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GICHAU

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My Testimonial

In two words, “awesome”. Maybe just one. The description whenever I think of Mentorship and Beyond. I have longed for a family to connect, and a journey to build my personality, but Mentorship and Beyond has given me this platform. It has been an amazing journey of realization, self redemption, self-cultivation and much more than what I can put in words.

Why M&B? An overall skill you get for free, punctuality and consistency. It has pulled a few tweaks and emphasized the essence of time which now remains with me. Every early morning and late evening, has honestly left me more motivated. My perspective has shifted and grown in diverse ways. I have learnt, no event, mostly bad, should stay a lifetime. Life is series of beginnings, so I never have to get stuck.

My mentors, have taken me through a personal journey which I am most appreciative of. It's amazing how I get

to open up, confess and even get meaning to some troubling stages I have gone through in life. I have been able to identify how my choices relate to who I am, in terms of personality. Indeed, life is simple but we tend to complicate stuff. I have faced my past and dealt with my fears.

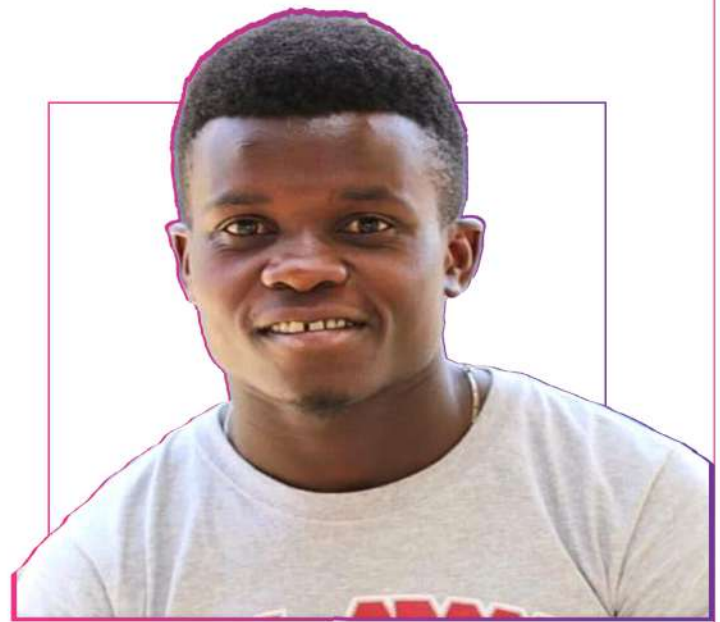
I have identified my weakness in terms of communication style and ways to improve. Accepting weakness and acknowledging my strengths. It has incredibly filled a void within me. Super grateful to my mentors.

“Real”, word two. M&B has helped me relate my current life events, to the word of God deeply. I'll say it, never been more open-minded towards life.

***“Dominion is mastery,
mastery begins with
self.”***

Brian ODHIAMBO

Data Scientist / Web Developer
Zetech Univeristy Alumni



My Testimonial

My journey with M&B began in January, 2021, season six. I can say that it's one of the best decisions I have made in my life. It has been a journey of self-awareness, knowing your position in God and overcoming the darkest patterns one have made in life.

I have always got a spiritual nourishment every time we get to the Bible study sessions. It's in M&B that I have had an interactive session about the Bible with people who are well versed with Bible knowledge and also various men of God in the program.

The first time I had a one-on-one meeting with my mentor, I was really nervous, not realizing I was meeting with this person who was actually reconnecting my life back to the track. I believe one of the most important aspect for any human being is to realize their purpose. What could be more suitable to a young youth than a program that exactly ties you to that?

I remember on one of my one-on-one sessions when my mentor asked me what the program would remember me for.

