened coincidentally at the hedges where I met Adam from the pit towards his class. He gave me a fake smile and acted in an unusual way that suggested that I should stop. I did, without delay, and using the opaque milieu the hedges create, he reached out to his pocket and gave me a piece of paper. I grabbed it with hesitation because I never knew what the content could be. I turned back and sideways to be sure that no one is on the watch. I quickly crumpled it into my pocket giving no chance for any external eye to pop into it.

All-day long, I was only physically present in class but mentally entrenched in what transpired at the hedges. I can still remember that awkward day in class when I was pinpointed by the science teacher to answer the simplest question which almost everybody could answer but I **stand** on heavy feet amid the mercy of the eyes having nothing to say.

The day **seems** longer, I was so reserved, sitting all day in the class anxiously waiting for the final bell to go down. At the closing assembly, I hid at the back trying to give Adam a glance who was also standing at the back. But in all attempts, our eyes never met because he **never missed a chance** to look in my direction. My adrenaline **rises**, my anxiety worsened but the long chain of announcements keeps delaying us. My mind **tells** me all this while that this could be one of the many lover's letters that often takes major headlines in the student's populace.

At home, despite the hunger and how ready I was to devour food, I still made a way to look through the content of the paper before anything. I was in a state of delirium, for lack of better expression. I was having feelings of sensation moving down my spine. Though I couldn't understand some of the unfamiliar words he used, the content of the letter was clear. It was a love application with my curriculum vitae written in dexterity. I can't perfectly describe that very day how I **feel** for the first time in my life someone telling me I'm the most beautiful girl in the whole school. I was hyped, exalted, and redeemed deep inside of me. I read the letter over several times but still **think** I could continue reading. My hunger strikes no more and I **feel** no need to eat. In the night, as if it wasn't enough reading it over and over during the daytime, I picked my lantern and read over it again like one of my subjects. For the first time, I felt big and noticed in life. I couldn't stop reading

the sentence, "you're the most beautiful girl in the whole school". Sometimes I get myself smiling unnoticed.

It's always pleasing and of fancy knowing that you mean much of the very air we breathe to someone, that someone has identified and be in much fond of the qualities in you. The most amazing thing is the inner joy it brings to you for someone to sing how much you worth, when no one else did. Sometimes when I'm bored or have been angered by my parents, I quietly go into my room, pick the much sung about me by Adam and within the twinkle of an eye, I noticed myself smiling all over, asserted Vera.

Being intrigued by the fantasies of this wording, they ended up been trapped in the mouth watery speech of the opposite sex since the body itself is ever willing to be used as a control experiment to satisfy its urges. Whatever it takes for them to put you in their arms, they're ready to go any length for it. They'll try to do the unthinkable for you, making you the Oasis in the wilderness and the very air they respire but when their lustful desires are accomplished, then the whole story turns to be a different one. They turn to crush and grind your heart, to the state that it takes a good surgeon to patch it. Let's take a stroll through this concise truth for the best of medicine is not found in the biggest of bottles but of the smallest bottles.

The concise truth...

### ***The Pride of Man***

*How often is the pride of man abused?*

*Is their mental agility at its lax?*

*But their ardent desire to please their newly modifying, etching body is nothing little*

*How often have they swayed away by the tantalizing tone of the protagonist...?*

*They made them seemingly the Oasis in the wilderness*

*Heaven, they promise them on Earth*

*Come what may, when their lustful desires are accomplished and a seed is picked*

*The seemingly Oasis in the wilderness dries up and they navigate their flanks for others to quench their ever thirst.*

*Now the pride of man is left in mental trauma*

*Negative thoughts they're slaves to*

*How I wish I had reasoned beyond the box? But just a past*

*They hustle day and night*

***Been** on the scorching sun*

*Tasting their salty-sweet*

*Just to feed the undesirable element*

*The drain of tears trudges down their bellies day and night*

*Yet the protagonist is drawn in slumbers*

*But the would-be victims learn not from the dying souls*

*Hmmm, how long would the pride of man be under mental servitude?*

Breaking it down into its simplest form for easy digestion, the author wrote this with physical and emotional sadness, thinking how the pride of man could stoop so low to be enslaved by the words of the protagonist. By this, he's referring to the girl or woman as the pride of man, how girls allow themselves to be used by boys or men and later dump them to suffer in their fate. Is their mental agility at its lax? This is a rhetorical question that he needs not any response. How could girls easily



fall prey to the words of the opposite sex, but then, this, he answered by imploring the inability of the girls to have self-control and self-discipline to bring the desires of their growing body into order hence, easily fall for the sweet words of boys.

These boys made the girls seemingly the Oasis in the wilderness, the only pastures they have to resort to in the terrain of the desert, the only river that feeds them with water in the era of drought, and the only air left with them to gasp for their very survival. Little had these girls know that when they give themselves to these boys and they become victims of teenage pregnancy, these very people who supposedly made them their live support, and sing so nicely into their ears turn to dance in a new direction with a very different tune. After all, what wouldn't a ravenous cat do to get the mouse that outdoors itself?

Now they, the pride of man (girl) are left in her thoughts day and night. No one to reason with her, nothing good seems to be going through her mind. She wished the clock could turn back once more so that she will have a second thought before attempting anything silly.

What else can she do rather than hustle throughout the day under the sun, sweating profusely with more sleepless nights to feed the undesirable element (the baby born out of wed log). Sometimes she cries bitterly overnights, thinking of her daily survival for the coming day. Meanwhile, the problem causer been referred to as the protagonist (the boy or man) is deeply sleeping, thinking nothing that part of him is somewhere, unable to eat, unable to sleep, and twisting in deep pains. Meanwhile, he's in a comfortable lead, busily dreaming of another Oasis he has discovered again.

The most interesting thing is that, despite all these documentaries, the next victims of the girl child who could've known better and retrace their steps, turn to be clueless and unnoticed about the very fire that's burning those who have already made the unpardonable mistake. This is what saddened the writer the most hence leaving him with no words but a rhetorical question "how long will the pride of man be under mental servitude". How long will the protagonist (boys) continue to cuddle with their minds if they're not willing to open their eyes and see the burning flames ahead of them?

**Life is such an asset, that's worth jealously protecting from piracy. Life is supposed to be built on whorl, given a defined territory on who is within or out of its enclave. A city that's not guarded is easily attacked by enemies.**

### **Negating the outrageous compliments**

In this 21st century, we can't still sit with arms folded while many a dream is shattered out of ignorance, for posterity will never forgive us with our silence. It's therefore of utmost importance to shun the silence of culture which keeps the younger ones in limbo about their state of being as they transit from one phase of life to another under many challenging conditions. The time has come for parents to open up to their teenagers, to help them identify danger zones in their lives before their destinies are submitted to ignorance and victims of circumstances. Give them the first-hand compliments so that they wouldn't see it as any special compliment that will erupt the chemistry in them to fall so easily **for**. When they know they're beautiful, gorgeous, one of a kind, from their parents, they see it not to be any special flatter when someone tells them.

*To the teenager, look at yourself in the mirror and tell yourself that you're beautiful and you need no one to tell you that you're*

*Tell yourself you're sexy and no one is to tell you that*

*Tell yourself you're juicy and succulent and no one is to make you be aware of that*

*Tell yourself you're hot in your ways and that nobody is to tell you*

*Tell yourself you're special and one of a kind and that nobody is to endorse that for you*

*Tell yourself you're everything people think you're and no one is to tell you.*

*You don't need approval from anybody on how beautiful or sexy to look. When you already know that you're all these and many more, already you've counteracted all*

*the flattering words that boys might want to sing to you, so you don't feel like a new creature from heaven to earth if they do tell you.*

This was what Ella told a boy during an interschool sporting competition when he told her "do you know that you're a beautiful girl..." Ella looked at him with a smile and told him, "yeah, my mum told me I'm beautiful". Maybe she underrated your beauty said the boy.... just like you're trying to underrate it too, interrupted Ella. I know I'm beautiful, so I'm not surprise you've seen it and you're trying to tell me, continued Ella. The boy was left with nothing but speechless and **have** nothing convincing to draw on.

If you think you aren't interested in the topic been raised, cut them short, don't put further words in their mouths. Just like Ella, she cut short the intention of the boy, giving him no room to have further chances of going in the direction she has already detected. When you have it that you're one of a kind, you need not anyone to discover that in you.

***"A rare gem you are***

***Don't you ever make yourself available cheaply to be used as a decoration on another person's crown"? Peterburg Munyasya***

## **Craving for independence**

As a child growing up, there comes a time where you want some kind of independence from parental controls even though you aren't mature enough to live on your own without guidance. But most teenagers at a certain point in their lives wish they could be left on their own to decide for themselves, go with their daily activities without guidance. They often get annoyed and boiling with anger when

they're corrected. This might not be applied to all teenagers but at this stage, at least every teenager wants some kind of space where they can grow wings to fly openly without any limitations. In some way when this freedom is stamped, they try to bounce back in all forms to have themselves liberated. They see nothing wrong with their actions and decisions. Though it's right to allow them some degree of freedom, it will be very suicidal to have complete freedom because, at this stage, your body dictates more for you than your mind. So being given complete freedom will in a high likelihood, make you a victim of unwanted results.

### **Why are they sometimes repulsive?**

In the realm of adolescence, it's easier to deal with teenage boys than teenage girls. For a teenage girl, once her mind is made up, it's difficult to make her go back on it. They go to all lengths to do what pleases them no matter the restrictions imposed on them. Taking this down the lane, teens sometimes are repulsive in behavior based on the earlier submission of them been denied information about their personality from the onset.

In the case of the girls, it's obvious of them to strive for freedom or overreact in situations because when they're been exalted by the opposite sex outside, they feel so pompous, **overconfidence**, and fill with pride for been noticed and recognized by some people. They have the feeling of **been** appreciated and adored by boys and men and therefore want to see themselves to be recognized, appreciated and noticed in the house just as she's been treated by others outside. With this, any attempt by the parents to curtail their recognition will always lead to resistance. This is what Emily has to say. When I was still innocent, though I have eyes, I was living blindly, I never **have** any moral grounds to talk back at my parents when they're talking. I immediately dawn to light when boys started drawing to me, telling me what I think I'm not even. At that moment, I **feel** noticed, appreciated, confident, important, and somewhat enlightened. Gradually, I noticed my behavior and way of doing things changed. On several occasions I **have** to battle with my mum on some issues on which **she's** not trying to give me the needed respect I think I **suppose** to earn. My mum always **wants** to turn me up and down, treating me ordinarily and talking to me so harsh, hardly did she know that **I worth** a

thousand pounds to some people and I equally deserve that from her. From there on, on many occasions, I defied her orders, talking to her in a tone **that's** unacceptable as a child to a mother. It got to a point that she **has** to leave me to do **what's** expected of me. But here I am today, when I think of all those moments, I feel sorry for myself. Had I known all the lyrics they were singing about me were just for a short while.

When the girl is denied first-hand compliments, she becomes head swollen when she's been pounced on with it for the first time. They become uncontrollable knowing the amount of respect accorded to them from the opposite sex. But in a case where a girl is not moved by these outrageous compliments, she can't use that as a basis to get her head swollen to defy parental control, if she does, it's just a behavioral defect in her and not one elicited as a result of outrageous compliments.

In all, when the teenager is lavished with those profound flattering words, they see themselves as grown-ups and hence look forward to breaking the much monitoring and controls imposed on them. At this stage, parents must relax their restrictions on them or they will go the extra mile to gaining their independence which will be more drastic and unthinkable.

### ***The mirage***

*There she stands motionless in her miserable confusion state*

*Gawking at everything but seeing nothing*

*The world is so void and dimensionless*

*How much freedom has she got?*

*She is being lost to only imagery*

*She thinks she was constrained with directives*

*Yes, she guessed her freedom was captured and imprisoned*

**When could she go about her daily activities without order?**

*What could she have done without been monitored?*

*She guessed her freedom was stifled and handicapped*

*Denying her of her very ecstasies*

*How raged she was to always be guided in her thoughts and actions*

*How she wished she had grown an adult overnight*

*To have every bit of freedom to herself*

*To always think, do and talk unguided*

*She could never see this coming anytime soon*

*But here she stands now*

*In her unlimited freedom*

*Feeling the more constrained*

*The world seems so limitless*

*But limited in every sense*

*Where is the freedom she aspired for?*

*For every bit of the freedom foresaw from afar seems shattered and dissipated into the vast space as she gets closer*

*She thought life in adulthood is a bed of roses*

*How she wished she could zero down to the very childhood she despised...*

This is a frustrating message of a once teenager poured out in lamentation at a later part of fighting for her freedom in her early stages. She thinks her movements were restricted with unnecessary guidance, she feels uneasy and curtailed in the hands of her parent's monitor. She feels the willpower could be granted her to do what she so much pleases. But wasn't getting this freedom from her parents, she's boiling with anger, wishing she could be an adult the following day so that she could have her unlimited freedom to her, unguided and unrestricted in her thoughts and actions.

Having fought so bravely for her independence from her parents, having every bit of freedom on her side, she feels there's no freedom in the world at large. Though there seems to be unlimited freedom, she feels she's limited in the limitless freedom in one way or the **order**. There's no such freedom she thinks was existing in the adult world as she thought.

Now here she stood, unable to move anymore in a state of confusion and being lost in her art of imagination. The freedom she imagined existing in the realm of adulthood suddenly became an illusion that can't be captured. Her imaginary art has completely failed her but it's irreversible to the state she once disliked.

To every teenager, before you think you're revolving against your parents for well-thought freedom existing outside, be guided that it's all a mirage. There's nothing like total freedom to be captured in this world. Even the world itself is limited in its ways. There are constraints at every stage of life, there's no stage of life where there's complete freedom worth aspiring for.

Before you allow the outrageous compliments of men/boys to drive you into fighting for freedom, know that you're only going to move from one set of limitations to another. Don't be deceived by compliments, for they are nothing but a device strategy used to limit your level of thinking and make you seem so large when in actual sense you're not.

## **PART TWO**

**VISUALIZATION: SEEING THE FANTASIES AHEAD.**

**The art of imagination**



Life itself is an art hence giving the free will for everyone to craft it the way they want it to suit their preferences. How we perceived the future to be, gives us the route to sculpt our lives to that very imagination. When we imagine, we dream and we act accordingly. Therefore, our lives are predefined by our imagination. That's why in the over billion people in the world, no two people have the same lifestyle. We think differently, we imagine differently and we dream differently, sculpturing our lives in completely different dimensions though there can be interrelation of dreams, goals, and purposes, we act differently in different circumstances.

In actual sense, everyone turns to visualize a juicy end of their self-art of imagination. Even in the face of the insurmountable dare, our art of imagination keeps us moving, imagining only the better part of life to befall us. In the terrain of adolescences, very desirous in their imagination, they see no further the darkest part of their actions but the better moments.

Being vilified by their art of imagination and enslaved by flattery comments, creating a state of delirium in them, they fancy about the happy state of being they'll be bouncing getting into the web of love. They see the freedom they long aspired for, the care they're to receive, the respect to be accorded them gentle waiting for them on the other side of the mountain. Their art of imagination never creates their indulgence about life been a boxing ring, a tug of war, and survival of the fittest on the other side of the mountain.

This one-way art of imagination or thinking never gives them the second chance to listen to their inner persona for better judgment to be made. Even when they fall foul of circumstances, they see nothing to be worried about because at long last, their perceived imaginations are going to manifest. Little did they know, they're only chasing the wind. Their art of imagination all this while was just a mere illusion orchestrated by mental failure and the desires of the body.

### **Positive art of imagination**

If you fancy the well-dressed eloquent lady that sits in front of the cameras to disseminate information to educate the masses, your art of imagination will sculpt your direction of life towards what you envisioned. Have you always been intrigued by the women at the counters offering financial services in their white

shirts and black suits, do you have the feeling whenever you see a female been **addressed to** by students as madam and the level of respect they accord her, do you fancy being dressed up like one when you see a doctor or a nurse in their course of work, how about that good sense of humor you have watching that female lawyer in her gown and wig, flamboyantly defending people in court.....the more you fancy people in their line of duty the more you have the passion to see yourself in their position hence your sense of imagination directs your every thinking into becoming that personality you envision to be. When the passion is fastened up, you dream always, you think always and you laced up your energy into that one thing you **fancy for**. It keeps you focus and awake to your call of dream. It makes you undaunted in your quest of becoming what you believe in. What you believe in, what you work for, what you think and what you do at any particular time is the measure of your art of imagination. The worth of your art of imagination depends on what you fancy doing or seeing or thinking. That's, your art of imagination is directly proportional to what you aspire for and what you achieve in life. The works put up on behind the scene of every movie determine the kind of movie that will be displayed to the public

### **Negative art of imagination**

Likewise, in a state where you take delight in meddling with the opposite sex, wishing to be in their arms to be caressed, allowing their outrageous compliments to infiltrate and **hijacked** your mind, dressing in a provocative way to call for the attention of boys/men, your sense of purpose hence your art of imagination will chart the direction of your life in that regard. But at this stage of massive hormonal secretion, teenagers allow themselves to be wrongly directed by their art of imagination. They dwell much of their thinking in response to their body desires. Remember, the end point of your life is a product of your art of imagination. If you get pregnant out of wed log without being a victim of rape, it shows the result of your art of imagination. If you drop out of school because of pregnancy, it shows the results of your thinking with regards to your direction of life.

Your art of imagination elicits your actions and inactions: thus there's a link between what you think and your behavior, though there can be a disconnection between the two, where you try pulling red curtains over your behavior, clouding others from detecting your current state of art of imagination, the final product of

the end process is often tangible and speaks volumes of your art of imagination which you've long clouded.

A movie sometimes creates fear, anxiety, suspense and a state of mental illusion on how certain events are convoluted or twisted. But have you watched the behind the scene of that very movie, it turns to lose its value of the sensation it created in you.

Much the same way, your art of imagination is the background for which everything you do is planned on. But in as much as the human behavior can't be subjected to laboratory experiment, it's much easier for one to disconnect their state of mind from their actions. Therefore, presenting a completely different personality to the outside world. Though you can delude others around you, creating a different person of yourself inconsistent to your art of imagination, remember the final results will always reveal your behind the scene (art of imagination).

I have seen many a teenager whose pregnancy send down shivers through the spines of many. Nobody could ever believe such girls been modest and out of the camp of "immorality" could be victims of teenage pregnancy. How long can they pretend again? Your art of imagination will always push you to go for what you harbored. Below are soliloquies for a teenager vehemently lamenting for engaging in the sexual relationship with disguise.

