

PASCAS FOUNDATION (Sri Lanka) Ltd

Business Plan & Financial Feasibility



SRI LANKA

PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland Australia

ABN 23 133 271 593
www.pascashealth.com

Bs +61 7 5594 0479
www.pascasworldcare.com
Em: info@financefacilities.com

<u>SCHEDULE</u>	<u>Page</u>
Executive Summaries	5.
Principal Overview	12.
Key Personnel	13.
Corporate Data	15.
Key Financial Data	16.
Problems Caused by Economic Disparity	18.
The Sri Lankan enduring Conflict	20.
Pascas Oversight Council	23.
One Overarching Cause – One Pathway Forward	24.
Pascas Foundation (Sri Lanka) Limited conception	34.
Sri Lanka	36.
From Sri Lanka to ...	39.
Sri Lanka's crisis is not just about the economy	42.
Caste system in Sri Lanka	44.
No Reincarnation	49.
Caste System in Sri Lanka IS a huge barrier to progress	50.
We are Truth Seekers – CS v IQ v MoC	53.
Sri Lankan Civil War	63.
In Sri Lanka, yet another chance at post-war recovery	64.
Ten years on: on end of Sri Lanka civil war	70.
Sri Lanka: awaiting justice for a decade	71.
Sri Lankan government to set up special North-East development fund	73.
Estate Life	75.
Plantation community lagging behind national health indicators	80.
How did Sri Lanka run out of money?	83.
Rising prices	86.
What we Know about the Protests in Sri Lanka	87.
Sri Lanka's Poor Hardest Hit by Economic Crisis	89.
Poverty in Sri Lanka to spike this year	91.
Parliament of the Democratic Socialist Republic of Sri Lanka	94.
Political Systems in General and Sri Lanka	97.
Sri Lanka: New President should Chart Path Upholding Rights	99.
The Demographics of Sri Lanka	107.
How Sri Lanka can Overcome its Economic Crisis	112.
Sri Lanka Exports and Imports	116.
Potential Sectors of Investment Do's and Don'ts of Business in Sri Lanka	121.
Sri Lanka's Challenging Path toward Economic Stability and Recovery	123.
Western Region Megapolis	129.
Sri Lanka Gross Domestic Product	137.
SL's average household income makes shocking revelation about poverty level	139.

Multidimensional Poverty in Sri Lanka	142.
Sri Lanka Population	148
Languages of Sri Lanka	149.
Children of Sri Lanka	150.
Sri Lanka needs new Water and Sanitation Policies to unlock Investment Barriers	153.
Sri Lanka – Access to Electricity	155.
Internet users in Sri Lanka	156.
Sri Lankan children make a dangerous climb for online school	157.
Sri Lanka’s Education System Needs an Overhaul	160.
Sri Lanka Health System Review	163.
Health of all of Our Bodies	166.
How religious groups should respond to Sri Lanka’s crisis	169.
A political stance	171.
The whole human race is suffering from repressed childhood and mind control	172.
How many nurses are needed?	179.
China – Belt and Road Initiative	180.
Sri Lanka’s China backed project puts reclaimed land on the market	186.
Violence is never Justified	189.
Sri Lanka’s Orphanages	190.
Orphanages	193.
Addressing Homelessness in Sri Lanka	200.
Sri Lanka: Remote Household Food Security	203.
Our Choice!	206.
The Key Questions answered	208.
This is a time of Great Revelation and Change for Humanity	209.
The Root Cause!	211.
Salary – Wages Package	216.
Sustainable Development Goals (SDG)	218.
Layers upon Layers	224.
Glass Ceiling Barrier Removal	225.
Pascas Foundation (Sri Lanka) Limited Ethos	235.
Market Opportunity The Itch	239.
Chaldi College on Education	244.
Suggested Reading	248.
Enough is Enough	250.
Pascas Health Sanctuary	266
Disability accommodating Medical Centre	274.
Pascas Foundation TEAMS and Business Case	280
And now The Scratch	293.
Buyer Trends	297
Product Cycle – services	302.