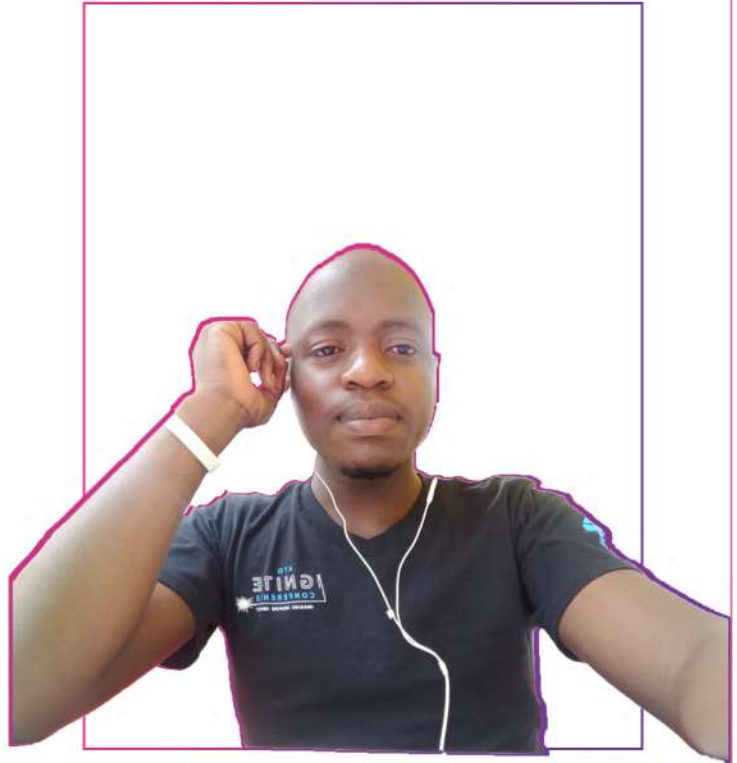
This drove a sigh of awareness that indeed I needed to be a change maker. I wake up every day and ask myself, "What am I going to do today that is going to cause a change? – a positive change". I have got to understand my interpersonal skills and abilities. This enabled me to improve in some aspects and areas of my life.

I have indeed improved in how I relate with people, how I view life plus everything I do. I would equate M&B program as a program that picks up an individual whose life has been darkened by life circumstances, has lost hope for the future and does not give life any meaning: the program cleans you up, gives life a meaning to you, and a direction to pick it from. What else would a person in such a state need?

***One action is better than
a thousand issues.***

Carson ARISI

Profession:
WRITER



My Testimonial

To me, MENTORSHIP AND BEYOND has not been a program. It's been more, am so glad to have joined the program. The value that has been imparted in me for the past six months is tremendous and all I can say is thank you so much to the mentors and super-admins.

The fact that the princes in there are founded on the word of God makes it more than just a journey of becoming but life-giving. The sacrifices that the family has made, at times I would go silent for so long and calls would come asking of how am doing. I would recommend as many people to join M&B globally if possible.

In pursuit of purpose, you must be consistent and intentional. These are some of the lessons that I've learnt through the lessons we've had on M&B. I gained the courage

to move out and share the daily devotionals to the prisons and the schools. Thank you for the guidance.

My confidence has grown so well. Thank you for taking care of my mental health, M&B is the best. They'll always be listening to you as you cry out your heart, I am forever grateful for the wise counsel always. Season 6 has been the best and May God bless you mentors!

**“...you must be
consistent and
intentional...”**

Catherine
WAMWENJA



My Testimonial

Mentorship has been the best thing for me during my journey at M&B. Joining M&B was like a dream for me especially because I joined later than others but thank God the program had not been running for a long time.

It was an opportunity to redeem myself and to learn more about who I really am and not what I think I am.

The morning sessions have been a wakeup call for me and they have really helped me to maintain an early rising culture.

The topics discussed have really helped me to understand and define 'me' in a better way that I have never before. They have really helped me to mould a better version of me.

The most amazing sessions that I have always looked forward to are the bible study sessions. I love listening to different people giving their view on different issues concerning the bible and therefore learn from them. I have really grown in terms of my bible reading and also understanding the bible in different dimensions.

Meeting new faces and new people was also a very great highlight for me as I was able to make new friends which is very important. I am also happy that I can now easily mingle with people and talk to them without having to worry about what they think about me.

“

***...an opportunity to
redeem myself and to
learn more about who I
really am...***

”



Cheryl A.
OUMA

Student at
University of Nairobi

My Testimonial

I joined M&B in season 6. Truly speaking this has been the best journey in my life as I have grown to know God better in each and every step taken with mentorship and beyond.

My spiritual life with my savior was literally going down the drain and God sent M&B to hold my hand and pull me from the ditch I was in, and I will forever be grateful for that.

I was not a morning person before I joined but now I can comfortably wake up at 5am to attend a meeting. Those morning meetings really lift me up and I have really gained a lot and really learned how the word guides us in our everyday lives.