*If I could imagine....*

*If I could imagine that there's nothing that can be hidden under the sun*

*If I could imagine that my behavior is only deceiving my conscience*

*If I could imagine that I can twist my behavior but not the end result of my art of imagination*

*If I could imagine that I was only playing pranks on myself*

*If I could imagine the magnitude of shame that could befall on me*

*If I could imagine that there's coming a time where I can't be on the wolf cloths any longer*

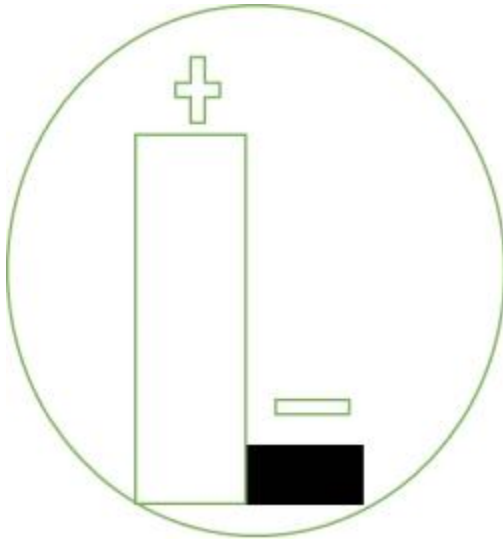
*If I could imagine that ones the sun rises, it sets definitely*

*If I could imagine that it's just a matter of "my first time"*

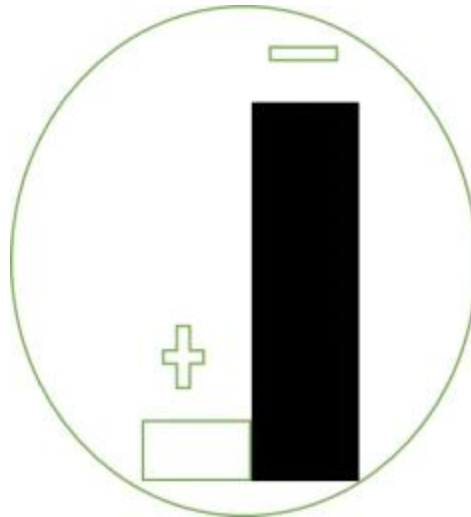
*Now here I am, causing the "wonders shall never end" in the speeches of many*

*Can I facade my behavior anymore.....*

### **Thinking capacity**



**Figure A**



**figure B**

Our behavior, is the byproduct of our thinking. When our positive thinking capacity is greater, we behave in a socially accepted manner and live within the confines of rules and regulations. This reduces our involvement in crimes and upheavals in society because you value peace and put others too first before you act. When your positive thinking capacity is greater, you respect, you are circumspect of what you do, you tolerate others views, you accept corrections, you are productive, you don't cheat others, you don't engage in premarital sex, you respect elders and above all you love your creator and abide by this words.

However, there's always a bit of negativity with every human. Humans are not God, you can't live a pure life and might fall short of perfection. But this makes us humans. Falling out of perfection differentiates a positive thinking human from God.

There are times you make a mistake and disobey authority, **oppressed** other people, disobey your parents or elders, or failing to do what's expected of you. But for a positive thinking person, these negativity are not frequent. Meaning they occur once awhile but comes with regret once you realized you've committed a mistake and the necessary amendments and lessons are learned. A person with this type of thinking capacity is represented by figure A above. From the figure, when you're more of positivism, there's less room for negativity because the positive thoughts will always over power the negative thoughts.

However, a negative thinking capacity leads one into the involvement of socially unaccepted behaviors such as stealing, robbery, smoking, prostitution, fraud, **disrespectful**, disobeying rules or authority and all sort of socially deviant behaviors. Since our behavior is a product of our thinking, these negative thoughts generated will transmute into behavioral attitude. This type of thinking capacity is represented by figure B. Persons with this kind of thinking capacity are referred to us deviant persons. This is because, their negative thinking outweighs their positive thinking. As shown in the figure B, the bar for negativity is longer than the positive bar. In most **case** these category of people **transforms** these negative thinking into practice, causing destruction and pains to other people. It least **dawn** on them that what they're doing is wrong since every bit of their thinking is dominated by negativity. Nonetheless, there are rare occasions they realize and feel sorry of their actions but they feel nothing can be done about it. They feel sorry because of the little positivity present in their thinking capacity which pushes them to regret their actions. But then, it controls little part of their lives since every aspect of their lives is overdoes with negativity.

Therefore, it can be proposed that there's an inverse relationship between positive thinking capacity and negative thinking capacity. Thus the higher the positive thinking capacity the lesser room you have for negative thoughts hence

the lesser the negative thinking capacity. Also, the higher the negative thinking capacity, the lesser the positive thinking capacity.

## **WE RUSH OR TIME RUSHES?**

Time never rush us, but we do. We only think time is on the rush when our conscience says so. But in our quest to catch up with the supposed lost time, then we are crushed on the way, leaving us paralyze and immobile, there we see time to be fixed, just repeating itself over and over. There we know time never rushed.

We only see time to rush when we allow golden opportunities to slip away from our grip, when sooner than later you see the manifestation of those same opportunities in someone you were at par. This is the point we realize that time actually rushed. When you think it was too long a time to wait for the manifestation of an opportunity, thereby keeping loose of it only to still be in your present state seeing that very opportunity transformed into reality on the side of another person. There you know time rushes. And this is the story behind the "had I known" phrase.

As humans, we're all presented with equal opportunities though on a different degree of turning it into reality. But the difference is the ability to keep pace with this opportunity and make the most out of it. **Teenager** girls nurtured under the anguish of poverty, often are distracted in their thoughts that **they're** limited opportunities and **lacks** the wherewithal in transforming dreams into reality. When you think this way, you lack the courage, the will power and the guts to come out of our shelves to fight harder because you've already defeated yourself with your art of imagination and what else can you do if not to think of the next alternative of accepting your place in the kitchen? Remember, what's been planned in your art of imagination determines the end results.

Time doesn't give you a second chance, it only leaves you with traces of memories to live with hence we see time to rush. Get yourself a colorful art of imagination: tell yourself that your mates are changing the world in their own ways, people younger than you are taking the world by surprises, question yourself how people

could be creative when watching or reading an intrigued movie or storybooks. Tell yourself how you could also do same to at least **brightens** your corner if not the world. When these sort of thinking are nurtured and groomed in your art of imagination, it keeps you stick on knowing that one day, you'll leave an indelible mark in your corner or in the world. It keeps you wanting to think more, to make your art of imagination more colorful and more desirous of **been** executed. It gives no room for opportunities to slip over you because you're **been** guided and focused.

### **The regret of Margaret**

Growing up into the range of teenager, I was as innocent as a newly born baby that knows not a sin. I was determined with my academic work and though not an exceptional student, I was by far good in class compared to most of the girls in the class. But in the course of our academic journey from primary six to JHS one, I began to lose control of my ever growing desires of my body. Then the monster (boy) from nowhere surfaced and succeeded in winning my heart. Being loosely in the control of body ecstasy, the "first time" event happened.

Though I felt so embarrassed and ashamed of myself for the first act of intimacy, I couldn't resist it for the second time and times without number. Satisfying the pleasures of our bodies, in JHS two, I became pregnant and dropped out of school to take care of the unborn child. I never regretted my decision for that time **being**.

Eight years along the line, being pregnant for my third child, I **have** to trek to the nearest town to have access to prenatal care. To my utmost surprise and in a state of confusion, I couldn't believe what my eyes settled on in the clinic: a well-dressed gorgeous and cute looking nurse, beaming with smiles all over her face, attending to patients. Guess what **that's** Mercy, my classmate who couldn't be compared to me when it comes to academics back then in school. She couldn't even make me up because poverty has eaten so deep into my fibers, eroding my charming look I used to boast of.

Flashes of memories started trickling in. Everything still seems fresh and not quite long. It all **seems** like a week ago. I couldn't think there could be such a moment so

fast in my life. I **feel** like someone could tap me out of my slumbers but it was all reality. From the very moment, I started to hate my husband for planting an unplanned early seed in me. There I **know** time rushes when we **missed** an opportunity. Though the time keeps repeating itself, I can't possibly reclaim that past moment. What could have been my profession if I had stayed in school? A lawyer....as I used to fantasy when I was in primary school? Was I rushing time or time was rushing me? I guess I was. Anytime I think of this moment, tears come knocking on my eyelids

### **The sweet mistake**

Being caught in the web of love is a grounds for intimacy. And having intimacy for the first time is like making your debut in the field of soccer. You try to perform up to satisfaction so that you can always get playing time. So before you willingly make your debut as a teenager in the field of intimacy, be rest assured that you'll always look forward to getting more. Though at the end of your first time of intimacy you'll feel stupid and embarrassed for losing your virginity and your moral stance, feeling guilty of a stupid mistake you've made, it will still create a contradictory feeling that it was a sweet mistake and therefore creating the desire and sensation in you hence you look forward to committing such a mistake again.

Before you allow your body desires to push you into committing a sweet mistake in a web of love, be mindful of engaging in an unending dramatic world of atrocities, unwanted pregnancy, unwanted marriage, STDs, rejections in the event of pregnancy out of wedlock, stress and other social negativities that might accompanied. The best way to save yourself from these avoidable tragedies is to not attempt making a debut. Remember love is a wicked game played not in the territories of the softhearted.

Mistakes are committed out of ignorance. However, committing such a mistake in this context ceases to be a mistake but a complete lack of discipline to control yourself. And every mistake committed in full knowledge ceases to be a mistake but a state of conflict between your body and your conscience. Will you want to make a mistake at your early stages of life that you'll like repeating which definitely will ruin your life and makes you a victim of circumstance?



Note that there's always a first time for everything, every course and every event. Don't make yourself a victim of the "first time". The first time charts a route for the second time to occur and to the infinity. Before you allow yourself to be a first timer in the realm of intimacy, let your art of imagination survey the two phases of life and not only the happy side of it. Take your decisions based on the dual art of imagination, weigh their possible outcomes and make the decision that suits you.

### **The inner battle**

*In a tight corner*

*Lies the battle of fear*

*A battle that's fought solo*

*A battle fought in the valleys of my conscience*

*A battle of fear which I fear losing*

*The fear of being left on*

*Standing alone in singleton*

*What if I don't fit...*

*I can feel the pull inside of me*

*Silently echoing through my troubled self*

*Speeding up my decision to abide by the desires of the flesh*

*The urge is stronger than I could imagine*

*Random imaginary voices are frequently trumpeting*

*"You can't bear the loneliness"*

*"You'll be obscured if you don't exalt the passions of the era"*

*"You're a trash to be disposed in humiliation"*

*There comes an arrow from the battle ground, "no, I can't be"*

*My heart palpitates violently; its muscles are weak*

*I can notice a gradual defeat along the valley*

*Not long after then*

*Another unnoticed voice emerges*

*Submerging the fear of failure*

*A voice that seems to bring tidings of good life*

*A voice with a promising future should I win the battle of fear*

*Then my moral senses preach righteousness*

*To abide in the spirit of morality*

*Where I have a life to live*

*As I move with my heavy feet in my lonely lane of life*

*Many are they who dived into the pool of death*

*Waiting to die their second time*

*But I walk in my pride*

*Seeing the dying souls in regret.*

The hardest battle that awaits any teenager is the conscience battle of fear, worry and loneliness in the face of peer pressure and the demands of the body. There comes a time in life where you're susceptible to the happenings within and around you. A time where you think being different from the rest of the people will make you incomplete, lonely and rejected by your peers. Your inner fear grows strongly urging you to toe to the line of the many. You turn to see the logic for following the actions of the crowd because your body itself dictated it. But remember, it only takes a step to commence the journey to destruction. The fact that road is flooded with many souls, doesn't make it worth trudging. Many are the young and innocent souls that are being trampled upon in that lane of trudge, a lane of trudge of the survival of the fittest. A lane of journey you embarked on without knowing the end point. So in the event of you letting your conscience to be defeated in the battle of flesh, then the direction of your journey is in limbo.

At this stage, it only takes the skills of self-examination, silence and adequate reflection to hear the inner voice that echoes within you silently in your sub conscience to win in the battle of the flesh. There's always that hidden inner voice within you that conflict with the heightened desires of the flesh. The spirit of righteousness is often clouded and suppressed with the stronger desires of the body and once you're able to single it out you're half way winning the battle.

### **The "ALL" syndrome**

We've come to the era where chastity is traded for modernity. An era where living a chaste life is entitled obsolete and lacks credentials. Everything and everyone seems to be moving along the flow irrespective of our distinct destinations. The absurd demands of the world have left us with no difference but a bunch of identical elements in our thoughts, actions and inactions. Our behavior has made the world a place where you can't be any more different from the crowd. In your quest to oppose the direction of flow of the many, sees you as an outcast and the only Judas of your time. The actions of the lot surrounding you make you guilty for no crime committed.

Chartering your own path out of the many, you're being enlarged, magnified and broadened in your foolishness, ignorance and naivetés by the actions of the crowd. The doings and the undoing of the crowd will leave you with much to worry about, whether it's worth being different. There will come conflicting thoughts, one directing you to join the crowd and another directing you to remain different from the crowd. But the force from the former becomes dominant and pushes with severity, presenting all the evidence that it's good and necessary following the crowd since it's rare for the whole group to get lost and that even if it **happened**, the consequences will not befall on one person. All the good times are pointed out, the fantasies and the element of boredom that will be eliminated have you picked to go with the crowd. This is the bedrock of the "all have syndrome" in the camp of adolescence.

Many are our young ones **been** caught in the lure of fantasies, fantasizing over the love songs of others, with thrills **been** sent down their spines on hearing the melodious love stories of their friends in turns. At this stage, you the one without any stories to tell, your contributions are not needed. Other times, all mouths are turned against you for playing the "good like" character. There you have a mental tussle battling unconsciously within you. You have the voices of the argument for the motion coming through, enticing and convincing that all your age mates have love stories to tell. If that's not convincing enough, you **turn** to see even people you're older than, not just with months but years immense in love and intimacy. "If people I'm older than are grazing in the field of the many, why can't I join in the field to have the taste of the pasture too. After all, everyone is there trying to assuage their anxieties". Once your art of imagination has nurtured this thought, you become unstoppable to engaging in the game with severe ravenous. Once you become like them, they welcome you, appreciate you and give you a good hearing. You feel good for the acceptance and acknowledgement in their midst not to talk of the pleasure of feasting on the love stories of others and also having to contribute to ensuring a **mutual exclusive** group.

But there's this one thing they'll never tell you. They might teach you the rules of the game and the success part of it, but they'll never let you know the daring consequences when the game goes wrong because nobody wants to showcase the wrong side of his/her chosen path. Even the armed robber in an attempt to get

people into his game will never sell out the risk aspect of the game to the would be. All he capitalizes on is the better and juicy part of the game.

Life is a two-way faction, it's either against you one time or favors you another time. But since we've control over our behavior, we often showcase the good deeds and hide the bad ones, we publicize the good moments and obscure the bad moments, we sing our good intentions and conceal the bad ones, we cloud every sense of the negative and only project to the public the positive sales. This presents a different life story about everyone and a diverse school of thoughts about life. The difference in our school of thoughts about life presents somewhat a medium to politicize life thereby selling out the master craft piece of our lifestyle to one another.

This transposes into peer pressure since a group of people who agree to share company must share the same views, thoughts and behavior. For any one member who tries to be different is ridiculed and relegated to the background. But since we often fear rejection, loneliness and boredom, we pay the full price of behaving in like manner. This is most likely of teenagers since at this stage of life they despise loneliness, been rejected and eliminated. So in order to be committed to the group, you've to do the needful.

It's in these teen groups that persuasive tones are used to create the indulgence of others by appealing to their conscience to brighten them up to see the need to be among the journey of the many. In the bit of some of the members to creating mutual exclusive group, they turn to lavish and prioritize the good moments of falling in love. They say it with passion, enthusiasm and with ease that you will fall for their opinion without a second thought. They sing the song so nice that you'll want to be initiated to have your own good taste before it fades away. They made known the euphoria it comes with to have intimacy with the opposite sex, the benefits that accrue to them in terms of financial support, not to talk of the pleasures it comes with hearing boys/men singing all the melodious songs into their ears. They'll make it so colorful that your art of imagination can't depict the contrary aspect of the story. But had you known that behind the prophecy of the good tidings, there lies floods of negativities which are unexposed and hidden far away from your imagination.

They wouldn't make known the frustrations they've gone through, the tears they've shared, the sleepless nights out of heartbreaks, the secrecy, pains and the guilty conscience they're suffering from for terminating unplanned seeds. They wouldn't reveal the internal wrangling that they've battled out, the loss of concentration, the emotional trauma and all the harder battles that they've to fight when the game goes wrong.

All the negativities **turn** to spring up when you find yourself in the field of play. For it's only the players on the field that know the viciousness of the game but often conceal it whether in the event of victory or loss. Don't be so naive and quick to let your art of imagination fancies on only the greener pastures but beyond the good packaging. Open up your mind, listen to your conscience and don't let the pleasures of your body elude your conscience. You are rest assured that the consequences of this game are daring and are solely borne by you. So don't be so easily deceived into thinking of the sweetness that accord in getting involved in the game when the sweetness is only a bitterness in disguise.

### **The Silent Moment**

*There she sat in her emptiness*

*Being plunged in a conflict ridden thoughts*

*Swinging in a pendulum of mental disagreement*

*She's been eluded by the doings and undoing of the lot*

*Everything looks daze and fuzzy in the glittering day*

*Causing in her a stir of myriad convulsions and indecisiveness and wanton emotional violence*

*The naysayers and the yesayers are crying out louder*

*Putting her at the crossroad*

*There's sensational call from both ends*

*Which of the beckons will she respond to...?*

*There lies the battle line between her conscience and her body pleasures*

*She could see all grazing in the field of love*

*She could notice the happiness they're eliciting in romance*

*Her hormonal reactions are heightened*

*Her conscience strings are weakened*

*The pleasures of her body suppress her consciousness*

*Her art of imagination has been nurtured to tune to the direction of the crowd*

*There she sat frozen in memories of her body desires*

*She has no conscience left*

*But has she known the heavy traffic hidden in her would be **chosen path***

*Has she known the much treaded path is problem-ridden for chaps like her*

*Yet the desires of her body grow stronger.*

**Believing the mental illusion**

In our quest to satisfying our curiosity with our most reactant bodies as teenagers, our art of imagination is sensitized to believe the mental lies that don't even exist. We therefore create a cover-up medium to conceal our sub conscience then turning to roll up with the demands of the body without any conscience tagging. Once you've no conscience left to follow, all that's groomed in your art of imagination over the desire of the body are carried out with the utmost zeal. You **turn** to believe in the demands of the body, hence always looking forward to satisfying it.

Our perceptions are always the billboard on which our behaviors are pictured. When we perceive, we believe and it dwells in our art of imagination properly groomed under mental illusion. And when you're been eluded by the happenings around you, it creates the mental sensation in you therefore creating a vacuum in the mind that needs to be fill. In the brackets of the **adolescence**, when you allow the actions of peers to create mental illusion in you, igniting sensation and willingness, it gives you the impetus to fill the gap you created in your mind out of curiosity. Curiosity is a mental tool that can lift you to greater heights. However, the misapplication of curiosity as a tool can have adverse effects in your life for as long as you live. Curiosity is therefore somewhat a mental illusion **that's needed to be attended** to before maximum satisfaction can be reached. To what direction is your curiosity?

Is your curiosity being ballooned by the sensational reaction to sexual promiscuity? Once your mind is illusioned by sexual pleasures, you've already created a gap in knowledge that's to be attended to, to bridge that gap. And in trying to bridge that gap, you have to experiment by getting loose to your body pleasures, defiling your body and creating a permanent scar in your mind. Having knowledge on the subject matter of your curiosity, it becomes a common knowledge and part and parcel of your life. Becoming "common knowledge" means that it becomes a habitual thing that sometimes you do it without even thinking again. Remember the daring consequences it might wage on your younger life have you dare to believe the mental illusion.

Is your curiosity been enraged by exploring the word, getting things done and presenting solutions to everyday problems? If the gap in knowledge is presented by the desire to know more about your surroundings, it creates a positive curiosity in you, giving you the positive mental illusion to explore in the direction of your



curiosity. With this, you're poised to go the extra mile out of self-interest to contributing your quota to the world. This kind of mental illusion engenders you and creates the learning desire in you to know more and do more to bridge the gap in your knowledge.

Everybody has a positive mental illusion looming in their minds, craving for attention to be filled. That's why out of the billion people in the world, everyone has their unique way of contributing their part to the betterment of the larger society. Much the same way, there are negative mental illusions also present in everyone's mind also pushing for attention and exploration. Once we try to explore these negative mental illusions, society becomes somewhat a haven of danger. These negative mental illusions are always out of selfishness, greediness and out of bodily urges.

As an adolescent, you're never too young to change the world with your positive mental illusion. It's rather a better age bracket to feed the mind with all the necessary information it needs to salvage the world either sooner or later in life. But then, most adolescence see themselves too young to change the bigger world. They therefore allow the negative mental illusions of bodily urges to suppress their positive mental illusions. Allowing for your bodily urges to create a sensation in your mind worth experimenting at this stage, to the detriment of a positive mental illusion, leads to the abortion of your positive mental illusion.