Five-Factor Industry Model	304.
Foundation's Program	306.
Action Plan	307.
Goals & Milestones	309.
Market Penetration	312.
Growth in Foundation's Service Avenues	317.
Value adding Natural Resources	319.
Cooperative Enterprises	329.
Disclaimer – Confidentiality	332.
Executive Team curriculum vitae	337.

FINANCIAL FEASIBILITY – STATEMENTS & PROJECTIONS

Sheets 1 – 77

PASCAS FOUNDATION (Sri Lanka) Ltd

EXECUTIVE SUMMARY

THE PRODUCT:

Sri Lanka's crisis is not just about the economy, but a long history of discrimination against minority groups. Sri Lanka is in the grip of an economic, political and humanitarian crisis. Politicians like Wickremesinghe and Rajapaksa have been put in positions of political power by the majority Sinhalese people due to their Sinhalese Buddhist nationalist ideology, which has resulted in a long history of discrimination and rioting against minorities on the island. This position of power has allowed these leaders to grow their personal wealth, while mismanaging the economy and ultimately bankrupting the country.

Within the Sinhalese Buddhist ideology, anyone who is not Sinhalese-Buddhist is excluded. Since the country's long civil war ended, all major Sri Lankan parties have rejected criticisms of the Sri Lankan state, including international calls for investigations into human rights violations and war crimes committed against the Tamils.

In fact, the Sri Lankan constitution grants Buddhism foremost power, paving the way for ongoing discrimination against marginalised groups. This discrimination began in 1956, when Prime Minister S.W.R.D. Bandaranaike implemented the Sinhala Only Act, making Sinhalese the official language of the island and forcing Tamils out of key employment sectors.

"It was nationalism that enabled governance rooted in meritocracy to be supplanted by ethnocracy, which over time has led to kakistocracy – governance by a country's worst citizens." quoted Neil DeVotta

Published on 14 July 2022 by The Conversation

Division is a weapon used with great skill by politicians of most parties in Sri Lanka over the decades.

At the political level, failure to address the past through a reconciliation process will almost guarantee the failure of the future. Division by ethnicity, religion and language must stop today. Sri Lankans are a prudent and resilient people that must not yield to racism, because when things spiral out of control all Sri Lankans are indeed affected. Sri Lankans need to learn both Tamil and Sinhalese, and importantly English. Sri Lankans need to communicate genuinely and reach goals together to benefit the nation. Sri Lanka is now on a victorious path to transformation and true reconciliation. May they take pride in their diversity, and stand up for what is right.

Sri Lankans can are to put aside what divides a beautiful people and a wonderful island nation.

Civil war in Sri Lanka (23 July 1983 – 18 May 2009) being for twenty six years has resulted in infrastructure either destroyed or left in disrepair. Landmines continue to inflict harm with many children killed annually. The northern areas of Sri Lanka are still considered to be one of the most militarised regions anywhere in the world and have **one of the heaviest concentrations of landmines**. The mines blanket much of what would be farmland there, and continue to disproportionately affect civilians. All social services are inadequate and national infrastructure is decades behind in development.

Open and free education from primary schooling, through high schooling, technical and further education (colleges) and then university can only be the driver of any society's progress and development – particularly that of Sri Lanka. Open and free to all is to be the benchmark. But what there is in Sri Lanka, it is presently mind-centric whereas feeling orientation opens the potential for a far faster development in growth and truth for all engaged.

Open implies that it is free from the restraints and dictates of government, that includes liberal and democratic governments as well as authoritarian and oppressive governments. All governments are agents

COMMERCIAL IN CONFIDENCE

of control. Open also implies free from being dominated by any specific ideology. And free implies that the education service is provided free of cost to the students at all levels. Truth is to prevail.

What has never been understood is that ALL education platforms worldwide are constricting their students' development and potential. No one had recognised that being mind-centric, the potential of every student to develop is capped at 499 MoC. High level controllers, 200,000 years ago, influenced the people of Earth to live mind centric and since then we have all suffered the consequences of that restraint. Our minds cannot discern truth from falsehood, our minds are addicted to untruth, consequently 98% of our assumptions are in error, also, our minds are addicted to control of the environment and of others. Consequently, more than 92% of the time we are at war!