Sessions with my mentor have really helped me grow. I never used to open up to people easily but my mentor gave me some time until I became comfortable with sharing.

Now I can stand in front of people confidently and tell them what God has done for me and that nothing is too big for God.

I have grown spiritually, emotionally and mentally with all the guidance in M&B.

***He turns streams
into rivers***

Cleopas
OUMA

**Information Technology Student at
Zetech Univeristy**

My Testimonial

I joined M&B at a stage of my life where I had so many questions of my identity and the future. The past six months of the foundational level have been a moment of transformation. One thing that was mind blowig, discoveries from books but yet another thing to walk fown the path yourself.

The bible study sessions have impacted my spiritual life and I would like to give thanks to the coordinators of the program. Not forgetting the one on one sessions. I really appreciate my assigned mentor for the time he abandoned his work to talk to me and mentor me without cost. May the Lord bless all leaders of this program abundantly. The morning sessions were really the youth under the age bracket of 18-26 to enroll into the program when registration is open. It would really help you.

Thanks a lot for everyone who made this program successful.



“

***...has been a moment of
transformation.***

”

Daniel KIVUVA

**Student/Secretary General
at Zetech University**

**Kenya's Ambassador (2021)
for World Literacy Foundation**

**Ambassador and Trainer of Trainees (ToT)
for Ajira Digital Program Kenya**

Upcoming Politician and Entrepreneur



My Testimonial

When I was joining M&B season 6, I was looking for a space where I can find real mentorship.

A place where I will have an opportunity to interact with someone who has been there, done it and has been successful at what he or she does. This is what I found in the program-mentors who readily invest their time and resources to create real mentor-mentee relationships.

In the CREATE Sections the most outstanding sections were the Expose and Take Action Sections. The Expose section was an opportunity to learn how to handle the enemy within before handling the enemy without. Having shameless audacity after realizing that there is no shame in shame itself. On the

Take Action section was an opportunity to learn how to get out of the comfort zone and how to develop an action plan.

M&B has taught me discipline, given me an opportunity to look deep down my inner self and question what is that I can change to make a better version of myself.

“

**M&B is the place
to be...**

”

Faith MUIA

Procurement Student at
JKUAT

My Testimonial

Life is never made unbearable by circumstances, but only by lack of meaning and purpose. There is no greater joy than discovering one's purpose. Finding selfless, willing individuals to help discover and understand life is an immeasurable blessing and a rare occurrence in our time. Mentorship and beyond has provided such a platform: to listen, learn and grow through life. Am glad that I have met with a family of unique people who listen without judgements, speak without condemnation and strive to see me become.

I learnt about the program through social media. Passionate about mentorship's, I made applications that led to a successful interview. The 6 months CREATE program has been a whole life transforming package. The early morning meetings, bible study sessions, chit chats and one on one sessions have moulded me in ways I couldn't imagine of. If it were possible, I would pen down every experience. Each session had its own uniqueness with invaluable nuggets and wise counsel from our lovely mentors. The program overly exceeded my expectations and disapproved the high held stereotype of mentorships are similar. This one is different! I applaud myself for making it thus far in the program. CREATE turned out not to be any random acronym.



The 6 letters, explained in detail, cut across through all aspects of life. Learning about the power of I AM, the journey of connecting to self and being in tune with identity. Self-discovery! Its in the Choices that we make, the Realities that we Expose ourselves to/are exposed to and the Actions we Take-charge on that we Excel.

“Whatever you can voice, you have mastered, whatever you can't voice has mastered you”. This was my lesson for the season. M&B was a safe space for me. Therapeutic so to say. Shameless audacity expositions came with healing of past traumas and learning forgiveness. Am happy the one on one sessions provided serene, non judgemental and loving environment. I am now confidently raising above my flaws. Learning is a process that allows an individual to grow therefore am scaling to greater heights as I strive to become. Thank you mentorship and beyond for the opportunity to learn through the program

**Whatever you voice,
you have mastered..**

Juraha PEACE

**Civil Engineering Student at
Technical University of Mombasa**

My Testimonial

I saw the M&B poster on my friend's status wall. I thought this was the orthodox cohort of motivational speakers with great titles that make you feel good about yourself. At the moment the school was halted so I really needed something 'nice' to keep me busy. Shock on me!!