### **The care factor**

A dog will always remember the one who feeds it, and have time to caress it. For where there's care, there's attachment and confiding and secure feeling. The presence of care, creates an atmosphere of trust between and among individuals. Once the element of care is missing, trust is betrayed and insecurity turns to dominate.

In the footage of child care, most especially teenagers, who are more volatile, it takes greater care and efforts for parents to bring them under their control. Being

hostile to them or strict over them only creates in them the feelings of insecurity and mistrust. This feeling of insecurity will distance them from their parents, giving them no need to confide in them their troubles and worries. And as humans, sometimes we need someone to talk to even if we know that they can't help us in any way but for the care of sympathizing with you, calms your nerves and release of part of what weighs you down. At this stage, affection is all that's needed to be bestowed on them to see the truth reflection of themselves.

At adolescence stage, we're often faced with inundated problems which we need the help of others to circumvent. At this stage most of the greater help we need aren't tangible but that of care and affection. We need someone that's ready to feel the way we feel, to share our pains and rock shoulders with us. When that buffer zone of care is created around them, they easily confide in you with their tangible and intangible problems. But if parents fail to create this buffer zone of care and affection for their adolescence, they feel insecure confiding in them hence they move out to search for here the missing love and care they've been denied. And where else can they get it faster than falling for the soothing and caring words of the opposite sex. The words that gives her relieve and put smiles on her face. A territory where she feels secure, loved and cared for, a terrain where someone is ever willing to share with her emotional problems and move with her at all length in every circumstance, there she has her trust entrusted, where she easily confides to be sympathized with, then, there comes the hormonal reactions, loosing guide of herself, the pleasures of the flash drives her into the "first time" event.

In our part of the world, we've allowed poverty robbed away our sense of care as parents, therefore ever risking and ruining the lives of innocent souls just as it has been. Parents have in the name of poverty shirk every bit of their responsibilities, denying children and their adolescence the love and care they need to build trust in them. It doesn't take you to be rich before you can provide care and affection for children. Having enough time for them, listen to them, sympathize with them with their minor problems is enough to win their trust to confide in you their bigger problems. But most often, these children are left to their fate, to search for care and affection where they deem fit.

Often times, the girl child is mostly affected because they're always been robbed off by the needed care and affection. At the teenage stage where they're appealing,

they become ever ready to be in the presence of people who value and care for them and have time to make them feel better.

## **The story of FuoZIA**

Having been bread and buttered from a marginalized family, everyone was on their own and God for us all. Though we were not deprived of our basic necessities of food, shelter and clothes, our right to love and care was compromised greatly growing up as children through to the adolescence stage. Though I can't say our parents didn't like us, we didn't also get the best of affection from them because of tradition and the circumstances. Growing up to be an adolescence, we're often left to our own fate, we were seen all grown up and expected to take care of ourselves in some ways.

I can remember at this stage; I couldn't go over to my parents to demand for certain basic things that are important to me. There are times I've to go for green leaves that are used to prepare soup from the farm and send them to the market for sale or burn charcoal for sale. Just us I couldn't go to my parents to provide me with certain things, so I felt the more distanced from them and can't tell them my emotional defects. The best thing I could do to myself in times of emotional distress is to resort to one corner and think it over and over again. There are times I thought I could really talk to my mother about some of the things I'm going through but it was difficult. Even if I complained to her, and all my young sisters also did, how is she going to attend to all of us? So the best thing is to keep my quiet and suffer in my emotional distress just like my other sisters.

In my late adolescence, after the deprivation of attention and care, Iddrisu came into the picture in our first year in the high school. He spotted me sitting miserably lonely at the back of the class. He approached me with his so many questions which I tried dodging to answer with silence. With time, he seemed to always give me company and help release some stress with his silly jokes and questions. I started getting closer to him and he never disappoint making me feeling at ease. There are times he will come over to me to ask whether I'm fine when he realized I'm moody. Even if I don't want to reveal what's wrong with me, he persisted till I

have him informed. There were times he spoke in a compassionate way to me which no one has ever done before. The care and attention he **gives** me **makes** me feel so good and confident in him that, I could easily walk to him and confide in him what I'm going through.

At home, I still find phone to call him. **I'm** always good being in his presence. Then, he seemed the angel God personally sent me to give me all the affection I have been denied all this while. And as the saying goes "love is like a rain, it can't decide on which grass to fall on" our affection for each other **grows** intensely and out of the brackets of the normal affection. Unfortunately, on our part, we **lose** guide of ourselves and pleased our sexual urges. As fate always have it, I became pregnant and dropped out of school in SHS 2. Though I **have** the intention to go back to school after birth, it never happened. Iddrisu proceeded into the university. He hardly called me or pick my calls again despite the fact that **I've** his child. Sitting in my father's house waiting for Iddrisu which isn't going to be possible, I gave up on him and married.

At this stage of their lives, girls easily break down and the greatest favor they ever wished is affection. **They need someone could** notice their discomfort and ask them "what's the matter" someone who will stand by them and rock shoulders with them in their sad and worried moments, someone who is ready to accept them and share their pain, someone who is trustable with their feelings. And the only good parents can do to them is to fit into that someone's shoes, establish the cordial contact with them and let them feel you feel for them in their distress.

Sometimes, the only good you can do for yourself in a period of breakdown is to share your predicament with someone who truly cares. For the magnitude of your predicament reduces by half if you share with a willing heart who feels your sorrows too. Unfortunately, in our enclave, the teenage girls are physically closer to their parents but emotionally far away from them. They **turn** to seek for the denied affection sometimes from the wrong side, putting their lives on scale and subsequently becoming victims of circumstances just like the case of Fuosia.

It's high time we noticed that these young teenagers don't always need advice, but a heart that cares for them, hands that will touch and tell them everything will be

alright in times of abnormalities, a body that feels their pains too and laughs with them.

### PART THREE

This part is dedicated to heighten the misconceptions, mental illusions and the mistakes of marriage that often eluded the teenage girl. Creating a flourishing mental art of imagination and believing the mental lies based on the superficial meaning of marriage, many are the innocent souls, twisting and groaning in distress. Our wishes, our believes, our imagination and perceptions aren't always the reflection of reality, but we often take them for real, only to realize later that they're mere wishes of mental illusions, making life somewhat a mirage that can't be caught in our grips.

When we find ourselves in the enclave of our imagination, sometimes we turn to think that life isn't fair on our part but we never thought of it that life is a school of probability, life isn't worth living on trial and errors bases. Notwithstanding, most marriages aren't able to withstand the test of time because the art of imagination by the parties turns out to be illusions, that doesn't exist in reality. All the better times they could imagine seem a mirage that can't be brought to their reach.

Marriage is so dynamic of an institution; it can't be predicted nor imagined. Every moment of it is defined by the dedication of the parties to making it work by putting down their individualized egos, letting go and adopting a committed and concerted efforts to solidifying it in the mist of the numerous setbacks. Marriage is so vague an institution that you can't understand its dynamic nature till you find yourself in it. In order to withstand the heat it will generate, it requires maturity in all phases of the human life\_ spiritual, physical and emotional and mental maturity on the part of both parties. It's often sad to see innocent teenagers been derived by

the dictates of their body urges burning out in anguish under a stacked crump marriage.

### **Falling into the trap**

Life is the greatest opportunity that everyone has ever got. In its course are lots of hurdles, traps that we have to maneuver over based on the decisions we make, the experiences we've had and the road map we charted for ourselves. There are times life will offer you the impossible choices out of which you've to make a possible choice. Although some of the traps and hurdles are naturally fixed, other times, some are implanted in our lives as a result of the decision we make, our choices out of imagination and other times ignorance. Some of these traps are life time traps that you've to endure once you find yourself been trapped therein.

Marriage isn't an experimental institution where you can test the waters and move out any time it gets hotter or harder on you. Marriage is supposed to be a life time commitment event between the parties involved either for good or for worse. Marriage is a life time emotional investment that requires attention, alertness, and emotional attachment to thrive in the mist of the heat. But it's unfortunate that in this era, the marriage institution is being turned an experimental ground, where innocent souls are there trapped in. Many are the young teenage girls who are victims of marriage, being properly trapped and stacked leaving them with no little chance of escape.

Marriage is bitterness in disguise, it's coded with sweetness outwardly, shielding its real meaning. It's like an unforeseen circumstance, you never get to know its gravity until it befalls on you. Once you don't figure out the challenging aspect of it, but only trying to be in its comfort zone, it will be like trying to force round pecks on square holes. Coming into terms with the reality seems impossible. So it really matters to be prepared in maturity, mentally, physically, emotionally and spiritually to be able to weather through the hard times that it might come with. Many are teenagers groaning in pain, thinking it could all end one day so that they could go back to their total freedom but then it's all "had I known". "Had I known" is a past phrase that's meant to be said once the mess has been caused.

To the would be victims of early marriage, be informed that marriage is not a bed of roses. If you allow your body desires to drive you into thinking of getting married to fully fulfill your sexual pleasures, beware you're heading towards a life time trap. Marriage is more than just sexual pleasures to be satisfied. Save your tears, for they're too precious to be wasted in this early stages of life trying to cry all the time over what you could've prevented. Never take marriage as a ground for pleasure, it's really more than that. Even the best of couple you admired, wishing you had been on their shoes, you never know what goes on behind the scene, for if you had known, you'll never want to.

Before you make any silly decision as a teenager, or decide to pay heed to the words of a man on marriage, examine yourself to be sure that you're emotionally stable and strong to counteract the heavy load that comes with marriage.

### **The early pleasures**

At this youthful age, if you allow your sexual pleasures to suppress your conscience, you're definitely suppressing your future pleasures. At this stage, the pleasure might be temporary and outlived sooner than you can think. But then, what precedes is the torment. Most times, we turn to focus on temporary pleasures to the detriment of future and permanent pleasures. If temporary pleasures **derived** you into getting married at a youthful age, when you're not yet emotional and mental matured, **for the time been**, you dwell on your temporary pleasures. But with time, when the reality of marriage starts to hit you, sending shivers through your spine, then you realize the deadly trap you've found yourself.

Marriage is worth it when the parties involved are emotional and mental matured, knowing that their individual egos matters not anymore but ironing out their individual differences and modifying them to the common suit of both. Most youth who're married are dying in silence, tears drain down their bellies, but they'll never cry out loud to be noticed. So tell yourself, am I mature to withstand the test of marriage, both mentally and emotionally? Before you allow the temporary



pleasures of your body drive you into life time trap you can't retrace your feet anymore.

That boy or girl you're clenching to thinking he or she is the best of everything that ever happened to you, do you for once think that they could be better greener pastures existing somewhere? so remarkable that you'll feel sorry for yourself if you've discovered it later but then you had made the wrong decision? At this youthful age, life is still too young for you to determine what's best for you and will last permanently. All that you can see at this stage is just a shadow of life, uneasy to perceive, touch or feel. Therefore, allowing temporary pleasures to decide for you will only be suicidal in the field of marriage.

Be lost in your early pleasures, be lost in your future. The early pleasures might be bitterness in disguise, waiting to spring out its full wings when properly groomed and nurtured under favorable condition of early mistakes of bodily urges.

Attending to your sexual urges at this early stage without recourse for tomorrow is tantamount to burying your dreams for the future. There's not any of a success story for engaging in premarital sex if not the usual many a problem it yields in magnitude. When the winter falls, the flowers are blooming, creating a visual sensation with their purple petals, with their fragrance rolling in the air.... with the time, the season fades off, paving way for another in its fall glory to set in. As a girl, you're like a flower, thriving glamorously on the tree in splendors, well deserved to be plucked and possessed by anyone. But once it's been detached from its source of grace, its beautiful petals wane shortly, losing its fragrance to the wind. It becomes not worth possessing any longer, its once splendor has been lost, thrown away, it waits to completely dry and fade away. Had it been left on the tree, it could've turned into a sweet fruit that could be eaten in candor.

You've the choice, don't let someone to pluck you from your early grace of splendor and throw you away before the sunsets, for the sweet fruits you could make tomorrow would be lost in this fatal mistake. The many beautiful flowers you could make will all be lost to the short time. You've the ability to grow into a fruit or a seed to continue your survival, but if you want to live as only a flower, then you've to grow on a tree closer to the road or path, where you can easily be seen and plucked by passersby and shortly been thrown away to be perished.

## **The broken beauty**

*I was a wild flower*

*Brilliantly sparkling in beauty*

*Trapping pieces of attention of passersby*

*Many are votes cast I received on my sparkling petals*

*My terrain was a radiance of my awesomeness*

*I was a wander created out of a rare*

*A reason behind every "wow"*

*I was purpled in my petals*

*A lily of the valley, no doubt*

*The rose of my time*

*Noticeable among the many*

*I was this and many more that can't be accounted for any longer*

*In my cuteness, on one unmemorable day*

*Before the sun rises above the horizon*

*I was plucked from my stalk  
Before the sun could rise again  
The brilliance in my petals went paled  
Waning faster in every moment past  
I was not worth my beauty anymore  
Here I was dropped, in the middle of the path  
Being trampled on by every passing foot  
Helplessly, I lie in my woes  
Nobody **notice** my brilliance anymore  
The moments of my grace have been rushed over  
I'm waiting for the rains  
For my dry self to decompose  
Showing no more me  
There it all ends in a jiffy  
No more me as site attraction*

Life is a matter of choice, you can serve as a site attraction, flamboyantly flirting your body and throwing it to the "vultures" but remember, once the vultures are fed up with your carcass, you're left to be decomposed and fade away in misery. Pleasing the early pleasures of the body make you an object of attraction, where one will want to have you as their own. The influx of attention that will come your way is not a measure of your worth but the road map to your early decomposition.

Beauty is subject to change and once it wanes, the **many** attention **that's used to centered** on you will be deflected leaving you in your woes of agony waiting to be

faded off. There's time for everything, if you wait for the right time, right things will come your way but if you **rushed** off, you might rush over the very nice things that were meant for you. If you're in a haste, you'll get to your destination fast, if you move slowly, you'll still get to your destination though late. Do not rush off your life by responding to body desires, there's no spare life for you to take over when you rush and crush one. Protect the only life you've with jealousy, give it a shield to protect it from **been** snatched away from you by the night thieves. Place a value **in** your life and never be in a haste to rush it over. You're everything that you think you can be, just be on course and in due time, you'll see the value of patience.

### **Facing the reality.**

Life is an illusion, meaningless, vague and clueless. It doesn't present its true state at any one particular time. It seems a mirage, somewhat a shadow or a wind which can't be determined. Sometimes even if the realities of life come knocking us, we find it difficult to accept it because we least expected it in that form. Do bringing ourselves to facing the realities is the detestation of many. If it could be a dream, we had wanted to continue dreaming to so long a time that it never **become** reality. **As a teenager, we** often take every illusion or shadow of life for reality, hardly had we known that life is a mirage **which** true state can't be determined. We easily take the shadow of life for a solid real life, therefore making decisions based on illusions that when they're finally cleared, and the permanent excruciating reality glazing in front of us, we see it a fallacy embracing it.

Sometimes, as an adolescent girl, you allow what you hear, or see to cloud your sense of realizing the reality thus, basing your decision on the illusions life presented to you. With time, when the illusion precipitates away, leaving the naked reality, you're somewhat thinking you're in the realm of dream waiting for someone to wake you up from your slumbers. When you see, you believe, when you hear you understand and when you go through or do, you experience. And experience is what teaches us the reality of life. Hearing or seeing alone denies you of the reality.

Love is the most confusing word ever found, its real meaning is often coded with unimaginable scattered rays of truth, sparkling in its beauty like a diamond that can't be faded in its entirety. But in its true state, when it has been exposed to the test of time, its glittering surface turns to fade in glory, leading to the friction between the two little hearts increasing. As the tension builds up to an uncontrollable point, the two little hearts explode, causing an excruciating emotional pain, trauma and self-hatred. The once sweethearts, have turned bitter hearts, traces of memories of the lovely moments they're slaves to, wandering how they could be deluded by the irony of love. It's now time they realized that the melodies of love songs they used to sing to each other were lullabies in disguised.

### **The fiction of love**

*Abyss of love they trudge in*

*Tossed their noses in air to gasp the superfluous scent of love*

*When they think it was all good on their side*

*Little have they known they've no idea of each other*

*Only when the pretense is unraveled*

*Then the blind side of love turns inside out*

*And its interlocking spurs at loggerhead*

*How true have their realism turned a dream*

*Enough of the pretense they supposed*

*Rills of valleys, hills of mountains, psychological traps set between them*

*They stare at each other with blazing lenses....*

Anything that's not meant for you will never stick to you forever. Why then do you know that a split milk can't be regained hence crave for it? When you have hunger pangs, it's either you discipline yourself and eat a well cooked food or you impatiently eat an uncooked food to ease the pangs and suffer the effects thereof.

The person you're too much attached to, giving him your all, allowing yourself to be blindfolded by fake love, preventing you from even knowing the true self of that person, is a recipe for damages in the near future. At this early stages, anything that's readily available to you, you think it's the best thing. Hardly did you know that cheaper things are easily to get and are easily discarded. It's really unfortunate that when you're in love your brain fails to work. But when your heartbreaks, your brain starts to work.

### **Evil of her beloved**

*Her heart was once a beautiful place*

*Such an adorable haunt of intimate mornings and flaming twilight*

*With its impregnable walls graced with love, bliss and cheer regard to life*

*Its alleys too were a marvel to watch*

*For they smelled like frankincense and refreshed like sleep*

*Then he appeared*

*From his clenched cosmos*

*With a voice soft like a silk and a touch sweeter than a mother's cuddle*

*In pursuit of her treasured vault*

*Like a lion after an infirm gazelle*

*And yet she gave in*

*Six summers now*

*Since she has been hitched*

*But the heart doesn't glow the same*

*For it smells of dead blood and blisters bead on its delicate skins*

*And it lies in tatters*

*A broken jar, she's become*

*Such an effusive wreck of shards*

*That wears her sorrows like a rose decked in its fading elegance*

*And whose cheeks are the fountains of perennial tears*

*Regret and pain are now her true companion*

*She decays while she lives*

*Oh what a pity*

*By, Nathan Mkumbira*

Before you allow your young heart to be tempted with, before you make silly of yourself, before you shed those crocodile tears, before you regret, know that the greener pastures or treasures are often found far away to be discovered by those who persist, and wait patiently. There's this popular adage that the **patience** dog eats the fattest bone. Whatever good you think you can discover at this early stages, you can discover it three times more if you wait. The sun rises and sets forming a day so quickly, but when you feel you can't wait anymore and decide to loose

guard of your integrity, and the reality presents itself, that very rising and falling of the sun within the blink of an eye, will be somewhat a marathon of a year. No matter how the reality is cushioned with falsehood, it will show up at its own prescribed time. Sometimes, when you're been caught up unaware with the reality, you might be tempted to believe that the whole world has rejected you.

## **BEFORE THEN...**

*Then, I was innocent in my smallness*

*Seeing every creature as natural without defect*

*Then,*

*When I look at man*

*I see a sacred being consecrated in the beauty and will of nature*

*The wind blows in its neutrality*

*The water flows in purity*

*The serendipity of nature defines our life in quality*

*The echoes of nature were melodious*

*The sun shines in its natural brightness*

*The moon glows in brilliance*

*Then,*

*Every moment is sacrosanct in its glory*



*But as I grow out of my smallness*

*The present contradicts the past*

*I see the fakeness in every creature*

*When I look into the face of man now*

*I see a disgusting monster*

*Created out of the many doings of society*

*Desecrated in his sacredness*

*To be among the fittest*

*You have to be defiled in your sanctity*

*Nature is not natural anymore*

*The wind now blows profanity*

*The waters flow in their impureness*

*Mountains are degraded into valleys*

*Valleys are projected into highlights*

*The avalanche of profanity has clouded the once sanity*

*I see no more nature in its reality*

*Every creature is now a facade of nature.*

At this youthful age, where society has not yet presented it's much to you, everything seems to be normal and in its right direction. Everything and everybody has been camouflaged. We see everything impeccable and devoid of fault. Therefore, we subject ourselves wholly to the superficial outlook of society. We see everybody as natural and good as we see ourselves. Because of that we easily lay our trust in the basket of others. Hardly did we know that all that glitters is not gold. Children by nature are closer to God and hence possess a pure heart of gold. They easily believe and trust the words and actions of others.