FEELINGS are our Supreme Guide!

“Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in – in our feelings. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it’s there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.” Kevin 26 Sep 2017

Kevin died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

We are now to bring our feelings into balance with our minds following in how we are to live. Otherwise we will all continue living in a stupor, in a kind of zombiism that has no spontaneity and intuitiveness; this will only lead to continuing disease and illness and wars that will eventually destroy the planet and us all – however we now can consider the pathway of living through our feelings!

Our feelings are always in truth, all the truth we need and may want to know is already within us. We are to long for the truth behind what our feelings are drawing our attention to. We are then to have our mind follow in assisting us in implementing what our feelings are guiding us to consider and embrace. We are to be continually expressing what our feelings bring to our attention – both good and bad.

This sounds easy. It is not. Others have touched upon these points but until now – 2022 – no one had gone deep enough and achieved the healing and growth that comes through living feelings first. Now it has been achieved and can be shared with all of Earth’s humanity, both in the physical as well as in spirit.

THE COMPANY:

Pascas Foundation (Sri Lanka) Ltd is a not-for-profit charity being set up through the Registrar of Companies for Sri Lanka. Typically, charitable organisation, naturally, are exempt from taxation by VAT, income and corporate tax. All funds received by a charitable organisation that was used for charity purposes are exempt from taxation. But it requires to obtain a status of a non-profit at the tax authority. Ministry of taxation or justice are the main registration authority for charitable organisation constitution.

Pascas Foundation is not a religion. You cannot join it per-se, it does not have any hierarchy of control, it does not have any rituals, dogmas, creeds, cannon laws, sacraments, special clothing and hair styles, and it does not have a special book. Embracing and living through our feelings can be considered and done within the confines of anyone’s religious or spiritual practices. It is a way of living.

Pascas Foundation (Sri Lanka) Ltd is being established as a humanitarian entity for all of the people of the Sri Lanka and it will be managed by the people of Sri Lanka.

MARKETS & COMPETITION:

SRA LANKA Doctors Nurses Teachers Ratios

	DOCTORS		NURSES & MIDWIVES		TEACHER / STUDENT	
		per 1,000 people		per 1,000 people		ratio
Sri Lanka	2019	2.3	2019	2.3	2018	22
Singapore	2016	2.3	2017	6.2	2017	15
United States America	2018	2.6	2018	15.7	2017	14
Canada	2019	2.4	2019	11.8	2000	17
Australia	2018	3.8	2019	13.2	1999	18

A fifty per cent increased in the number of doctors needs to be complemented with auxiliary diagnostic and medical equipment.

Should we work to facilitate the doubling of the number of nurses and midwives throughout Sri Lanka and then double that again, we have barely addressed the shortage.

This is a time of great change. The introduction to consider the option of Living Feelings First is unique throughout the world. Further, to move away from the lecture from the front of the room to students tutoring each other, both of these greatly advance learning potential.

All education facilities throughout Sri Lanka have, through civil unrest, have become grossly inadequate, creating shortages in all critical sectors of the economy, possibly nowhere as acute as throughout advanced education sectors and health services.

However, the mode of education is focused upon lecture and rote learning – this generates unresponsiveness, stagnation with no spontaneity and intuitiveness being demonstrated by students throughout their lives. The current format of teaching is retarding development of students.

MAJOR FOCUS for SRI LANKA

For the individual:

Potable water throughout the nation. Sanitation for all homes. Food security. Free and open education for all. Medical clinics within reasonable access. Family planning to be a focus for the medical centres. Hospitals being equipped with diagnostic services and operating facilities comparable to institutions worldwide.

Nearly one million live on plantation estates. Housing, education, health services, water supply, sanitation, electricity and internet services are all at poverty level.

This is now required for the nation:

The errors of the past are still all firmly in place with the same management and systems of old.

This appears intractable, errors of the past are going to repeat, so a bold stance needs to be considered.