I came to realize that being part of M&B is actually making a deliberate decision to be part of a journey of discovering yourself and what God has placed in you. I have never met people who are hungry to maximize all the potential that God has placed in them like the M&B family. Their desire to excel in every area of their life was outstanding.

M&B has made me separate myself from living the society dream and stepping into my personal dream. It challenged me to really look deep inside me and ask myself serious questions. What do I really want? What is my mission and vision in this life? How will what am doing now going to affect my future?

I also learnt that I can rewire my mind to be more than I thought I could be. For other people Ugali is tasteless but for us Africans



we find it delicious. It's just a matter of how i perceive things. What I perceive is what I will be.

If I try to scribble all I have learnt I think I will be authoring a book. I can't forget to mention the one on one sessions. Describing the sessions as amazing will be an understatement. It made me realize that I had been living a lie for a long time .I had been hiding behind my name and vibrant personality so that I don't face things that were eating me up . It challenged me to embark on a healing journey.

Iam so glad I discovered M&B at such an early time in my life. For me the B in M&B stands for blessing. Well this just the start of an amazing journey of becoming.

**“...I can rewire my
mind, to be more
than I thought...”**



Gabreil KALU

Commerce Student at
KCA University

My Testimonial

The journey has quite been good from the beginning .A day by day I just see the real me through this organization, it has enabled me to know myself better .It's like a family where members understand each other better, there is great love and caring in the family.

The Leadership

The leaders of this organization are so friendly to the members, they're readily available whenever one needs help from them.

The leaders allow the members to freely share their mysteries without feeling any shame. They are always there to guide and assist anytime.

The Experience

I was so excited when I received a call from the leaders, I was in a bus going back home. The interview was done via a phone call and I thank God all went good.

I didn't manage to attend the first meeting due to some internet issues but I had to ensure that I attend the rest of the meetings. Working up early in the morning, at 5:30am was really my greatest challenge. I used to wake up late, the earliest time I could wake up was at 8 or 9am. I didn't like this behavior but I couldn't resist it .

When I started attending the meetings, all went good. I managed to attend the second meeting and what I learnt from that meeting still have impact in my life. I really thank M&B for helping me realize the value of waking up early and going to bed early through the Saturday's meetings.

The bible studies which the organization conduct also helped me to grow biblically. It happened that there was a country wide closure of all places of worship and speaking to God our creator was really a personal thing. Through M&B family all went well, I managed to hear God's word.

The daily **sharing of words of wisdom** which the leaders keep on sharing really helps me to realize myself better. They positively affect decisions and the way I approach different situations in Life as well as leaving with others well.

In conclusion my experience in the M&B family has been good and wonderful.

“... I just see the real
me...”



John LOTOME

**DATA SCIENTIST / NETWORK ENGINEER/
CLOUD PRACTITIONER**

My Testimonial

Life is a series of self-learning and we never get to know enough about ourselves. It is the realization of this that led me to join Mentorship and Beyond (M&B). I consider myself introverted and I thought joining M&B was letting in people into my life and that posed a challenge initially. For us to be impactful and change driven, we need to rise above our comfort zones, think out of the box and challenge the norm. M&B became a family founded in love and honesty, a home where I got nourishment spiritually, mentally, career wise and in relationship. A place where I got a healing embrace of Christ's love. The well-crafted programs ensured that my path to becoming was one of a kind.

I have never considered having an explicit mentorship relationship until M&B, and I haven't regretted that decision to date. Having a person that has walked before you in life who is ready to help you navigate the becoming process is such an immense privilege. M&B offered me this opportunity and I found a mentor who at his core is driven with passionate love for the young generations. My first one-on-one with the mentor, was nerve-racking with questions running in my mind, what am I going to talk about for one hour with a person I barely know but

that changed sooner than later. The one-on-one was a self-space where you get to be yourself without the fear of being looked at through a judging lens, a place where you get to know where you are and how to become what God intended you to be. A place where you get to trace back to the garden of Eden, before the fall.

It is through M&B that I have had so many "aha!" moments; moments of self-discovery, moments where I had to say 'that must have been me' in areas I didn't know. I got to understand my skills, strength and frailty. With this I can relate and understand other people and steer my life towards a direction of growth. Mentorship and Beyond is really a natural place of happy people on a quest to become.