When we entrust in society, giving it our all, seeing a continuous natural flow of nature, giving out our hearts for emotional attachment or love, we feel the more secured moving forward into the future, we see nothing to be afraid of in society. But if the unfortunate **happened**, and a seed is picked out of **wet log**, or it gets to a point in your love journey where nothing seems to be interesting anymore, that's the point the disguised nature will peel off leaving the bare and unacceptable reality of society. That's where you'll see the many defects of society, the true nature of the person you once see as your angel, metamorphosed into a dreaded monster that ever lived in history before. The attention you used to command will turn into obstruction, the love to loneliness, the smiles to frowns, the pure sweet words to a tainting bitter words, the inclusiveness to rejection. At that moment, you might think it's only a joke and can't possibly be a reality. But when the stirred up dust settles and the atmosphere cleared, the true state of society is presented before you.

This is the point where society will leave you in excruciating heartache, usher you into its fakeness, where you'll see human being not in his natural state anymore but a devil in angel's garments. That's the point you'll noticed that there's no single truth in every sweet word sung into your ear by boys. By then, you'll look at your miserable self, feeling so cheap to be cheated under the disguise of lies that should've **dawn** on you at the very onset. You'll look at yourself with a protruded stomach and hate yourself for shortcutting your blossom dreams you used to have.

At this moment, the best you can do to yourself is to accept the reality before you and live in the fakeness of society. You've to fake yourself, leaving your naturistic being and adopting to the fake life of society. Where the very nice words they preach to you in your natural state are actually dirges in the **compromise** society.

Where the beautiful smiles are indeed traps set to capture you in sadness. Where the care factor is born out of fakeness.

### **The feeling of being betrayed.**

When the fantasies we anticipated in the realm of love turn to dissipate in our walk towards them, we feel dejected, betrayed with an unforgiving heart and bitterness in our lives. Had we known all this while that these are but fantasies created and would live within the confines of our imagination. If the reality could dawn on us early on that there's no iota of truth in what we hear, see and do with the one we claim has part of ourselves. When we're busily giving our all to someone, fantasizing how great we could be together in the near future, only to realize that our imagination only travels faster than reality. For the first time in our longer lives, we feel we're only in somewhat of a slumber, waiting to be tapped only to realize that reality is knocking at our doorstep. Now we know fantasies are not realities, but can we go back to our neutral point..... there's no neutrality in us anymore, at this point, we're been ushered into the monstrous society, wearing the garments of angel on our evil's body, parading in society, falsifying our very selves and drawing other people out of their natural state.

Our angelic young lives are so precious to feel bitterness in the soul and heart. But at this stage, we easily entrust ourselves to others with our emotional feelings. At this natural stage, we think everybody is natural and can't foresee any possible harm from the person we entrust our feelings in. That's why we feel betrayed and unbelievable when what we fantasied is short-lived. What the innocent tears that wet our pillows, the sleepless nights we've had, the heartaches and headaches we've had to endure knowing that we've been taken advantage of, knowing that we're not natural anymore in our young angelic age, knowing that fantasies aren't reality and that all those sweet words are bitterness in disguise. What more else can be frustrating than knowing that you've poisoned your angelic soul out of mere imagination and gullibility....

## **The unbraided....**

*In my art of imagination, there was a reality*

*Nurtured under a fertile fantasy*

*Thriving blossomly in the warmth of care*

*It's roots firmly ingrained in the depth of trust*

*Sprouting buds, so glamorous of seeing*

*The morning and evening dew collected on its foliage, dripples down the ground*

*Keeping the soil moist and supportive*

*It grows all in fun and cute as a speckled pup*

*Hardly had I noticed there's an iota of doubt in my reality*

*Flaming heat under the deeply rooted trust*

*There it stands in its glamour, giving of slowly*

*Had I known my reality was shining in misery*

*Gradually, it wanes in the heat of distrust in its beauty*

*I try grooming it, but it withered under a much unfavorable weather*

*In my reality, my art of imagination is all but a deception*

*I never could envision doubt in my trust of reality*

*I questioned my conscience but the vagueness leaves me with nothing*

*I looked up to the sun and my instinct tells me, nothing best of it can stand the test of time in doubt.*

Love **blind** our thinking and our vision in our first encounter. We think of the many nice things that are bound to happen going further with love. Because the true nature of society has not reflected on us, we love with our heart, soul and body not knowing they could ever be a break of tides. We flourish and fasten our hearts with melodies of love songs that will be nurtured into the future with great possibilities. We guide jealously our emotional attachment.

The time you spend together, the smiles that beam on your faces when you're together, the strolls that you had together, the quiet moments you spend together, singing love songs to each other. Everything seems natural, solid and can't evaporate so easily into the thin air. You build a world of trust around what you share and could foresee a brighter future ahead of you. Many broken heart stories you hear are like rumors peddled. You're blind with your ears coked, the symptoms of first love.

With time, with the rise and fall of the same sun, the table turns to shift gradually, crevices start to develop on the concrete love built with passion and enthusiasm. The more you try to restore the wall, the deeper the crevices keep going. The smiles started fading away, everything seems to be crumbling so fast. You can't imagine what you both built trying to go away like vapor. When you hardly see each other, or talk, you could feel a crack in your heart which brings forth sensation of pain.

Gradually, before you could realize, everything faded away in its glory. The trust, the smiles, the sweet words, the sweet moments all faded into the thin air. Your little heart is set apart and it's bleeding with pains. You **felt** like you have no more

heart left in-between your lungs. This isn't how you both foresaw the end results of what you **share and hold dearly**. Where are all those **cherish** moments you had together, what happened to those better days you promised yourselves, where **has** all those nice songs gone to.... You can't imagine any longer, your body seems empty and meaningless. Is this the reality....is love such a betrayal?

In that unfortunate event where you became pregnant in such a turbulent storm, and in our traditional setting, it has become a mandate that when you get pregnant for a boy or man, you're automatically getting married to him. In such a bizarre situation, a marriage without the consent and willingness of the other person. In such a force marriage, you'll never be appropriate because it's not built on genuine love but contracted out of a mistake. Nothing in such marriage will be interesting. You'll be shouted at, ordered around, maltreated physically and emotionally. Then you'll be like, where **have** all the attention that he used to crowd you with vanished to.... Is this the personality I started with where we used to mean so dear to each other...? Since when has that beauty faded away in me..... You're left with more questions than answers. You were a precious gold some months ago but now, you're a piece of rejected rag in the territories of the very one who promised you heaven on earth. How fake could this world be??

At this point, it has to dawn on you that there's no campaign after elections. You'll **outlived** your grace period when he has had enough of you. Giving out enough of yourself to him in the name of love, thinking it could suffice and stand the test of time at this early ages is like over watering a seedling and expecting it to grow. You've to note that, everything taken in excess, the additional value derived from it decreases continuously. So the more you make yourself available to someone, the **less** your value becomes to him. Note, gold, is a precious ornament and commands higher price because it's relatively scarcer. On the contrary, water commands lesser price because it's readily available and of lesser value relative to gold. This is what the economists will **turn** as *\*Paradox of Value\**. Nothing is valued when it's enough relative to its needs.

You can then imagine losing your value, and outliving your glory in the sight of the one you're married to due to circumstances other than mutual agreement. What can you expect apart from being treated as a trash worth disposing into the dustbin...? When you'd not given yourself to him, he sees you as a precious metal

that's to be cherished and handled with care. But in your naivetés, you have no reason to doubt what the future holds for the two of you being together. Everything seems perfect on your side and nothing could alter how you feel for each other. Then, you loose your guard, giving him enough of yourself, thinking it's all working to perfect your relationship and future fantasies. Hardly did you know you're gradually losing your value and pride each time you made yourself available to him. Now, here you're, with your defiled body in a defiled marriage, silently dying slowly in frustrations. That natural and angelic heart and soul has been wrecked. The only thing you can hold onto now are traces of memories. For how long can you continue to endure such agony in a life time marriage.... You feel like you've pressed the wrong button, crushing your whole world with a crump marriage. The angel you know, has overnight turned into a monster that haunts you.

## **MY FIRST LOVE**

*My first love*

*I thought he will be my last love,*

*He whispered into my ear*

*The love language I have ever heard*

*We sang together in a melodious tone*

*Dancing to the lullaby of the wind*

*He taught me love songs and stories*

*His voice makes my heart tremble*

*His pink lips make me wanna kiss every second,*

*Oops! my first love,*

*My first love, my first tears*

*I was so innocence when I met him*

*I let him have completely whole of me*

*I trusted and believed in him more than myself*

*I was addicted to him*

*He gives to me hope*

*And help me to cope*

*Stared at his lips boldly written "I love you" but it was all fake as a lady pink lips*

*He made me believe in fake love*

*We stared at the stars, left in the world of kiss*

*I let him in, in my privacy*

*He defiled my body that night,*

*"Sorry honey it won't hurt" I still remember his words*

*My pride was taken, I was left with blood*

*My joy was seized, I was left with tears*

*I'm no more a Mary*

*He had turned me to Rehab*

*Should I call him a beast?*



*No because I love him*

*I'm talking about my first love*

*Since the day he took my pride, I became a shit to him,*

*He never looks at my face twice,*

*"Get out, you bitch" he shouted*

*I was a Mary, you change me to Rehab, please don't leave me my first love,*

*I swim in tears and fake a smile*

*I sold hatred and stock love in my chest pocket,*

*Have been beaten and humiliated by my first love,*

*My first love, he made me believe in fake love*

*I still **recalled** his last words "don't text me! Don't call me! I never loved you, have gotten what I **need** which is your pride"*

*Please don't leave me!*

*I cried but tears are lies*

*Left in the world of doom*

*Lonely became my roommate*

*Please! Please!! Please!!! Don't leave me*

*My voice echoes in the desert*

*Remember you said you won't leave me that am all you've got*

*My heart skips a beat, I heard a sound of a crash calabash, oops!*

*My life has been destroyed by him*

*Three words destroyed me,*

*"I LOVE YOU", he lied to me*

*"I CAN'T LEAVE WITHOUT YOU", He fob me up*

*I called men demon*

*I hate guys because of him*

*I vowed never to love again*

*Until I met my second love.    © Poetess Juliet Atteh*

### ***Committing the double mistake***

It's often said that it's human to err. But erring consecutively is sign of foolishness. It's normal to make a mistake but it's also a responsibility to learn from that mistake and guide yourself from subsequent damages. But sometimes, in our attempt to correct the wrong committed, we **ended** up widening the gap of the very

mistake we found ourselves. In our part of the world, when you pick a seed or get pregnant out of wed log as a teenager, it serves as a medium for a compulsory marriage in an attempt to solving the mistake committed. It's really sad that pregnancy is now a prerequisite for marriage. This **send** many a young people into compulsory and forceful marriage for which the two have known they've no social passion for one another. Pregnancy is not a sign of love and shouldn't be the bases for contracting marriage. Many marriages have collapsed, many are in the verge of

collapsing, many are single parents and many are slaves in marriages, twisting and suffocating to death all in the name of a pregnancy contracted marriage. The fact that you're pregnant for someone or you've impregnated someone isn't a ground for marriage when you know such pregnancy emanated out of mistake. Marriage isn't a trial and error something and shouldn't be built on a mistake because it will never stand the test of time. To parents, the best solution for problem committed by your daughter or son shouldn't be the bases for forcefully pushing them into a crump marriage if you really care for them, their future and the future of their children. They still have a future to realize aside that unwanted element, therefore pushing them together out of anger will have their future completely jeopardized.

To the victims, life doesn't come to a standstill when the unplanned pregnancy **happened**. Don't retire to that misfortune and dash your dreams in the name of marriage. You might come to a standstill for a while, but it shouldn't serve as the basis to completely be on a standstill.

### **The Testimony of Juliet**

Before I could realize myself out of a bottomless dungeon of love, I had conceded the unwanted seed (pregnant). I could now feel and decipher the sunlight from a moonlight. I lost trust from my parents and friends. I stood in my innocence like the prodigal son. I don't know what I have done to myself and my future. All the behind the seen has been revealed in its full glory. To myself, and to my parents, we thought I have short-lived my flamboyant dream of becoming a pilot. At this stage, I realized that my parents were only forced to still perform their mandatory responsibilities by providing food for me but other privileges that I used to enjoy from them were scribed off. I could always notice the disappointment and embarrassment I brought upon them. The least they expected from me is what I have brought on them. I have no more chance to talk to them like daughter and parents, I hated myself that much, that with all the attention and affection I used to get from my parents could just evaporate with a mistake I made out of ignorance. They've no more trust in me even though I've repented within myself and promised myself not to make such a bizarre mistake again. I promise not to rescind in fighting my course in the educational ladder.

After three years of parenting, I left the baby in the care of my mum to go back to school though none of my parents or siblings **have** that believe in me, except myself, the will power, and the determination, the urge that erupted from within me. Back in school for the first day of my return, I couldn't withstand the mockery and the finger pointing. Each passing day in school **seems** a hell to me. But I never let that **destruct** my focus because I **have** a lost image to be redeemed, a dream to bring to reality, a life to live undetermined by the mistake I made, I future to aspire for. After the basic school, with good grade, I had a school of my choice into the secondary school. With this, my parents still didn't see me sailing through. They even thought I would come home from the secondary school with another baby since I could get pregnant under their watch without **they** knowing how and when it all started. There **are** times in schools when I called them for money **and they show** apathy to my request. Sometimes I **have** to resort to my friends for help whilst still trying to build once again the lost trust with my parents. Being focused and determined, after the three years of the secondary school, I came out successfully clean and clear. **And as of now**, I have had admission into the university to further my education. Now, my parents came to terms that it was a mistake I made and that I have learnt from the mistake. **As of now**, I have rebuilt that trust and believe that they used to repose on me before the unfortunate happened.

I will therefore say that, pregnancy shouldn't be a barrier for a young and resilient girl like you to **short-lived** your dreams, pregnancy is not a trap for marriage, pregnancy shouldn't be a **theft** of your future. You still have a life to live and a future to look up to even if the mistake is being made. The only thing is that you don't live to make such a mistake again. And that marriage is not the only solution to an unwanted pregnancy. Life goes on after the pregnancy, don't enslave yourself in a marriage with an unplanned pregnancy.

**Nothing that's rushed for**, lives in its glory but anything that's allowed to take its natural course does **lives** in its glory.

After everything has been rushed over that you noticed the prematurity in it. And any occurrence that takes place in its premature course comes with its dire consequences (frustration, depression, self-hatred, rejection etc.)

As a teenager, your complete being is determined by your actions and state of mind. The reaction going on in your body at any particular time determines your state of mind and your state of mind determines your being. You could either allow your state of mind to rush you over the pleasure of your body by responding to your urgent desires, or you control your state of mind and allow nature to take its natural course.

However, there are consequences to any of the actions above you might take. It's like being left in the middle of two impossible choices; either way you choose to go gives an unpleasant result. Nonetheless, a long term risk assessment of these impossible choices will leave you with one better impossible choice. Let's digest the repercussions of these two impossible choices

### **Responding to your early body desires**

In the short period of being, responding to the chemical reactions will give you a sense of humor, happiness, joy, a feeling of belonging and love and a great sense of honor for been adored by other people. Remember, these are but the short run assessment of responding to the early urges of your body.

### ***Responding to your early body pleasures and its long-run consequences***

An individual's rush to satisfy their early desires can result in the following

**Self-pity:** you pity yourself and see yourself worthless for not being in your natural state and wish you had exercise patience.

**Regression:** you regret the very moment you gave in and responded to what your body dictated to you. You regret every moment though at the initial stage of satisfying the body was a bit of happiness and fulfillment.

**Guilty:** you feel ashamed and guilty for a wrong done after satisfying yourself. You feel unchaste and unholy.

**Shame:** the feeling of guilt and self-pity put in shame and in anguish resulting in self-hatred and the feelings of self-betrayal.

### **Discipline and self-control (allowing natural course to take place)**

In the short while, when you deny your body of its pleasures, or restrain from paying heed to its reactions, you feel tensed up, uneasiness, or pressurized, rejection and loneliness and somewhat unhappy with yourself taken cognizance to the actions of your mates already swimming in their temporary sweetness.

As time revolves into the long-run, the table turns and each category of repercussions turns into a long life daring consequences. Just as stated that in the confusion age brackets (**adolescent** period), teenagers are often left in-between two impossible choices:

However, the long term consequences of self-control or self-discipline are that of positive life fulfilling. These include;

**Self-respect:** you see yourself as one of a kind, a unique person for still being in your natural state among the many that have defiled themselves.

**Dignity:** when you remain in your neutrality, unadulterated, you feel sacred, and dignified. You feel highly priced.

**Proud:** when you're able to suppress your body desires, defy all the odds and maintain self-composure throughout your adolescent era, you feel proud of yourself for your mastery of self-control and self-discipline. You walk with your shoulders high knowing you've not contaminated your natural purity.

**Morally upright:** our dignity defines our moral uprightness. You have the feelings of living in a socially and religiously accepted life. This gives you a standard in society over others.

Having a standard in the society means that not everybody can walk into you to demand for relationship. It's only people with moral standard that can also approach you. When you define yourself with moral standards, your life is completely **shield** from morally sick persons. They can't come in to destroy your

life because they see you above their limit. Put it this way; a commodity with lower price is commonly traded, where everybody can afford it with the least of any amount. But a commodity that's highly priced attracts fewer persons who have that purchasing power. Summarily, demand is higher with lower prices and low with higher price, "all other things being equal". The law of demand

In as much as this law is good for the existence of all and sundry as price reduces, its reverse is good in living a moral life. We have a life to live. And living a life of whatever sort is a choice.

From the above opposing short and long term consequences of our choices, I don't think anyone will be willing to trade off the life pleasing long-run benefits for the short run lifelong daring consequences.

### **How to negate the early pleasures of the body**

As stated earlier, having the urge for sexual pleasures at your early stages of life is natural and normal. It signals you that you're alive and that you're sexually healthy. The problem that comes with it, is when you cannot put yourself under self-control but rather championing the moves to experiment to quench your sexual thirst which never seems quenched.

Everybody has an element of self-control and discipline, but we **turn** to loose grip of them with the littlest push. But it's worth nothing if not vulnerability have you thrown your self-control and discipline away in the urging moments. And once you're vulnerable to the desires of your body at this early stage, you might swerve away from your purpose of life.

- ✓ Disconnect all sites or media that can arouse your sexual pleasures. From the book of Mathew, it is said that better it is for a man to enter the kingdom of God with one eye, or one leg or one hand than to be **casted** into hell fire with whole body. So you have to detach yourself from any source that will stimulate you to think about sex and its related activities.

- ✓ When alone, read interesting story books that will keep you in suspense and keeping you wanting to read the more. Note, most of our sexual pleasures are elicited when we sit alone idly. When you sit idly, your mind rave around looking for something interesting to fest on. This often times leads to masturbation(touching your own genitals for sexual pleasure). This has its own consequences both scientifically and biblically.
- ✓ Do something creative, something that will challenge your mind and keep you productive. Reading literature, writing your own poems or motivational messages or learning a skill or learning a new language.
- ✓ Get some cartoons on television and watch, laugh like no one's business or watch documentary on animals and get amused with the different kinds of animals, how they communicate and how they pursue their predators. It's a whole lot of fun watching them. Note, disconnect yourself from any channel that will arouse your sexual pleasures. Make it a promise and discipline yourself in that regard.
- ✓ If you're often tempted to think lustful when alone, always get yourself around good people. You have to note that the kind of people you associate with defines who you are. Get yourself attached to people with vision and they'll influence your thinking pattern, likewise, get yourself around people with wayward lifestyle and you'll surely be led astray.

It's through self-control and self-discipline that you can overcome the strong early sexual desires. When you lose guard of these two elements, know that you are heading towards doom.

From the scripture, men like David was cursed by God for lack of self-control after having sexual intimacy with Bathsheba, the wife of Uriah. This indicates that when we allow our body desires to subdue our self-control, we'll face the wrath of God in the end.

Self-control and self-discipline are the only virtues that can uplift one and put them in the path of righteousness and on a purposeful life. Joseph could take advantage of Pharaoh's wife after seeing her nakedness, under the pretense that he was seduced. But he stood his grounds, maintained self-composure and defied all the



odds. Though he was still trapped under lies, at last, he was vindicated and promoted from a common slave to a master in a foreign land.

When you have self-control and self-discipline, you're like a diamond precious and rare, not like a stone found everywhere.

### **1 Corinthians 6:12-13**

Someone will say, "I am allowed to do anything" yes, but not everything that is good for you. I could say that I am allowed to do anything, but I am not going to let anything make me its slave. Someone else may say, "food is for the stomach, and the stomach is for food" yes; but God will put an end to both. The body is not to be used for sexual immorality, but to serve the Lord; and the Lord provides for the body.

**6:18]** Avoid immorality. Any other sin a man commits does not affect the body; but the man who is guilty of sexual immorality sins against his own body. Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God; he bought you for a price. So use your body for God's glory.

We have our bodies but we can't misuse it because our bodies are precious and we were bought for a price. And anything that has a price is worth well keeping. Notwithstanding, we were made in the image of God and in our bodies dwells the temple of God and the temple of God is to be kept sacred and not defiled. There's time for everything, we only have to take our time and wait for God's time. When we defile the temple of God, God stays far away from us because God can't keep with dirt.

### **Waiting for the right time**

#### **Ecclesiastes [3:5-6]**

God chooses the time for making love and the time for not making love. The time for kissing and the time for not kissing.

Good sets time for virtually everything and at their appointed time they occur in the glory of God. We just ought to be patient and wait for the appointed time of God. Anything that occurs out of God's chosen time is premature and immoral. All what matters is to live to see the manifestation of God's glory is patient and self-control.

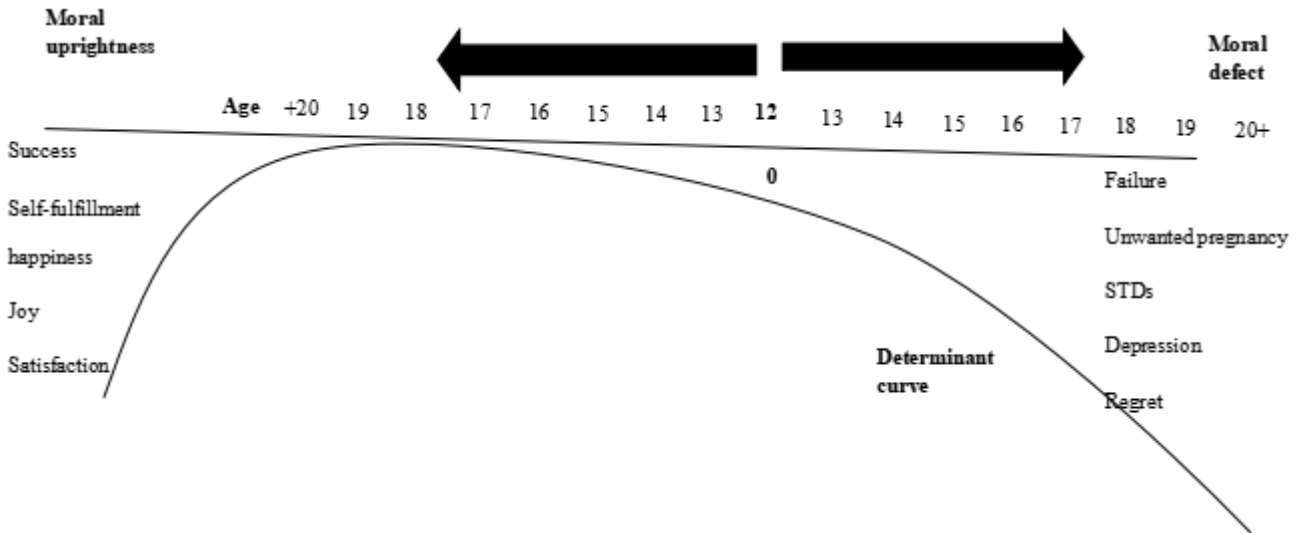
### **Galatians [5:22-23]**

But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humanity and self-control. There is no law against such things like these.

In effect, any act that there are laws against, are considered immoral and we should not take delight in doing them. Such acts as; lust, adultery, fornication, lies, slander etc.

We have it a responsibility to keep God's temple clean and sacred so that we'll experience the goodness of God in our lives.

## Moral scale



The diagram above is a moral scale being divided into two sections; *moral uprightness* and *moral defect*. This scale is used to explain the moral standard of adolescence in relation to *chastity*.

Moral uprightness refers to acceptable ways of behaving based on societal values. Chastity, modesty, humility, kindness etc.

Moral defect on the other hand, refers to the behaviors that deviate from society's acceptable ways. Eg. Fornication, drug abuse, stealing or robbery etc.

At age 12, most teenage girls start to experience mensuration. The happenings within the physical environment starts to erupt the chemistry in their bodies. It is at this neutral age of 12 that decisions are taken as to which part of the scale they will move along. The wide path represented by moral defect is being commuted by many, with the narrow path being represented by moral uprightness is being commuted by fewer people.

As the years go by, thus moving from age 12 to 13 to 14...., the number of people that trudge along the path of moral uprightness decreases making the path narrower

and narrower as it progresses into late adolescence (18, 19), with the path of moral defect becoming wider and wider. This is because some out of desperation, impatient, peer pressure and pressure from within the body, lack of self-control, turn to fall out of the path of moral uprightness to join the multitude in the wider path. But at the end of each path trudged on has its consequences to embrace.

When a person endures that loneliness in moving along the narrow path of moral uprightness, at the end of it lies heaps of success, happiness, joy, self-fulfillment and self-satisfaction, self-dignity. However, the means to this juicy end on the scale is characterized by discipline, self-control coupled with determination.

On the contrary, the end result of trudging along the most trugged path of moral defect lies floodgates of unwanted pregnancy, sexual transmitted diseases, regret, depression and other related consequences. However, the means to the end on this scale is characterized by joy, happiness, ecstasies etc.

On a whole, the means to an end in the moral defect scale are actually the end results on the moral upright scale. Relating this to the biblical view, we were made to understand that the path that leads to salvation is narrow and travelled on by few, the path that leads to destruction is wide and travelled on by many. Thus many people often prefer to enjoy at the premature point and suffer at the later part.

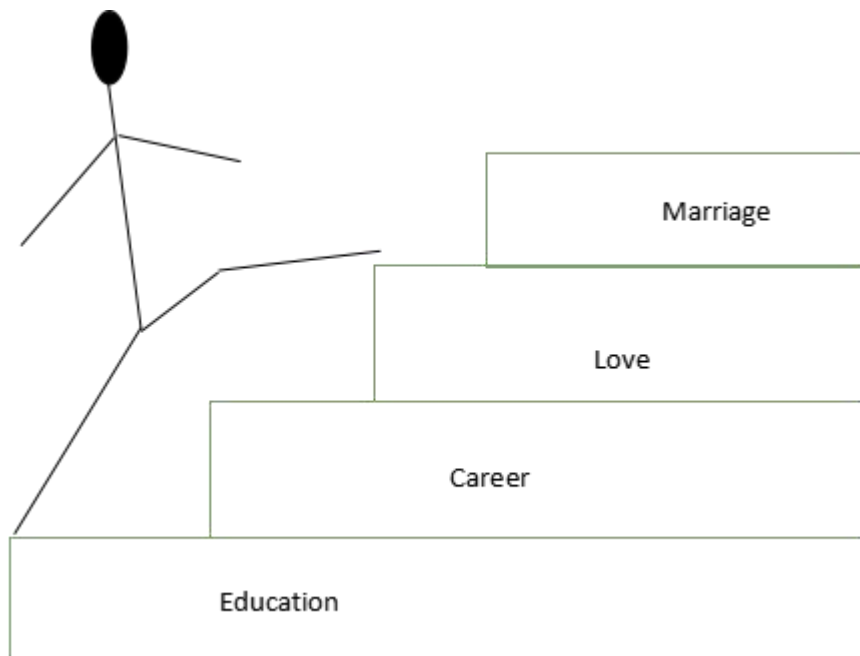
The scale has a curve which determines the number of people travelling in each lane of the scale. The curvy the curve, the less the number of people journeying in the moral upright scale and the more the number of people trudging on the moral defect lane. Also, the flatter the curve, the more people trudge on the moral upright scale.

Summarily;

Moral uprightness	Moral defect
-------------------	--------------

<p>Few are those who take this path. When you take this path, you seem alone because this path looks deserted and hardly trudge.</p> <p>There seem not to be people behind you or in front of you.</p> <p>But when you take the pain to trudge through it, at the end of it is a floodgate of success, happiness, joy, and self-fulfillment.</p>	<p>Exodus of people trudge alone this path, making it wider and easily noticed. Many are those joyfully trudging in this path, diverting the attention of many</p>
--	--

**Personal development; no leapfrogging**



## Personal development

Personal development is a step by step approach through which an individual realizes his/her dream life, in relation to laid down life goals and purposes. The steps to personal development are education, career, love and marriage.

### Education

At the very core of personal development is education. Education is the medium through which you acquire knowledge about yourself and your surroundings. When you know who you are, then you **turn** to set goals for yourself based on your strengths and weaknesses. The very best of our personal development is through education. Education opens us to the outside world and paves way for us to transit to the next stage of personal development. Therefore, it's imperative to be well formed in this 21<sup>st</sup> century before you can move to any level of life again. When this is lacked, it creates a vacuum and an unbalance personal development. Thus there's going to be loopholes in the rest of the steps you might have leapfrogged.

## Career

When a solid foundation in education is laid, it propels one into a life time career, setting him/her financial independent and capable of shouldering other responsibilities. Career brings stability in life and a sense of security. Once there's a constant flow of income into your pocket, either through being an employee or self-employment, it guarantees your movement to the next stage of the scale in personal development. If you move to the next stage without any constant flow of income, it becomes difficult to move back on what you've leapfrogged over.

Education and career are the primary tools for personal development which might be achieved together before one can move into the secondary scale. Everything that's primary is essential and must be attended to with the time and space that it needs.

**Love and marriage** on the other side, are on the secondary part of the scale. Before they can stand the test of time, they needed to be built on a strong foundation. So when the primary foundation is weak, the secondary part will not be able to properly stand. Education leads to career as love leads to marriage. But before the latter can stand on its proper context, the former might have been laid firmly. Therefore, a leapfrog from education to love and to marriage will create a vacuum at the base. This will create problems in the marriage. Marriage involves responsibility, thus taking care of your partner, taking care of your children in terms of health, education, shelter in this ever increasing cost of living. So if the means isn't available to take care of this basic necessities of life, the marriage would be characterized with hitches. The means to which these necessities could be provided to ensure a happy family in marriage is career.

It's often difficult to come back to a step you've skipped. It's therefore not advisable to skip any step in the personal development scale. The major transition lies between career and love. Once career is skipped it becomes almost impossible to come back to it.

From the diagram, you will realize that in an attempt to jump over career will involve overstretching and anything that's overstretched loses its elasticity and can easily break. In short, your marriage would be overstretched when you jump over career. And with space been left at the base of the marriage, it can easily breakup with the least of added stress.

The Insight of **LIFE**



## PART FOUR

The greatest opportunity ever given to all mankind equally is the breath of life. But the individualized decisions taken from this opportunity determine the dimension of one's life. Nobody is born with the symbol of great life; the onus lies in your mental adjudication to decipher your line of life from the many.

Life goes beyond the superficial definition of gaseous exchange and the mere sight of vision.

Often than not, most people misinterpret life at early stages and find themselves lamenting, thinking their lives have been hijacked by some supernatural powers on which they can't do anything but to bow to the forces of failure.

Life is all about the decisions you've or will take. You're your own police, CEO, President in your entire life, no one is in charge of manning it for you. You've all it takes to either let it flourish or runs at a bankrupt. We often times **adjudged** government for bad status quo of economy. Likewise, should we shoulder the blames if our own lives are in disarray for poorly crafted policies from on our part.

A stroll down this write up will give you an insightful, decisive and well fulfilled life strategies.

### **What's meant by life?**

The word is a common word, you can define it to the best of your interest but to me as stated early on, Life is a natural phenomenon which is subject to change based on the decisions taken by its hero and the environment in which one finds himself/herself.

From the above definition, life is affected by both nature and artificial factors (base on the environment and the decisions taken)

Naturally, life is a transgression from one stage to another. Thus childhood, adolescence and adulthood. The progression affects the level of the body development and the state of mental maturity.

On environmental conditions, the behavior, character and personal outlook depend on the environment the individual is into. This will be the determining factor on the decisions that the individual will make in life which will adversely portray their repercussions sooner or later in life.

### **The indicators of life.**

Just as traffic lights give indications on what to do in the course of journey, so does life. As stated earlier, the three stages of human development: the childhood stage, adolescence stage and the adulthood stage are coupled with the three indicators of life: (yellow indicator, blue indicator and red indicator)

Juxtaposing these stages and the indicators, in the childhood stage, yellow indicator is depicted which indicates that your life is at rest. You're being nurtured by your parents and you've no contribution in any matter of concern. You see nothing wrong with life and you enjoy every fiber of it. You're heavily pregnant with fascinating goals for life because your thoughts ain't poisoned by society.

At this stage, parents have a lot of responsibilities in grooming the life of the child because, the acceleration that an object moves with when at rest depends on the initial force applied to it. Parents have to create an environment of peace, love trust, truth and enabling atmosphere for the child to gather enough momentum to face life in the right direction.

During the adolescent stage, blue indicator is shown which posits your transition to the next stage of life. The blue indicator indicates your readiness to assume responsibilities. The child's mind is matured and he/she can take decisions without the backings of parents. This is where decisions are clearly laid down to help the individual propel into life. This is the most delicate part of life as the personal decisions that are taken will predefine the kind of life you'll live. But this will also be a depending factor on the kind of environment created for the child. Most

people lose control of their lives at this stage and in the adulthood stage feel like they've been thrown into a bottomless pitch.

Humans' life is culminated at the adulthood stage **which is indicated by red Self-actualization is achieved**, you're full of energy and work harder to achieve more. All decisions at this stage are taken towards self fulfillment provided the right conditions were present in the childhood stage and the right decisions were taken in the adolescent stage. If not you're in despair and self-hatred for messing your life. At this stage, you're more into life and susceptible to extinction.

In conclusion, the kind of life one lives, is a combination effect of the three stages of life.

### **Life is what you take it**

Life can be considered as a curse or blessing depending on the mental judgement that one passes over it. (the mental view of oneself and events surrounding them define the dimensions of their lives).

We can't control where we're to be born but after birth, we can control how our life can be. Being born into a poor family is not a recourse that life is bad. For most of us, we think life could've **being** a blessing if we were born into rich families. But note that nobody is born rich, it's the circumstances, the opportunities taken, the mentality that creates riches.

If you lament and brawl over your bruises life inflicted on you, you'll never be any better. You only become better when you accept what life gives and move on to change the story for a better one.

The worst thing you can do to yourself is to allow the circumstances surrounding you to determine or impose limitations on your life. Life is not bad when things are not good, when things are hard, when things don't go the way we want. With this, life has presented you with inconveniences to force you to move out of your comfort zone for more greater opportunities.

Seeing life as a curse or bad when we're suffering is just the devil's trap that will keep you in your current situation. For every single breath, see the goodness in everything and everyday and life will be good even in your inadequacy.

Life comes in phases. It's like a die rolled. Any phase can roll over. The fact that the result may not be in your favour doesn't mean that life is bad towards you.

From the biblical point of view, man was created in the image of God, therefore God wouldn't curse any of His to condemnation. It's rather the outer actions of man that are ignited from within that determine the course of our lives.

Some of the factors that prevent us from realizing our worth in life hence thinking life is a curse.

### **Being suspicious.**

Suspicion is a negative emotion stemming from fear, which in turn is a fallout of desire, doubt and insecurity. From the above definition,

Suspicion brings about fear

Suspicion brings about the desire to find out the fear

Suspicion brings doubt and lack of trust.

When mistrust is bred out of suspicion, then the feeling of insecurities is created. Suspicion thrives on betrayal, and fosters mutual distrust in society.

We live with a culture built on suspicion, creating hatred and distrust in society. Culture made us to believe that there are people living with us who have some magical powers to determine the fate of people. This makes people to believe that every challenge they're facing in life is attributed to someone manipulating them.

Poverty is there since time immemorial. Your lineage can be swimming in abject poverty from past to present but it doesn't mean you're cursed for life. It only takes a matter of second examination of yourself to break that norm in the lineage.

Being suspicious will never allow you to step out of your comfort zone. For you believe that there are some external or internal forces that are working against your destiny. This perception makes you **coiled** into your shell without making any conscious attempt to unravel your potentials. This will forever weigh hardship on you and your generation in all phases of life. It doesn't mean you're cursed but you're been vilified with your own mental perception.

### **Dealing with mental perception or suspicion.**

Suspicion can be fiction or factual but once you've paved way to dwell in you, it will derail your mental capabilities.

As humans as we're, that innate bane is always at work, that's the fact but once you're able to rectify that your success in life has been blindfolded, so you still have that mental power to device other strategies to the realization of your dreams.

There's this popular saying that the shut of one door leads to many being opened. There are various avenues available to realize yourself. Don't hold onto only that one way when you think it's not yielding much. It's when we're straight minded that when our plans fail to work out that we **turn** to have a mental perception of our destiny been tempered upon.

Keep moving though sometimes the way seems narrow. It's when you relent to the odds that, that mental poison makes you dysfunctional.

In all, reexamining of yourself, get hold of your thoughts, change your course of direction if possible and striking out the odds can help liberate you from that mental bondage.

### **Blame not**

Never blame anyone for not making it in life

Your destiny is never determined by any one person

**They** can only be detractors and not determiners

Success is wealth achieved in the mist of tribulations

The delay of success is never denial or failure

Count yourself blessed for being in the shoes of tribulations

It shows that you're on the right path

Comparison will only scale you down the lane

Self-appreciation keeps you moving

Give a smile to every circumstance and give it a special diagnosis

Perceive all detractors constant and change in rhythm with nature

### **Things that can make your life useless**

**1. Suspicion**

**2. Self disguise**

**3. Your friends**

**4. Indiscipline**

### **Self-disguising**

Self disguise is pretending to be who you're not. You fake yourself to be a different person. You're a sheep in wolf cloths. You behave like the chameleon, changing yourself to fit into every situation.

Self disguise takes different forms from the childhood to the adulthood. Thus a child behaving very well in the present of their parents but steals, violent when

their parents aren't around. An adult sleeping on his/her job when their boss is not around but seems to be active at work only when their boss is around.

When you disguise yourself at work, putting less efforts when your boss isn't around, you might be paid to your satisfaction but once your input is lesser than your output, the value of your reward becomes valueless. You rarely make good uses of such reward.