**... I got nourishment
spiritually, mentally,
career wise...**



Joy
TUIKONG

Bachelor in Medicine and Surgery
University Of Nairobi

My Testimonial

I first got wind of the Mentorship and Beyond program from a good friend of mine who ensured that I understood that it was unlike anything I had experienced before, I must confess that I was initially very skeptical about what to expect having been subjected to countless programs over the years and none leaving a lasting impact on me.

My interest was further piqued when I learned that aside from it being a mentorship program it also was firmly rooted in Christian values and teachings. This was the point that I made the decision to join in and I have since been amazed at what I have gotten to know about myself. At the very start of the sessions; one of the mentors said that what we as youth had was time and energy; and indeed, it jolted me into realizing that up until that point in my life I had never seen that as something that I could lose as the years went by.

My life was stagnant at this point since we were still in the period of the pandemic and it hit me that I had done absolutely nothing to add value to myself.

I also realized that I had really never made concrete plans for my future, I just moved wherever the seasons would take me. I therefore began this journey of self-discovery in the program and its like my eyes have been opened to a whole new view of the world; one where my dreams and aspirations are actually possible if I put in the work.

The individual teachings on the acronym CREATE have been eye opening to say the least; each step leading to the next as I get to learn my strengths and more importantly my weaknesses. This program has exposed me to opportunities that I had not thought about and has grown my confidence in the course I choose to take in my entrepreneurial journey. I'm so very grateful for the far I've come; the growth I have experienced in all aspects of my life, spiritually and emotionally. God bless you all for the work that you are doing. Thank you Mentorship and Beyond.

I put in the work...

Matthew MUANGE

**Student at UoN Lower Kabete &
Accountant / Financial Planner / Cryptotrader
Entrepreneur**



My Testimonial

I joined Mentorship and Beyond in season 6. I was referred by a friend who was also applying and was referred by a M&B friend. At first when she sent the brochure and link I ignored it and said to myself I'll read later which I forgot about. On the last day before the deadline she asked if I had applied and that's when I read about it. I felt like slapping myself so hard when I realised the opportunity I was almost to ignore. I immediately referred to all my close friends and am happy three applied and are committed to date.

The Journey:

CREATE Program

This is one of the program that stood out for me. I might say many perspectives have been changed. I learnt about keeping time, commitment, listening and reading between the lines as well as having a life goal. Shameless audacity, becoming and also knowing the stage of your monkey were my biggest takes.

The Bible Study:

The bible study was one of a kind. Time keeping was also a major take away since everything started and ended on time. The words shared were internalized and discussed thoroughly. The sessions were very interactive since we all had a chance to speak our minds. I enjoyed how the word was interpreted as well.

The one on one sessions:

This was a program which required one to be open. It was very insightful as well as thoroughly done as I had a chance to talk about all the aspects of my life through questions.

The Togetherness:

The affinity groups gave a chance to live as a family and interact deeper. The Whatsapp group and the like experience was a wonderful experience.



**...knowing the stage of
your monkey were my
biggest takes.**





Mwehaki
KIMANI

**Practising Finance
Specialist**

My Testimonial

I came to confirm “what exactly is this thing I'm being told about?”, and people around me are being invited to, you know nowadays all sorts of things pop up in epic names, slogans, websites and all. So I was skeptical, keeping my safe distance with all ears and eyes open, oh yes sentinel that I am, like one time I was told that they aimed at writing these things on our hearts and causing us to become (in my mind it went like this— si watu kwa hii dunia hujichocha haha).

So initially it went well all guards up, interesting engagements until I went for the first one on one and boom!! someone saw right through me and lovingly called forth leaking shells. It's the Spirit leading and confirming in the meetings, the bible studies and the one on ones that I affirmed that this was God literally sending me help from above, introducing me to me, showing all the brokenness and wanting to rebuild me if I allowed him.

Among the things I have picked is my assignment has been confirmed, all brokenness exposed and is in process of being healed, that there's no shame in shame, ambition and goals have been pricked and yes, these things have actually been written on my heart and I am indeed becoming. The authenticity, the depth, the love only God can fully reward you.

A big thank you for the opportunity, the reminders and everything in between.

**“...there is no shame, in
shame, ambition and
goals...”**



Valentine
MUGA

Bsc. Business in IT Student at
KCA University

My Testimonial

One choice I made and will never regret years to come was accepting to join the mentorship and beyond family. It is a platform that has proven to be worthwhile and positively impacted my whole life; from the very small details to the biggest and complex of details.