On the contrary, when you input much wholeheartedly, even if your reward is much lesser than your input, **it worth much**, and it's often used appropriately. So, you can gather dark clouds over your master at work and your reward will weigh no value in your life.

### Self-Disguise

Masking your identity prevents others and yourself from knowing who you truly are. Once others find it difficult to make up your real self, they lose trust in you and hardly can you gain favor from them.

It's rewarding to live to the best of yourself in any circumstance of your life. Do what you think is appropriate of you and discard what isn't capable of you. At work, sometimes you are tempted to hide your true identity from your employer so that you can gain more at his back, but remember that once your input is less your output, your earnings can be as much as you'll expect but weighs little in value.

Being of yourself extends your opportunity levels of succeeding than living disguising life.

Finally, let go off any company that never **add** a worth in your life, that lives by daily plan, and belittle you ambitions. It's true that no man is an island but sometimes it's better to live a world of your own and have a better reflection of yourself than to be surrounded by thousands of friends with naive minds and purposeless in life.

Don't risk your life of living a lonely life to taking company that never **move** with you a step in your visions.

Surround yourself with the potential winning team under which you secure the opportunity of being a winner.

John Twist in his bit says, walk away from people who belittle your ambitions because small people do and surround yourself with great people who never relent in seeing you succeed.

In conclusion, it's never too late for you if you're entangled with any of these ills of life which serve as bulwarks to living a productive life. You can still make a U-turn and make your life better off. It's just a matter of being reflective, focus and follow the rhythms of your inner persona.

Make yourself part of those rare people who grab success from the jaws of failure.

### **The company you keep.**

Nothing defines you better than the people you associate yourself with. Likeminded people and of behavior constitute a companionship. Therefore, your life is predefined in relation to your companions. Being in the company of people who only wake up to live in a daily plan, will definitely enshrine your purpose for life.

*Jim Davison, presented in his book entitled "How to Plan your Life", a food for thought written by Theodore Roosevelt that "far better it is to dare mighty things, to win glorious triumphs, even though checkered with failure, than to take rank with those poor spirits who neither suffer much nor enjoy much, because they live in the gray twilight that knows not victory or defeat. The one who wins the battle is the one who must first get in the arena"*

As stipulated in the factors that make life gloomy and not worth living, getting your life back from the mess requires you to demystify and control them to the barest minimum before that shiny spot of your life can be spotted.

### **Discipline versus life.**



Discipline is not a course or subject to be treated in any classroom. Discipline is self-adjustment to meet self-initiated plans and being in the confines of socially accepted behaviors.

Discipline in its simplest form is a self-initiated phenomenon for purposeful driven life.

It's in this context that it's been substantiated that an individual needs forty-five percent of discipline to be successful as against fifteen percent of book knowledge.

Most often than not, a lot of people succumbed to failure because they think that they're not intellectually inclined to push through.

These days, our educational system makes you incapacitated once you don't exhibit intellectual prowess in academics. How unfortunate?

Now, have it in mind that you can still make it in life if you're thrown out of gear in the academic realm. Put on the amour of discipline, listen to your inner persona and move in your course with determination.

Once you've control over your thoughts and dealings, you can still bring those dreams of yours to reality.

### **Academics and discipline**

Just as mankind can't live devoid of air, so does one can't afford to lose grip of discipline in academia.

Discipline is an essential element in every facet of human endeavor and once this element is downplayed, achieving your purpose in educational settings will be at a crossroad.

In the field of academics, sometimes it's an illusion that some of your mates who were good in class at the basic school level with their parents long seeing them prosper are seen as academic failures after second circle institution.

What could be wrong?

They messed up their lives by eliminating that element of discipline from their doings in school away from their parents' watch.

They lose focus of self-control and decided to follow the mass (dream contaminators)

Often we chastise some schools for not instilling discipline which often leads to the abysmal performance of students. But one thing we always fail to understand is that the school is constituted by the students and once that element of discipline is absent in the individuals themselves, the school authorities can't take the risk of inculcating discipline in them. We should also know that some students, despite living among these dream contaminators, who are dream motivated are able to sail through because of self-control.

So in academia, you can't afford to enjoy all the luxuries and still be on course. For its written in the bible that one can't be a slave to two masters, for he'll like one and despise the other.

You can be brilliant but if it's not accompanied by self-discipline, you'll be seen as a failure in academia.

Sometimes when I see some of my mates who were academically good in the basic level given up in education after high school, it leaves me in stitches. It keeps me wondering what might suddenly have hacked the fascinating ideas that we used to share with one another in class in their move into high school. Have they lost focus of that mental future they used to hold?

Though some are making it in their endeavors, they could make it greater had they move up a bit higher in education. It's all about turning your back to all the negatives that keeps hovering around you and being focus on the path to that great personality you aspire. The negatives will be beaconing to you, giving you all the convincing thoughts to leave out the path, but be self-disciplined to turn deaf ear and blind to all those negative stimulants and continue even when the pain is so unbearable.

Away from academics, most people in society are in vicious cycle of poverty because they live not by self-discipline. Some people are being paid off well in whatever endeavor they engage in, but live in nasty lives you could ever think of. Why? Because they lack that self-discipline to let go those acts that don't add anything to their lives. If you can't control your expenses on those subpar activities be sure to live an aimless and unfulfilled life.

My senior high school head teacher, Rev. Bro. Nicholas Zumanang used to tell us that “*carelessness has nothing to do with poverty*”. The fact that you're careless or indiscipline doesn't mean that you're poor. Thus if you really discipline yourself, you can always suffice with the little of everything.

I come from a family that don't have enough in terms of resources but we're not poor because the little at the disposal of my parents are judiciously used to meet our educational needs. It seems magic sometimes how our parents could offer to satisfy the educational needs **of three of us**. Self-discipline is always a tool for driving away poverty in your life. But without it, the lot you have with you can easily **disappeared** unnoticed. It doesn't take what you have to liberate you from poverty but how effectively you use what you have.

It costs nothing to be discipline but it is costly to be indiscipline

### **The power of Humility and Patience**

Humility and patience in life lead to the discovery of great treasures of life. The power to make others feel counted and realize their dignity and the power to wait ignite great pearls of life.

These days, most of us don't see to the realization of our full potential because we lack the power to wait or to be humble. Because of pride, we often fail to view the world from other's perspective. And when you fail to analyze other's point of view, there are great deal of things you might've lost.

Sometimes we **brushed** away some people who would've made a positive turn around in our lives if we'd lowered ourselves to them. Perhaps, the most foolish words that we might not want to hear from someone could be the life changing message to us. There's this adage that "to every bad, good can still be found"

Humble yourself, endure the pain of listening to the most bitter words, subject them to mental scrutiny and you'll learn something new from the rubbish to buttress your life.

Coupled with humility is the power to wait and see things happen.

Majority of us lack patience in our lives. We don't have time to see nature **takes** its course. That's why we're running from Church to Church for instant results and breakthrough in life.

Before we can humble ourselves to see the world from other's point of view, we've the great deal to be patience. Once humility is crossed out, you lack that power to wait and swallow the bitter pills of others. The virtue of humility is a symbol of great life. Never demean any person that comes your way based on their statues or your statues in life. For any person you've access to **have** something good to add build up your life if only you're able to humble yourself and have the power to wait and make meaning out of them.

We should know that people are like crayons, for today, they might not be the right color for your art work but tomorrow, they'll be the color you'll be in dire need of to beautify another of your art works. Therefore, throwing them away at the first encounter when they've not contributed in your work may cost you sometimes.

More so, the earth rotates on its axes and **revolts** around the sun, whatever that goes around comes around. Indeed, the world is such a global village. The person you least regarded today, might be the same person who can ensure your success tomorrow.

The scriptures made us to understand that whoever that exalts himself would be lowered in the sight of God.

In conclusion, let the virtue of humility creates in you the power to wait to learn from people that come your way.

### **Society's comments and its effect on life.**

We've in the name of technology metamorphosed our society into a servitude of indecency. Our lives are lived never to resort to the moral virtues that society once clinched to.

Most youngsters of today are consciously driven by the pleasures of society and act to its admiration.

We now live in an era where good deeds are maimed and seen as ancient phenomena. These days, society is **found** of exalting the very behaviors once frowned upon.

Due to this, sometimes, we **found** ourselves engaged in **indecency** behaviors just to catch the attention of the public.

The fact that you're **been** hailed by the lot, doesn't guarantee your success in life.

People, especially ladies, feel alright when they record a lot of likes and comments on social platforms for posting nude photos of themselves.

One thing we always fail to understand is that the public makes you a fool to fool to their pleasure. The fact that your nude photo attracted a lot of likes and comments **don't** make you victorious in life. You're only fooled by the public so that you can continue to remain a fool to them.

We often raise our shoulder on high when others pass comments like dry headed guy, virgin breaker, sex machine, and all sort of derogatory names and we feel OK with them. These comments if we care to know, enslave our purpose and limit our chances for life. Nothing good if not bad can come from these cheap comments.

It's even interesting to know that some of the people who pass such comments on you would never want to be associated with such comments.

It's wise and long due we shine our eyes; the likes of the lot can't establish any meaningful life for you.

When you dwell in decent life, you **brightened** your path of living the life you aspire for.

Living a decent life requires being discipline and it will surely pave way for a prosperous life.

### **Implication of friendship in life**

Life without friends is like a tree without branches. Friendship constitutes about twenty percent of our life. This suggests that the decisions we take, demeanor, charisma are a dependent factor on the kind of friends that occupy our lives.

It further suggests that the influential force exerted by friendship in our lives has greater effect on the kind of life we live. That's why some people **turn** to trust their lives with friends than they do with family members.

In life, as you grow, you come into contact with many people, you let go some whilst you create space for others. As you continue to expose yourself to the outside world, you **turn** to let go those friends in your life who no longer match your purpose for life and **fills** the vacancies with current ones who match your line of life.

Why do we have to take such decisions?

Since the life we live is directly related to the kind of friends we keep, at any stage in life, our view for life changes therefore requires an update.

So, we can't afford to live without friends but the kind of friends we keep is also a matter of concern.

Some friends are like blessing in your life, who never want to climb on high leaving you at the bottom whereas some are as poison that never see you sprout new leaves.

When you get yourself in the latter kind of friendship, which I called the dream contaminators, your purpose for life will be on an exile.

If you're a friend to someone and you can't look into the person's face and tell him/her the pinching truth but continuously parading falsehood and exalting him/her in the wrong context, it's better to have poisoned the person to death.

Imagine commenting on a friend's nude photo as " nice one there" " you look cute" and all those head swollen comments, just to **pleased** him/her when **actual** you know that the person is **fallen** out of lane.

The truth is always painful and we hate it **been** said to our face, but sometimes it's better to say the truth and part with the person for life than to furnish the person with the wrong information just to remain in his/ her abode.

Nobody knows you better than your friends. They're the people that can point out your strengths and weaknesses. The category of friends that only hammer on your strengths don't deserve a place in your life. Take them off and substitute them with those who point out your strengths and weakness as well, because, they give out the ills in you for you to capitalize on and improve upon them. Such people are the right companions for living a great life.

Also, be mindful of friends who only concentrate on your ills, for they only degrade your Morales and make you feel less sufficient in realizing your potentials.

Most prominent people in society are such because of friends' critics and good mentorship.

Sometimes far better it's to entrust your life in the hands of one loyal friend than to live with thousand careless family members.

After all, the crap is supposedly headless because of friendship, but you should be headless for friendship in the right direction.

### **Living a happy and fulfilled life**

Living a happy and self-fulfilled life isn't about the amount of wealth you've amassed, or the number of people that rally behind you or the conduciveness of your dwelling place.

Living a happy and self-satisfied life is about having a clear conscience, making others counted and seeing yourself as a winner in each passing day.

Many a time, we're tempted to believe that living a happy life is about the material possesses or the number of people you've for fans or living in a well-furnished house. How ridiculous it sounds?

If that's the case, politicians, celebrities, business tycoons would've been the happiest people ever created.

But are their minds at peace?

Sometimes we occupy our minds with unhelpful thoughts: people talk about me because I've done this, my mates have made it and I'm still here, that family member has subjected my destiny to the spiritual realm and all sort of mind disturbing thoughts.

When you preoccupy your mind with such worries, you limit its capacity of thinking your life to success. You turn to see the gloomy side of each day and see nothing to be happy about in life.



You can have all it takes to be happy in life, but if your conscience is not at peace, living a happy life will be a mirage.

You can only live a happy and self-satisfied life if your conscience is as clear as the snow.

Remember, there's nothing softer than a clear conscience.

When you live your life in total abstinence from worries, you appreciate the goodness in each passing day. With this, you're able to craft ways clearly to reach out to the successful life you envisioned.

Worries are bond to enslave us from time to time but the decision to let them go off or sink in you and make your vision for life so obscure is your sole mandate.

Living a happy life isn't **guarantee** when the people surrounding you are in total submersion of mental traffics (worries).

You've the responsibility to make the world around you feel the purpose of their existence.

This is likened to the scenario in the scriptures where a man had the best hybrid maize seeds to farm which could give him bumper harvest than his colleagues who farm alongside him but decided to share the hybrid seeds with them. When **he's** asked why he could be so ungrateful to himself, he says, when I hoard the hybrid and allow my colleagues to farm the usual maize seeds, pollination will occur among the different types of maize and render my hybrid useless.

Such is life. you can't afford to live a happy life when some of your family members are in mental trauma.

Going back to bed realizing that you've made someone's day counts by putting smile on the person's face brings a smile of content on your face too.

Making someone's day counts, making them feel their worth and putting smiles on their faces is a gateway to living a happy and self-satisfied life.

Closing your door at the end of the day realizing you've impacted positively on persons, gives you a thousand reasons to be happy in life.

When you let go these mental traffics, lives in the goodness of each day and put a smile on someone's face, and when you close your door at the end of the day realizing you've make someone's day counted, make you feel superior and self-satisfied.

Living a happy life is a partnership venture, make the world around you happy and you shall live a happy life forever.

### **Living a silent life**

Silence they say is golden but sometimes discredited with betrayal.

Living a world of silence not of hurt, distress, aversion or ignorance preludes great thoughts of essence.

Often times we think that people who live in silence are ignorant of their surrounding or either they're hurt or an expression of their aversion for situations in their environment.

Living a silent life not of hurt, distress or ignorance as stated earlier creates an avenue for the mind to deeply process. This implies that the period of silence maximizes the processing ability of the mind.

It can be asserted that all the laws propounded by the great scientists, economists, mathematicians are products of silent live.

When you live with a noisy mind, thus a mind saturated with unnecessary data to process, crafting out new ideas to support your purpose for life becomes stagnant.

But before you dwell in a meaningful silent life, your conscience must be clear from mental traffics or a noisy mind which reduces the effectiveness of the mind.

Silence they say speaks thousand words and they can't be any better means for reaching out for a successful life than creating it in silence.

When you **built** in silence, the enemy knows not where to destroy.

Our plans get stacked or we're being discouraged by those poor in spirit who neither gain much or suffer much when we make our intentions known to them.

Note, not all the people you made your intentions known to **wants** you to succeed in them. Because they know that when you bring them to reality, your life will soar to different level. They, in all bits **points** out the doom aspects of your intentions just to kill your spirit in thinking great.

Come to think of it, how many times have your friends or family members make a fool out of you over your intentions of **been** a business tycoon, president or a prominent person in society. They try to make you silly in your dreams, pushing you to dish them and live a purposeless life.

They point all the defining features that can take your eyes off the target.

Where will you get the initial capital to be a tycoon, you don't even have what it takes to be a president, you can't be a politician because you don't have the convincing power, you don't have the qualification to do this or that. They try all means to let go what you hold on to.

Work behind the scene and show your results to the world.

I think we can all still bring to book what we used to say about our future when we were young. How many of us still cradle to such dreams?

We've all let go of those fantastic dreams because society has contaminated our thoughts by pinpointing the defining factors that can't allow as to prosper in our dreams as we grow and **widens** our circle.

I believe in the power of silence, it keeps the dream contaminants and your adversaries in limbo, and when you completely **built** out, they know not where to attack from.

### **Silence that discredit your pleasure**

Living a world of silence not because of your pleasure been discredited isn't a sign of weakness, ignorance or freight but an indication that you understand the power of silence.

Silence is the only tool that defeats the intentions of the friendly foe.

Sometimes it's better to groan in agony silently than to advertise it to the public, because majority of them care the less whilst others are happy you're in such situation.

In life, we're different humans base on the temperament we are made up of. Some people might be irritating to you based on their personal demeanor and mannerisms. You have the power of silence to walk away from such people. An attempt to register your displeasure will land you into saying things that will make you a fool when you reflect over them later. Honor yourself enough by walking away from people who deserve your silence.

Once on campus, I was told by one guy that I'm not **qualify** to be a Ghanaian because I couldn't speak "twi".

I was upset and **ferrous** to that statement but I walked away from the scene and later congratulated myself for not reacting to the statement, because the venom that could come out from my mouth as of that time could be more deadly.

In another development, a lady was giving out quiz papers, when she called my index number, I **reach** out my hand to take it. She looked into my face and looked at the mark on the paper and said, " are you sure that's your paper"? All eyes raced to me. Very sad with that comment, the people that were around thought I would react, I took the paper and **leave** the scene in total silence.

Sometimes you're hurt to the bone marrow by others, but reacting to register your displeasure is not always the case. You're seen as a hero when you respect yourself enough to walk away in silence. You keep the perpetrator in doubt and shame, and never will such a person pass derogatory comments against you if he/she lives in the brackets of normal human being.

Note, ensure yourself dignity by walking away in times of discomfort than to defend yourself, for in anger, the comments that you'll pass, when you reflect over them later, you'll take yourself for a fool but then, the havoc has already been caused.

Living a **silence** life, exhibits your level of maturity in times of displeasure. Silence is a powerful tool to silence the enemy in all phases because they only see you physically without knowing what you're up to.

Often times, we the youth lack that patience to walk away mute on comments that displease us. We hate to hear others ascribe names to us for remaining silent in the face of demeaning comments on us. We often **protested** to show our might and to defend our integrity which **ended** up lowering the esteem others have for us. There's this traditional proverb that *when you wrestle with a pig, u will end up soiling yourself*.

Life is more than how we see it, let's not try to use our prime revenging when you can walk away and be a hero.

### **Living a betrayal life.**

Silence can be golden but discredit with betrayal. Living a world of silence of hate, freight, and ignorance makes silence betrayal. When you live in silence to show the extent to which you hate someone or being mute because of fear or being **silence** because you're an empty vessel or a tabular rasa to the happenings within your environs doesn't project silence as golden but a betrayal.

Sometimes you've to break loose of silence and ensure that what is due is done than to remain silent and see the right been wronged. Don't pretend to care the less

when you're **been** dragged into a tight corner by someone where you can suffocate to death. You've to register your displeasure and never allow anybody to take you for a ride for too long. You know, some people are insensitive, they continue to persist their wickedness towards you and take you for a fool if you continue to live in silence. Living a world of silence when you think your life is being threatened, creates some kind of hatred in your heart which drains into your mind and **established** a noisy mind. Thus, pondering over issues that can't ensure a meaningful life but thoughts of hatred and revenge. So, better it's to break out of silence and let the perpetrator knows that your muteness can't be taken for granted.

Also, living a world of silence in the full glare of lies and wrong doings is a silence of betrayal. Often times, we remain quiet and allow all kinds of unscrupulous acts to persist. We seem not to care but not knowing the repercussions such acts can have on a lot of people with time. Let's not live in the name of silence and allow the patriotism in us to go on extinction. It's a fact that silence salvages you from problems but living in silence that betrays your personality leaves no room to live a happy and **self-satisfy** life.

In short, live a world of silence that **ensure** great thought of purpose for greater life but breaks out of silence of betrayal which tries to thwart your personality.