The key areas that I have experienced immense development and growth are: (one) Purposeful and guided mentorship on a personal level from my one on one sessions, (two) Spiritual nourishment and biblical relevance on the modern day living through the Bible Studies and Friday nights Chitchats, (three) Growth of reading culture on good content availed and recommended as well and (four) A safe space of interaction and exposure with senior mentors as well as other youths from diverse walks of life.

What stood out for me amidst everything else was the shameless audacity series. It was my liberty point in the program. There is nothing shameful in shame. Whatever you cannot voice has mastered you #shameless_audacity.

Once I went through that a lot of things that did not make any sense earlier started sinking in.

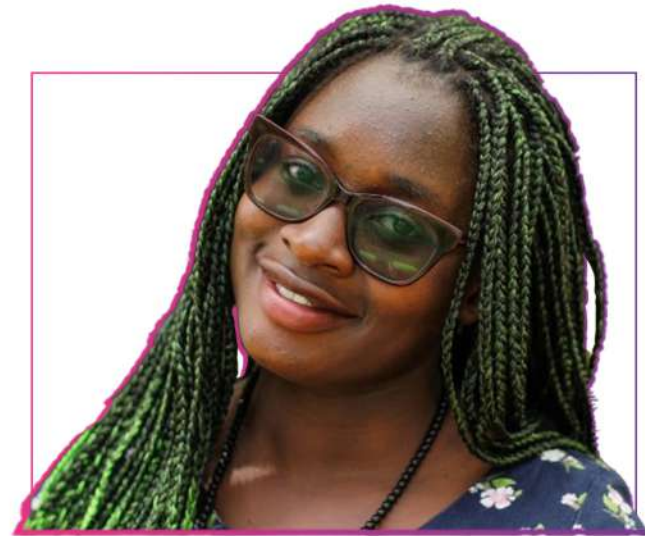
The program has been an awakening call to refocusing, redirecting and treading that purposeful unscripted path. The journey of realizing your vision, mission and dominion even as God has always intended it to happen. It has been challenging but very great. I have loved it and still anticipating for more.

There is nothing shameful in shame. Whatever you cannot voice has mastered you

***There is nothing
shameful in shame***

Valentine ELAGOSA

PASTRY CHEF



My Testimonial

Before I started M&B I was a very disturbed lady. There were things that I couldn't understand, I would push things or ignore things and act as if nothing was wrong.

I used to push things down most of the time, but the funny part is that I would push them down in such a way that I had no recollection for some certain aspects about myself.

I was not raised in a Christian motivated environment which meant that my Christian side was a bit wanting. Yes, I was saved and love Jesus as my personal savior, but I didn't implement it enough to make me stronger. Until I changed my environment, I got reconnected to my Christian side when I started attending Bible studies, which made me stronger, and my knowledge of God was wider and thanks to M&B I can just ask any question and my family at M&B will help me understand my Christianity more.

The other thing I had no idea about myself was that there was a part of me that shielded me from unwanted emotions and pain. I was so used the bubble, which affected many choices that I made in the past. With my mentor's help and guidance, I came to the realization that I was in a bubble and I had to get out of my comfort zone. I started remembering things that I pushed down and forgot, that may have prevented me from becoming my true self because I lived my life inside a shell for a long duration without noticing, within the 6th months' I have grown into a woman that accepts any news, be it positive or negative, and through these am able to remain in charge of whatever situation the issue brings my way.

There was a time that I would not accept any spontaneous change. I was resistant to change. Through the program I have now understood that in life we have to expect anything. Through M&B I got to accept and register that change is inevitable and it must be deliberate for me to become the person I was meant to be.

Before M&B I never stood up for myself. I was easily manipulated, entertaining things that were not in my schedule so in a way would not stand up for myself. M&B has taught me to value myself and that anything I put to mind I can emphasize and actualize it. With this realization I will be able to make my dreams into reality. No matter who believes in me or not I should believe in God and myself and trust in God's plan for me, so as of this moment I have chosen to accept myself as I am and mainly embrace me as a whole.

I honestly hope that in the next graduate level I will get to challenge myself in ways that I would not imagine, I sincerely have immense gratitude for the all our mentors of M&B, they motivate us to actually change a be a better version of ourselves.