### **Self-perception**

*The inner me speaks out*

*The actions are past events of the inner me*

*Silence I perceive speaks thousand words*

*If I'm silent doesn't mean I haven't heard*

*It doesn't mean I can't speak*

*It doesn't depict my weakness*

*It doesn't portray my aversion*

*It doesn't mean my absence*

*It doesn't mean self-inferiority*

***It doesn't even I'm hurt or not***

*But just listening to the voices of nature*

***As way*** of listening more and talking less: the analogy for knowledge acquisition

*That's how I perceive myself*

*Nothing defines me better.*

“power can't accrue to those who squander their treasure of words”

“such is the fate of him who opens his mouth too much and thereby puts himself at the mercy of the listeners”

## **The effects of communication**

The very words we utter have implications on the lives we live. Communication creates a window for others to see the kind of humans we truly are. Therefore, the demeanor, mannerisms, and your expression are a prelude to defining your personality.

So, the mode in which you convey information to others is essential to living a great life. Communication isn't just the mere exchange of information, but the demeanor in which the information is presented is most concerned.

The fact that some people are labelled as not respecting doesn't mean that they don't live within the confines of society's rules but the mode of delivering their message to others. Communication is of forms and you can't afford to use only one form of communication in dissipating your message. The tone that you use to put across your message to your mates and your personal demeanor should be different from when communicating with someone older than you. No matter the status of

the person in society, once he/she is older than you, give to him the respect due him. Don't let the person ascribe any derogatory mark on you. For every unfavorable comment ascribes on you prevents your chances for living a purposeful live.

### **The three magic words.**

During our high school days, we used to have moral lessons with the headmaster, Rev. bro. Nicolas Zumanaa. Almost all the meetings, he used to stress on the usage of thank you, please and sorry which he referred to as the “*three magic words.*”

I know everybody, no matter how callous or careless you're, **have** the elements of sorry, please, excuse, and thank you in your vocabulary, but how often and appropriately do we use them? Sometimes we do take certain things for granted and it so **cost** us dearly in life.

These words are often referred to as the magic words. If they're used in their right context, you'll live your world in peace.

Delving into them one after the other, **sorry** is a last resort to word used to show remorse and sentiments of guilt. In recent times, it has been observed that the word is inappropriately been used therefore losing its intended purpose of calming down nerves. The manner in which it's sometimes said even flee tempers. Most times, some people think it's a must use word when they don't even feel like the person offended needs their sorry. It's better to let go the person offended without the use of the word than to depict certain gestures, demeanor or facial expression in attempt to use it.

You don't expect a person to feel the impact of your sorry when you portray an angry face, turn to different direction with lip curled to one direction and dare say sorry. This will infuriate the casualty the more. I always believe that if a job must be done, it should be done with all the decorousness it needs. It doesn't take a thing to take self-composure and say sorry to a person offended, it shows your maturity and humanity. It doesn't even matter to be guilty before you use it. Sometimes it's used just to create a peaceful surrounding. Sorry is the only tool that can induce a



cozy atmosphere but can be disastrous if missing or inappropriately used in our speech. So, don't use sorry because you are subdued, or because you think it is a must, but use it because you think your guilt must be felt my the one directed to. Life without sorry is tantamount to a car without breaks.

**Please** is another accessory for effective communication which seems to be conspicuously missing in our speech. Gone are the days when we walk to the teacher and say, "please may I leave the class", without even knowing the implications of what **we've** said because we think it is a formality that must be followed.

Now, as we grow up, we turn to let go this polite way of expression because we either think it's not necessary or we feel so big to still have it in our vocabs. It's interesting that even in tertiary, someone could just walk to you pick your book and says "let me see your book". How do you interpret such a person?

One day we were in class when one guy walked briskly to another's desk picked his book in front of him and says, let me see your book. Immediately, the owner gets hold of the book and pulled it out from the guy's hand. He couldn't believe what happened. Ah! **I just want to see the content.** But the owner sits aloof. He got embarrassed and went to his desk scowling in anger. Not sooner than later, another guy walked to the book owner and requested, "please, can I use your book"? The book owner relinquished the book to him at the full glare of the other guy. He got the more discontent with the owner of the book. Such is life, sometimes we turn to neglect some little things which cost us a lot with time. It doesn't take anything to use some of these polite ways of speaking but once absent in your speech, you're seen as a rude, uncouth, and uncivilized. This is where you are tempted to believe that the world is against you. It's necessary we put these polite words of speaking in the forefront of our vocabulary so that others wouldn't try to belittle our personality.

**Thank you** is the most powerful polite expression that can lead to exceedingly expectations if it's used genuinely and approximately. But often times we turn to downplay its effects as polite way of expression. Given someone a smile with thank you for the little he/she has done for you creates the avenue for the person to perform such act for you even better next time. It doesn't matter the minuteness of

the job done. We Somewhat turn to recommend the efforts of people for undertaking large task for us. Sometimes a word of thank you to a person for a work done is much appreciated to been paid off. Even, paying the person off with an appreciation of thank you for the work done motivates him/her to perform better when called upon.

Never forget to appreciate the little things that others have done for you. But how many of us always say thank you, dad or mum in appreciation to what they've done for us? We might say they're performing their responsibilities as parents but we've to appreciate their efforts by saying thank you so that they will know we appreciate the little tasks they always do for us.

School resumes, you're set off to go, your parents couldn't buy all your provisions due to limited resources, still say thank you to them for those they're able to acquire for you. This will make them happy realizing that you've appreciated the little they've got for you. It gingers their morale to make you happier next time. But when you always leave with a "long face" because they aren't able to get all that you required for, they feel irresponsible despite the circumstances. They think there's nothing they can do to make you feel happy or appreciate their efforts.

So never underestimate the efforts of your parents in their quest to performing their responsibilities.

Remember, with every little thing, your parents get you, never forget to give thanks of appreciation.

### **Living up to task**

In the beginning, when man had sinned against God, He says mankind would've to taste his salty sweat before he can make a living. He didn't say mankind would sit aloof and make a living. Therefore, a successful life is not lived by sidelining the labor pains. Embrace these labor pains wholeheartedly, for when you're closer to success, the difficult moments make it seems it's far away from you. But when you turn to set your eyes on the unsurmountable, you'll surrender your life in the bosom of failure.

Sometimes you're made to believe that God isn't fair to you when you compare your state of life to others. Life is about building a house, whilst others have luck for which the house has been built up and they're required to do the finishing tactics, for others, the foundation has been laid and they continue to build while others a pitch has been dug for which they are to fill it to its brim before they can start with the foundation.

With this scenario, when you find yourself in the shoes of the last person, you've the mandate to work extra hard facing the challenges it comes with squarely before you can also erect your building with time though you can't race or complete with the others. But when you sit to marvel at those who have had their building at a certain level on which they're to continue, and imagine how they might be lucky, you're pulled down along the lane and you'll view yourself as a failure. It's not possible in life for us to be equal, whilst others are born with silver spoon in mouth, others are born to strive on their own. So when you marvel at those in affluent, make it a motivational reference to ginger you into turning your situation into the paradise you deserve.

*2 Corinthians 10: 12 states that " they comparing themselves by themselves and measuring themselves by themselves are fools".*

Let's always take a cue from this verse before we're tensed up by the standards of others.

For those sometimes, we admire, thinking that they might be lucky, do we ever have the second thought that they've ever faced challenges before? Your salty sweat might be bitter but you've to let them go down before you can enjoy. Don't let the pain you've to endure to be a ceiling glass to your vision. Nobody ever made it in life so easy just that the privileges at our disposal may differ. When you strive with your challenges to succeed, you'll be taken aback to see someone who **don't** have half of your privilege also striving to make it in life. So you've to be motivated by the circumstances of others and always think that one day your part shall surely shine. Don't sit aloof and think that you can't make it with all the circumstances surrounding you.

Most often, when you question people why they aren't trying to further their education after the secondary school, they say they can't afford the school fee and that no one in their family is up to that task. I do marvel at such statement. Meanwhile, they're spending money each passing day on phones, credit, clothes, drinking etc.

Those monies you think they're meagre, if used judiciously, can have impact on your life. When you allow yourself to be caged within your limits, you see no further than your surrounding because you're not motivated to think any better. You know, you've to get to the bridge before you can cross it. Get admitted into the tertiary institution and see whether you'll get the money to go or not.

Don't look at the situation around you and feel relaxed. Don't worry about your up keep when on campus. Things will always sort out for the better for you. Remember that God has never forgotten about any of His little **creature** not to talk of you.

Sometimes, when you see others ordeal or heard of it and they still strive to make it in life, you think you've thousand reasons you should be successful in life.

Success in life is like climbing a tree, whilst others climb faster by passing through the branches because they're tall enough to get to it from the ground, if you're not that tall, go through the long pain by passing through the stem and you'll also definitely get to the top though there might be scratches **lift** on your stomach. It makes you think of where you've started when you succeed.

One thing we should get right is that there's no plethora of wealth existing anywhere to dream to reality. Is all about putting yourself on the scale.

### ***Memories of relief***

*The pain will soon be over*

*On that faithful day*

*The smooth morning rays of the sun*

*Will fall on the happy smiling flowers with delight*

*With happiness crisscross its face*

*Rise from the comforts of the east*

*Walks across the sky 12 hours with no sadness*

*Sets in the west like a baby in its mother's bosom*

*The trumpet shall sound*

*And every soul shall rejoice.*

## **"The beginning"**

Humans by nature hate beginning. We are all in one way or the other try to maneuver our way out of our first encounter with a task. We often try all means possible to fall out from the beginning. This is because we lack the courage to face squarely some tasks on us.

When was the last time you rejected been a group leader to accomplish a task when **been** pointed **at**?

When was the time you overturned the decision of doing presentation when your group members appointed you?

When was the last time you hated someone for pushing you to the beginning?

Sometimes some people see you capable of living up to a task, but when you're confronted you decline.

It's true that the beginning is always tough but you've to begin, fumble, let people laugh at you before you can be perfected in living up to that task. Continues decline of the first time encounter keeps you in bondage.

No matter how it's, there will always be "the first time ". The earlier you face it off the better for greater achievement.

When you continue to procrastinate the beginning, one day, you'll be caught in its net and you'll have no option. That's where the "big" disgrace will show its true color. That's where you'll hate yourself for refusing to face off the beginning earlier.

Once, we were to do presentation on group work. After we've finished the work, portions were allocated to some two members of the group who would be doing the presentation. I had my hands off, thinking I was safe from facing the students to talk. On the day of our turn to do the presentation, one of the presenters wasn't around as of some few minutes to start. So I was called upon by the leader to be ready to take up that part. I tried to use all convincing means to excuse myself. The group leader told me that there would always be "the first time" that I should gather my thoughts and be ready. When we were doing some preparation to go out for the presentation, the lady whose part I was to take popped up. I breathed with some relief thinking I'm safe from the hell fire. But after then what the group leader said to me keeps echoing in my mind " there would always be the first time"

most of us are like this but we always forget that there's no day you will wake up to perform task to the admiration of all without encountering the beginning.

Those public speakers we so much admire didn't wake up one day and started speaking fluently, creating sense of humor in front of thousands of people like no one watches them. There is a beginning behind their success. A time where they feel feeble, trembling voice and choked with their own saliva facing a crowd. It's all about living up to task. Some of us are good speaks but we're in the bondage of fear of beginning which is preventing us from realizing ourselves.

**Life as a mirage.**

Sometimes you are disappointed, frustrated, embarrassed, hate yourself and see no reason to be happy in life because you couldn't live up to your expectations. Yes, it's normal to feel that way if you're a goal driven persona. But the extent to which you allow it to subsume you keeps you a distance from reexamining your whole life. We should always remember that life is like a mirage. What you see at a distance turns to disappear when you get there. The fact that your targeted objectives couldn't be met doesn't mean that is all for life. You can always redefine your plans and strike once more.

When a company is unable to meet its targets in the production process and in the market, they don't fold up. They only invest in their loop holes and give a trial till they hit the targeted point.

Most often, students are slaves to this. You promise yourself of graduating with first class, coming out with distinction in the final exam, emerging as best student. After taken some of your assessments, you realize is too bad to take you to your targets. You turn to be broke, suffocating, thinking that God is far away from you or you don't deserve to live. Yes, it's really painful your efforts couldn't yield you what you wanted. Sometimes the more you try to accept your failure the more you hate yourself. But is it enough to allow yourself to be tortured that way ending up leaving you frustrated for live? This even lead most into alcoholism and all sorts of drug abuse. Is that the best solution?

Possibly no. You've fallen, yes there's no dispute about that. Must you lie there with the pain? Or rolled into a pitch to cause more injury to your life? You share tears, get up and take your sword and begin to fight again.

Life's so wavery, unstable and always on readjustment. The downwards movement of economic activities away from the trend into recession isn't enough to deter the "die hard" investors from investing notwithstanding the lower returns because they know that despite the persistence of the economic downturns, there come the booms afterwards. You may be in your grace period today, upgrading from level to level, so great. When the negative side flips out, gather yourself enough to walk through it. Even in higher levels of success, there are still failures.

So when you turn to focus so much on how you've failed, it deepens the trough of your failure into depression.

You might be out of reach of your ultimate goal but you will surely make up for the alternative goal. But when you concentrate so much on your failure of the main goal, you end up losing grip of the alternative too.

Most times, we're frustrated because we don't have an alternative goal.

Once the first target is out of our reach, we think the whole world is on us. One thing we should know is that we don't get what we want in life always, but rather, life only gives us what we can get.

Sometimes, life gives you more than you wish for and another time it under gives you. It's really stormy, we can never have it flowing perfectly. When you don't see life like this, you will turn to hate yourself anytime the stormy side of it exerts pressure on you. Always have it in mind that life will not always remain good on your side so that you can readjust yourself when the unfortunate happens.

The hidden treasure

Life is indeed a treasure

A hidden treasure

Far away from an undiscovered island

The course for its exploitation

Is characterized by lots of disturbances

Remember, it only takes determination and perseverance to discover it. It's just a matter of time.

When you suffer to gain and you reminisce the difficult moments, you're overwhelmed with fancy and self-appreciation.



Sidelining the difficult moments in the course of achieving success pave way for failure.

Unfolding the real and genuine success means unfolding problems and tackling them.

### **The work with prayer.**

Prayer, is a defensive tool and not a control tool to life. It can only help you transcend or surmount your problems. But often times, most of us try to use prayer as control tool to shield ourselves from encountering any challenge. When this failed us, we turn to wonder whether the God we serve really exist. This brings frustration, hatred, and betrayal in your life turning you away from the once Mighty God you had believed.

God created human and embedded in him a powerful and sophisticated tool of the brain to liberate him from being robot to the environment. Therefore, the brain is the tool that is used to control your life rather than prayer. We only pray to God to help has transcend, deal with challenges we're faced with or to guide us in our course to surmount the challenges.

If God is so good that He takes away all obstacles in our ways, then what would be our purpose for life?

Challenges are the building rock of our existence. Without it we're not force to think, to be creative, and pursue life to the fullness. We only turn to remain in the domain of any such animal in the environs.

Sometimes it baffles me when you see churches full to their brims during hours that one could use judiciously to earn something, praying for manna to fall from heaven on them. God doesn't work that way. Take up the challenge that confront you, ask for God to give you the strength to move through with it and be all out to face it in different angles with the powerful tool enshrined in you by God. Prayer, is not the panacea for living a life free without problems.

I'm not objected to people been committed to God. But the mind set we've about the prayers we offer to God is the challenge here. Some problems are so physical to be tackled head of but rather, we summon in churches seeking for spiritual solutions.

Not until we recognize the very use of the mind in solving our daily problems, it will continue to be under-utilized.

We're being deprived sometimes of thinking, in that way, the ceaseless we pray on a situation, the more compacted the problem becomes nonetheless we're convinced that God is in control and will surely turns matters around for our favor when we could pray for God's guidance and use our mental faculties to tackle it. Instead of praying for God's guidance and protection for steadfastness to overcome our numerous daily problems, we prefer praying without taking action. How then can you encounter the divine touch of God? And prayer alone without taking the necessary action only leaves you half way with your prayers.

More so, get down on your knees, present your problem to God in prayer, get up on your feet, and take actions and the floodgate will open.

For instance, if you're a drug addict and you want to quit, you can pray ceaselessly about it but if you don't take a step of detaching yourself from the source of the drugs, such as your old friends you take it with or where you get it from, will render your prayer useless.

That's why we'll continue to wallow in poverty in the lands of abundance.

It's high time we realized the essence of that sophisticated device embedded in us and not wholly praying for manna to fall on us.

### **The spirit of volunteering**

Volunteering is the act of a free will to offer something of value to a person, community or nation. The spirit of volunteering is induced by patriotism. Thus, if patriotism is lurking or scarce, the zeal for volunteering diminishes.

But of late volunteering has been on the lax because of the desire for mundane materials. We never for once try to add value to society without a price.

Gone are the days when volunteering records higher numbers through communal labor. Efforts were often pulled together to uplift society. Now, that kind of volunteering spirit has conspicuously missing in the present day generation. This indicates that patriotism is such a scarce value in **them**.

In life, you don't need thousands of money before you can be a blessing to someone, your community or country. You can in your bit offer services without a pay back. It's not only money that one requires to bath with society that constitutes your worth in your community, but the little free will to also contribute willingly to your society is even sometimes much appreciated.

Volunteering is a hidden route to a prosperous life undiscovered by many. Sometimes when you're being seen in the forefront of volunteering, others think you're one of a fool who doesn't regard your time and energy. How unfortunate they may think?

The value of volunteering isn't quantifying within a short period. When it's long due, the proceeds will come with little or no work done. It will surprise yourself how you keep soaring in life. Volunteering, for in the short run seems a job performed free but in due course it pays more than if you're to be paid cash in the short run.

Without being paid for work done, when you do it with a free will, and you've realized the value of your work on the lives of others, you feel superior and self-elevated. What's more than knowing that you've positively empowered others in a free will?

Even when you get paid for services rendered which brings positive results, you don't feel that much happier than when it's done with free will.

It's better to use your waiting period to render **a volunteering services** than to sit idle and find work for the devil.

In society, sometimes if we could all change our mentality and attitudes to a positive value of volunteering, we can undertake many projects without necessarily the intervention of government.

Using your time judiciously to offer services for no value is rewarding inwardly and outwardly.

The question now lies in you, what value have you to your surrounding?

Do you have to wait to have money in abundance before you let your impact be felt?

Let the patriotism in you **ignites** the spirit of volunteering. Make a mark with no cost and be rewarded for life in due course.

### **Ensuing self-dignity**

In life, there are three defining acts that project your personality to the outside world. They propagate your inner being and suggest your level in every person's life in society. Society reacts to you based on the revealing features of your inner being.

\* what you say

\* what you eat

\* how you dress

These acts are but what trigger your worth in the face of people in society. They determine what you amount to and the feedback society will provide you with.

### **What you say**

Nothing identifies you better than your utterances. We're in an era of freedom of expression and nobody holds the other for utterances but society in its way will generate a feedback in equal amount of what you say naturally. It creates a window for others to see what you truly are. Respect in the faces of people isn't earned but commanded. Therefore, when you wash your words, get hold of what **isn't unheard of** and remain in the jurisdiction of what is appropriate, will command you respect.

But when you set yourself as a wisdom pot who never gives a listening ear to others, or being a spokesman to others, you're in a time forced to build castles on air which when the truth bounced back, degrades your personal integrity.

For somebody who out speaks is often indiscreet. This is where you drag your respect to disrepute if you haven't noticed it early and divert your course of utterances.

Respect yourself by refraining from what you've limited knowledge on. It's better to keep your silent on what's not known to you than to jump into it and make yourself a fool when the truth is established later. Also, ensure yourself dignity by distancing from exaggeration. Say things as they are. Don't try to impress people or catch their attention by overstating, for your value in them will diminish if they get to know the reality.