...I have chosen to accept myself as I am...

Jeronica KAMAU



My Testimonial

For just six months, my life has changed; I know who I am, I am confident, I know what I want, and how to get it. I feel lighter, happier, and at peace with myself and all this courtesy of the M&B family. When I joined M&B, I never expected this much; I thought, "this just another mentor-ship program on entrepreneurship," but everything was different from my first one-on-one.

It became a safe place for me, where I could be me without feeling judged. The most significant part about M&B is the mentors. I am always amazed by their passion and drive in the program. My mentor is and will always be a Godsend to me; though vulnerable, I knew I was okay, and in my journey of self-discovery, I was never alone; I felt safe, loved, and encouraged all the way.

From our morning meeting and bible study, M&B has taught me to respect my time and reign in God-given dominion. I have learnt that life is a journey, and at times, it won't be smooth, but as long as I believe in myself and always seek God, nothing will ever be impossible. I found a family in M&B among strangers, with whom we now share our experiences, build each other, and laugh together.

Joining M&B is one of the best decisions I have made in my life, and I am forever grateful for the friends who kept pushing me to join. Thank you to our mentors for your consistent acts of giving and burning desire to help youths rise to be what God wants. M&B, Making you Become.

“

I have learnt that life is a journey, and at times, it won't be smooth...

”



Veronica MUTUA

**Mass Media & Communication Student at
Mount Kenya University**

My Testimonial

My name is Veronica Mutua a fourth year student at Mount Kenya University pursuing Bachelor of Arts in mass media and communication. Mentorship and beyond has been of great impact in my life since the first day I joined. I have learnt a lot of key points in different sections which has polished up my life. Spiritually my life has improved through the bible studies and discussions which contributed to a better understanding of the word of God and the importance of a personal relationship with God.

This program enhanced my discipline and consistency not only in the morning sessions but also in my life; I'm glad that once I set a goal it must be accomplished no matter what. Through this have learned to be focused in life and determined to achieve every dream and desire I have.

Through the personality test I discovered who I am and my potentials as well as my weaknesses thus perfecting my decision making ability; at least I know what is best for me and what is not. Sometimes in life it may be difficult to make decisions but once you discover where you belong you can never go wrong. Discovering your purpose in life is the best direction of life; through different sessions and assignments I was able to know most of my capabilities and potentials.

In life we all need someone to talk to and share our stories but we find it difficult to trust some of the people around us.

Mentorship and beyond gave me all the assurance of confidentiality thus creating an heart of openness in me and it was such a great encounter to share my untold stories with confidence to people who are willing to listen, accept me and walk with me through every moment of my life by directing me to the right ways.

The warmth of love and care was the greatest of all, I felt loved and valued for once in my life I never knew if one day I could be able to open up about my untold me and all my past and still be accepted, also have learnt self-acceptance and I'm a better and changed person since I joined the mentorship program. I can't thank you enough. May the good Lord bless the mentors, leaders and everyone who participates to keep the mentorship and beyond in progress. Thank you so much and my prayer for you is to touch and transform a thousand lives. I can't wait for the next season to continue becoming.



**...I know what is best for
me and what is not.**



Victor. W MWANGI

**Student at
Kiambu Institute**

My Testimonial

If this was a life or death tale, i would say M&B came at that point in life where i was at the edge of the cliff. I was in that season in life where i was immediately from facing the mirror Wanjohi due to the lockdown. I knew the places i wanted to change, but a few months down the line, i realized they were just superficial changes that i was about to change, while the real ones, were still deep down in me.

Through M&B i have been able to face "the skeletons in the closet" and also my deep scars, even those i never knew i had. I have also had a self discovery journey that has now made me change my career field into psychology after getting to understand what really my vision is and mission and still my purpose which is becoming more and more clearer as days go by.

I have also had one on one sessions with my mentor and through them i have gotten to know what really holds me back from going for the things i want in life and i am also dealing with it.



I have loved the journey, though it was not that smooth due to denial and self conservation, which eventually have dealt with. Words are not enough to express my gratitude to the M&B fraternity for what they have helped me achieve thus far at my youth, but all I'll say is God bless you, as you help is become.

“

***...my purpose which is
becoming more and
more clearer as days go
by.***

”