Be of yourself and keep what's to be in the domain of only those that **is** capable of hearing it. Society will debase you if you're **found** of letting go what's supposed to be held in clandestine or secret and you'll be treated as an outcast in every facet.

### **What you eat and how you eat it**

The very food that we take in and the appropriateness in which it's eaten leaves much on us to be judged by society. Not everything that's edible is to be eaten and not everything that's eaten is appropriate. In this context, the appropriateness in which a good is consumed is what matters.

Why do we allow our reputation to be marred because of our attitude towards food?

In the era of abundance, we care the less the quantity of what goes into our bellies. To be precise, many have taken the consumption of alcohol as a hobby. This often **leave** them in avoidable accidents with some making shelters in gutters or acting in an uncivilized manner. Due to this, many have lost respect in society in the face of both the elderly and the youth. Ensure yourself respect by desisting from the excessive intake of everything that will alter the chemical composition of your body.

When in group to be served, don't be that person that will want to take the lion shear of whatever is to be served. You'll only be tagged in the conscience of the others; **the value they associate with you will start to wane**. No matter your likeness of what's served, or to be served, control your desire in the mix and take what's due you and eat appropriately. It only **lowered** your status in the mix if you attempt to be served more than every person present.

Note: not everything that's edible is eaten and not everything that is eaten is appropriate.

## **How you dress**

The book of proverbs says that your dressing is like a billboard that projects your character. With everything that we put on in the full glare of society, comes with its interpretation.

Your dressing alone can command you respect and ensures your self-dignity. Likewise, can your dressing **leaves** you with no value in the eyes of sensible persons.

Everything that's treasured is not easily exposed. Take gold, diamond, petroleum, lithium etc. all these are precious minerals well sorted after around the work. Where are they all found? Deep down the ground. Getting it comes with great toil

but once found, it's worth the time spent in getting it. Likewise is your body a treasure. It deserves to be properly clothed and protected as any such of the precious minerals.

All these minerals mentioned as treasured would cease to be treasured if they are exposed to the surface of the earth and readily available. Dress modestly and let your dressing **makes** you a precious mineral that is worth discovering. Don't let your dressing **makes** you any other commonly found item that has no value in the eyes of mankind.

We've the task to make sure that we command respect by being on the watch out of what we put on for the public to judge.

You'll never command respect from the society if you don't command self-respect first by controlling these revealing features that can trample upon your dignity.

### **Self-motivation**

Being motivated for a day brings achievement but being internally motivated brings desirable and permanent achievement in life. Motivation hence is the moving force that keeps the spirit activated and gingers it to work notwithstanding the odds and the weakness of the outside. Motivation forms the framework for a **satisfy and self-fulfill life**.

Motivation comes in dimensions of which motivation from others can lead to achievement, but being motivated inwardly ensures maximum achievement. Being motivated inwardly is to be motivated for life. Inwardly motivated **grease** your fate to clinch on a task irrespective of the rebelliousness of the impossibilities.

Most people succumbed to the rebellion forces of the odds because they're not internally motivated to steer their lives through the rough path. Those **who are**, found themselves in the greener part of the mountains.

Don't live your life in expectations of any one person to have you motivated before you start to propel. Nobody owes you such a responsibility. Being motivated by others is taken as a spare engine to augment the original internal engine.

Live your life not in cognizance of people to cheer you up in the face of the barriers. For all you know, some people want to even serve as huddles in your path to make you incapacitated in your capabilities. Look no further to perform extraordinary, because you've the engine within you so strong to perform exceedingly.

You'll be inwardly motivated to endure the labor pains if you're dream oriented. An aimless person isn't motivated internally to move out of their comfort zones. They feel **comfortably** in their present status and **turn** to make you silly when you're feeling the heat of the labor pains the most in your quest to push through your aims. So do you expect such persons to give you a strong spare engine to move through?

That strong engine is within you; you can't get it from any person. How strong this engine is to weather through the stony part of your life determines how often you grease and maintain it.

Success in life never comes without **been** internally motivated. You're not a failure and you can't be a failure, be motivated by yourself, push through with your aims and the results will be unprecedented.

Note: Nobody owes allegiance to you to make you successful in life, it's all about you.

I'm often glad for **taken** lineage from a family which doesn't have enough but doesn't lack either hence everybody is internally motivated and strives to make it in life despite the limited resources at our disposal. So you don't have an excuse to sit aloof with your hands folded because you think you're not privileged enough to propel because others striving have the same privileges like you. Therefore, everybody builds a consistent internal motivation from the strives of the others above or at his side to keep moving against the forces of the difficulties. If with equal opportunities others can make it, why can't you?



We do share some motivational messages among ourselves to keep everybody to still clench unto what we hold though these motivational messages couldn't suffice if we're not internally motivated, they serve as fuel to keep us moving when the internal motivation seems to be submerging under the heavy weight of the odds.

This is how success is derived. Take the circumstances of others and be internally motivated to go out fully to chase after the mental picture you've created about yourself.

Remember, a successful person isn't the one who when gets hurt in the battle field sits to shed tears and quits the fight but the one who when after shedding the tears, takes his weapons to the battle field with renewed hope of conquering his enemy.

*The tinting rays of the sun are fast fading beyond the horizon*

*Heavenly bodies are preparing for the last succession for the day past*

*New rays with new winds would soon prevail*

*Press on when honored with hope (life)*

*Never dwell in the past of the unyielded attempts*

*Be all out to see the reality of your purpose*

*Is just a matter of a little stuck and you had options for opportunities*

*Get ready to propel to the other side of the mountain*

*And the chapters of your life shall freely open*

*Looking forward to seeing you on the greener pastures.*

**Building a concentric trust around yourself**

Truth is but one and no matter how hard you try to discolor it; it will still remain distinct from false. The scarcity of truth in this dawning era, doesn't make it weightless in the much traded falsehood market.

We're now in the era where truth is clouded and has become a scarce commodity. And the fundamental economics will tell you that the scarcer the commodity, the higher its price is adjusted upwards. So, **it worth its salt** for you to build a sort of concentric trust around yourself. This means that you should not let any dust surrounding you when others see or encounter with you. Being loyal to the people surrounding you and creating the impression that they can rely on you charts a clear path for personal gains. Once the people you work with, work for or around you detect your trustworthiness, and are **content** they can easily trust you with their eggs in your basket, your opportunities for living a prosperous life is half done. In every endeavor of your life, set that target of loyalty around yourself. Don't allow situations in your life to create in you a personality that people around you will find it difficult to truly know who you really are. You're taken as a hero if people around you find that you can be leaned on with all assurance. Make yourself that scarce commodity that commands its own price.

From content to realities, a friend of **my** who had completed high school but had no backing to go into tertiary had to work for sometimes to earn some money that can cater for his entrance fee and his educational weapons. He applied to several private schools for a private tutor but couldn't get any notice from any because as of the time he turned in the applications, all the schools had already admitted new teachers. He finally accepted an offer from a man to be a shop keeper. The very day the keys to the shop were handed over to him, by the close of that day, when he sent the sales he harvested to the man, the man **thinks** he was day dreaming. Is this actually what **you've** today? He asked very confused. The guy said yes with uneasiness. Sir, is there anything?

Not actually. The man said still in disbelief. He never disclosed his illusion to the guy because he wanted to put him through the test of time.

As the days go, every day the returns keep increasing unimaginably. It got to a point where the man couldn't hide his joy any longer. One day he sat the guy down to exalt him for his kindness, loyalty and hardworking. He made the guy to know

that what he accumulates for a week was much more than what he used to receive in a month.

From there, the man **increases** the guy's wage and sometimes even give him some extra money aside his monthly wages. With increase in sales and returns of large sums of money, the guy never made an attempt to take a per sewa into his pocket. He accounts for every per sewa he spent from the sales to the man.

It got to a point that the man trusted the guy that even if the guy doesn't send any money to him for a day, he'll still be OK with him. But this doesn't carry the guy away from doing what's good to ensure his dignity.

After a period of time when the guy bought tertiary form, had admission and he informed the man that he had got admission into tertiary and would be leaving for school in few months to come.

Days passed, the man gave a special invitation to the guy to his house. And guess what, the man handed over the full entrance fee to the guy. Wow! Just like that, out of being trustworthy. Aside that, the man still calls the guy on campus and sometimes **sent** him some money to supplement his stay on campus.

This is the fruit of building a world of trust around yourself. Whatever that you **engaged** in, it pays to be made trusted by been loyal.

Sometimes some people are caught in a hook of low wages but they can't ask for increment and their employer also seems to be blind towards their plight because what they channel through the back door makes them guilty to request for wages increment and the employer also remains adamant because, the returns aren't forthcoming and he trust not any of the employees. What you could earn for **been** loyal would much exceed the little back door earnings. It's just a matter of remaining committed, truth and being loyal.

## **Making the difference**

The world is now porous, and there's a missing uniqueness in the lot because all are trading in the market of the commons. A market where all rally behind the strong echo of a voice from one end.

We often times turn to rally behind the crowd without talking much time to synthesize the ideas behind the direction of it, what necessitated their movement or the repercussions that would subsequently waged on such movement. We think the masses are always correct and mostly don't want to be left alone hence our attachment to the crowd.

We've to bear in mind that the company of the lot isn't a guarantee that they're on the right course always. There are times when the lot are misled and stacked in situations where none can either move forward, backward or any in the position to help the other.

The mass doesn't necessarily have everything right. Make yourself a distinguishing factor by making yourself different from the lot. Life only rewards accordingly those who remain different from the rest.

You can't expect to reap supernormal profit in a market where everybody has the same products without doing something extra different. You only enjoy such profit when you distinguish your products from the lot and make your enterprise a monopoly center. It's always rewarding to go the extra mile to incur the cost of producing differently to take advantage of the market.

A much rewarded life is never found in the house of the lots, make yourself that lonely star in the dying embers of the day or in the dawning hours of the day by subjecting the decision of the lot into scrutiny and make the decision that will best fit you but not in the interest of any one person. Don't follow the crowd because you think your friend or relative is among them. Don't let the decision of another person infuse your thoughts and makes you dysfunctional in your own thinking.

Living a purposeful life is all about making appropriate individualize decisions in the face of situations. Don't haste to give premature conclusion on matters because you think majority are on that side, because the views of the majority wouldn't have any impact in your life.

Be that person you think you're, sideline yourself from that decision of the lot and carve your own decisions that please you. Be that outstanding from the crowd and remain absolute in your decisions. Don't allow yourself to be carried over easily by **want** others are doing or saying. Your life isn't taking any bearing with any particular person.

*Friedrich Nietzsche **have** it that "the surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike and despise those who think differently"*

Regarding those who think alike or joining the mass, **corrupts** who you wanted to be. Remember to make the difference by charting your own direction solely irrespective of the direction of the crowd

## **THE REPERCUSSIONS OF YOUR ACTIONS AND INACTIONS IN YOUR LIFE**

The actions and inactions, sooner or later project their effectiveness or ineffectiveness in our lives. In what so ever that's manifesting in your life today is an indication that you've in one way or the other either directly or indirectly paved way for it to take route in your life. Most often, we encounter certain mishaps in life for which we can't phantom how and why we should be bedeviled with such situation. But when such calamities befall on us we turn around to point accusing **figures** on others. Have we ever taken time to do reflect how our own actions or inactions in a long distance past could be a causative agent of our present situation?

How often we mistakenly apportioned blames and create enmity with others?

We should bear in mind that our actions and inactions are tracers to our own life as long as we live. We're accountable to our doings and undoings which often **transformed** into the cursed or blessed life that overarched us down the lane in life.

Our deeds are like electrons that are transmitted from a source to have a bulb lights up. This transmission mechanism often doesn't project its true colors so soon. So we often times don't factor in such conspicuous or inconspicuous doings in the

analysis of our lives when it turns sour on us but rather, we turn to create and unsocial sentiments and intense tension between ourselves and others. This often stampedes our lives in the mud the more because the heart and mind, as in that tragedy, are only scowling for vengeance or are easily surpassed and limited by our misinterpreted perception.

Apart from exiting the world to account for your deeds eternity, our deeds also establish a positive relationship with our lives hence a direct function of our entirety.

Our doings are not just any of a volatile liquid that easily evaporates into the tiny air but though negligible they might seem, ranging from how we talk, our mannerisms, dressing and even how we perceive, cluster to form the monstrous life we live. But we live in that part of the world where every unfortunate eventuality in our lives is ascribed to someone. It's high time we became aware that with every little of our words, thoughts or doings and undoing create a ladder upon which we can climb to build our lives on higher either in despair or in harmony. We are our own architects of our lives, the style and materials we used (behavior) in erecting it determine how long it can stand with the test of time. Nothing of our deeds goes unnoticed in our lives. They might've been long forgotten or seen harmless, yet, they really count. In short, what men do, lives after them.

## **BETTER YOUR FLAWS**

We often say that to err is human but to forgive is divine. But sometimes when you're been scolded and taunted for the silliest of mistake, you feel down and disappointed in yourself. It could be so damning that such a mistake could come from your side and you feel vanishing into the littlest crevice with the many accusing fingers pointing at you and eyes in all directed towards you. Though you might be depressed, and live in distress, it's not worth therein sinking the more for erring.

Sometimes you don't need the forgiveness of people around you to regain your morale to move on. It's just a matter of knowing who you are and seeing your flaws as the guiding stars that will make you a hero come what may. You don't have to take the acceptance of others on your mistakes to have a fore bearing in your life. For most times it usually doesn't come. So the best thing you can do for yourself in the presence of err is to heartily accept your faults, for such is the beauty of the game.

We've to appreciate that our flaws are our guiding stars that brighten our darkest chamber to our success. The fact is, mistakes, are never committed on a known ground. It's when innocence prevails that we do cause blunder which enlightens us and serves as the guiding light out of the darkness. Thus we do learn and unlearn new and old things through the faults that come on our paths.

A mistake made should not be a prison where you'll live in forever. It should rather be a stepping ground to minimize your weaknesses and maximize your strengths.

## **DARE YOURSELF TO BE UNCOMFORTABLE**

Problems are bitter occurrences that make the world a better place. Without problems, the world wouldn't have been the way it is now and wouldn't be any better tomorrow. Problems are the most world driving force that create comfortability for the existence of the human race. Thus through discomfort, comfortability is created.

Problems increase the level of vibration of our thoughts. This makes us craft solutions for our problems. Without problems we're not forced to think and we can't be any better than we were since we were born. Problems are a part of our development. They create in us the sensation of being alive and functioning. The more we encounter problems, the more we think and the better we become. Problems increase thinking capacity, problems make us smart and problems make us much more alive and appreciative of life and what it brings.

When we're faced with a problem, the level of vibration of our thoughts increases and not until we find solution to such problem, our brain becomes restless out of

constant vibration. Every problem leads to vacuum created in the mind. And to cover such vacuum, more thinking is needed to come to play. In effect, every problem encountered raises the standard of our thoughts. In the process of thinking to cover up the vacuum created, we find solutions to our problems.

Without problems we're so much comfortable in our comfort zone and the vibration level of our thoughts is very low hence you never become better.

The worst problem of the human race is not to have a problem or not wishing for a problem or try dodging problems.

The worst disaster that could ever befall on human is to try to live a life that is problem free. Because it will make you less of a human since the faculties of the powerful tool (brain) will be made reluctant and inefficient. However, it's unwise to go around begging for problems but it's more unwise to make your mind unproductive by living a problem free life.

The grater the problem, the faster the rate of vibration of the brain and the more efficient it is. Therefore, problems are not meant to break us down but to build us stronger and more efficient. In fact, the fact that we are uncomfortable with a problem or down with a problem shows that the brain is adjusting itself to vibrate at a higher level to seek for solution. So such feeling of **discomfort restlessness** should not dump our spirit, making us to coil into our shelves and leave the vacuum created in the brain unattended to. Dare yourself to be uncomfortable. With uncomfortability comes fountains of comfort.

The world wouldn't have been a better place if we were not pushed to the wall by problems, creating discomfort. When we are pressed up with a problem, the problem is communicating to us that we're too relaxed in our comfort zone and that we need to go out of it, break the boundaries and experience different level of life.

As a student, you've written exams and always fail. And anytime you fail, you feel uncomfortable, this is a problem that is making you uncomfortable. The failure is telling you that you've not fed your brain with enough information before the



exams. This problem will linger on, creating nuisance, giving you indication that you've to attend to it.

This will create a vacuum in your mind, giving room for you to think out solutions to that problem. By attending to the problem, you try thinking over, the possible causes and the way forward. In doing so, your thinking level should rise to fill the vacuum created before you can have solutions to the problem. You can't solve a problem with the usual thinking you do before the problem came. You need a new level of thinking in order to overpower the situation.

By thinking over the possible causes of your failure, you may come across causes like:

- luck of early preparation (last minutes preparation which often leads to crumpling of data or information into the brain. And the resultant effect is confusion in the exam room).

- Inability to comprehend what you read from the book before the exam.

- Loss of information from your brain after reading.

Once the causes of the problem are identified, **you're half** way covered the vacuum created in the mind. The next stage of overcoming the problem is by thinking over solutions, because the gap between the problem and thinking is still not fully covered.

If it's about lack of preparation, then the failed mark you recorded in the exam is telling you to always start your preparation earlier so that your brain will have time to assimilate the data that you read and organize them into memorable information before the exam. But if you wait for last minutes then you **crumpled** the data into the brain, the brain wouldn't be able to process them into meaningful information to be presented in the exam. Take a machine or the digestive system for instance, when it's over loaded with work, the rate of its processing reduces. Same **applied** to the human brain too.

If it is terminal exams, start preparation as early as the beginning of the term. If it is external exams (WASSCE or BECE) start your preparation as soon as two

years or a year to the period of administering the examination. This would allow time for you to read over and over some difficult concept hence the brain will also have enough time to organize, synchronize and store the data in a form of information which can easily be **memorized** when needed.

Your inability to comprehend when you read.

Another phase of the same problem is inability to understand when you read. This mostly may not be limited to only one subject but all the subjects. This may lead to a failure in exam which constitutes a problem if only you see it as such. To solve this problem, you need a different dimension of thinking. Why is it that that when you read you don't understand? This should be the question created in your brain.

Reading is a lifelong phenomenon that's to be done everywhere anytime. Reading is not supposed to be done for only assessment and evaluation purposes but constant reading of fictions and nonfiction books, novels **ands machine**, newspaper etc sharpens your brain and opens it to alternative ways of analyzing situations. Your brain in opened and you've infinite ways of dealing with a situation or have different perspectives for a particular situation.

This plays a large role in quick understanding of facts when you're reading a subject for examination.

But in the instance that you don't read these story books, newspaper, magazines, such that you only read subjects to write examination, the brain will be slow to respond to the data you read into it. Hence your own brain will always fail you during examination. The hunter doesn't only feed his dog during the hunting seasons but also feeds the dog during non hunting seasons to keep it healthy and prepare it for the hunting season.

Lack of consistent reading makes your brain blunt and inactive, hence making understanding of facts very difficult when reading for any form of examination.

To activate the enzymes in the brain and to cause it to be sharp and active, you have to develop the habit of reading consistently not only for assessment or evaluation purposes but read the story books, newspaper magazines etc.

The brain is just like any other living thing that needs to grow. For the brain, it's food **it reading**. If you don't feed it, it will die. Do yourself a favour to read and see the exceedingly works of the brain.

When you easily lose information after reading, it indicates lack of consistent reading. Sometimes before you can fully commit something into your subconscious mind, you've to read over the text several times at regular intervals. For confusing and difficult concepts, you need consistency to be able to fully understand them. The more frequent you read, the more familiar the concepts are to the brain.

At your first reading, the words are seen strangers to the brain. The brain therefore can't recognize them easily and put them into memorable messages in the subconscious mind. In order to create familiarity between the words in the book and the brain, you've to read over **the time** severally. This will help the brain to capture the words and store them as pictures in the subconscious mind which can be recalled anytime they're needed.