An oversight council of twelve people (if not more) is to oversee the implementation of solutions and changes required throughout the nation and society. If their guidance is not being adhered to then funding stops! The council will at all times consist of at least 50% women. The oversight council members will be Sri Lankan nationals and they will not have any political allegiances, nor will they demonstrate any religious alliance. Every person living in Sri Lanka will be treated equal. Yes, those in greatest need will be the first to be assisted with the objective that the overall agenda will lead to equal and fair treatment for all. Boundaries and barriers are to be torn down. The prejudices of all will be exposed for what they are – immoral and grossly unloving.

WHAT IS SPECIAL ABOUT THIS BUSINESS? Define Your CONSUMER MONOPOLY:

Presently, only Pascas Foundation has acknowledged, embraced and documented the revelations that humanity has been provided with commencing on 31 May 1914 and continuing today. Pascas Foundation openly and freely is sharing 100% of the guidance and information that has been and continues to be

collated. It dearly loves to see others freely plagiarise all that is readily downloadable from the Library Download page at www.pascashealth.com

Through the gift of kinesiology muscle testing, we each may proceed to test for the level of truth of each and every statement, paragraph, page and document within the library. Thus, we do not have to wait for our minds to confuse us. Even this business plan and its executive summaries can be separately calibrated for their levels of truth by reference to the Map of Consciousness (Moc) through kinesiology muscle testing.

The most effective mode of teaching is through students tutoring each other. They enhance this further through embracing their feelings and responding intuitively in discussions. This requires ample meeting up gathering points, typically for up to twelve students available throughout education centres. This is a facility that is presently not often provided for within the education sites. Also, to commence this mode of education, teachers commence their introductions of topics with around a dozen students, thus requiring even more teachers than may be envisaged. To bring this all about requires universities to embrace these understandings and lead the way. It is a major evolutionary jump in education and the potentials for all of the participants and families involved are great.

These revelations, all relating to The New Way of living and learning apply to all sectors of society, commerce, business and life skills. This is not just a focused endeavour on education and health, this is universal to all of humanity in its application. This is an evolutionary jump in our potential.

Pascas Foundation is to build and deliver free education from pre-school to post-graduate university levels. This is part of a world-wide program embracing each and every nation in similar manner!

FINANCIAL REQUIREMENTS:

Funding required in the form of grants to commence this national endeavour over five years is US\$2.133 billion. It is anticipated that these funds will be used for land and buildings (US\$1,432 million), plant and equipment (US\$117 million), scholarships granted (US\$91 million), and operating costs with working capital (US\$493 million).

PROFITABILITY:

As this is a humanitarian exercise for the people of the Sri Lanka, deficit funding may continue out to a decade before the national accounts start to reflect the economic generators from the installed infrastructure, trained personnel and those having been educated. Thus, then progressively the ongoing recurrent costs may be supplemented by the national government and eventually responsibility for recurrent costs are then to transfer to the nation of Sri Lanka.

CONTACT INFORMATION:

Contact Person:

Bs: +

Em:

Bs: +

Em:

**Company Name: Pascas Foundation (Sri Lanka) Limited and
Pascas Foundation (Aust) Limited
Gold Coast, Queensland, Australia**

PASCAS FOUNDATION (Sri Lanka) Ltd

EXECUTIVE SUMMARY – BRIEF

Pascas Foundation (Sri Lanka) Ltd is to support the evolution of education and health facilities and procedures throughout all 9 provinces of Sri Lanka, thus advancing the standard of education throughout the orphanages, pre-schooling, primary schooling, high schooling, technical and higher education colleges and with the university system, all to have additional new or renewed campuses.

All of this whilst bringing about the awareness of living feelings first as against living mind centric. This option greatly expands the potentials of everyone who embraces their feelings having their mind to follow while also longing to know the truth of what our feelings are drawing our attention to.

This change in the way we may live will enable the people of Sri Lanka to greatly up step their consciousness which will progressively mitigate harmful activity against others and see an overall improvement in the general health of children and adults alike, thus alleviating pressures and demands on governmental services.

Pascas Foundation (Sri Lanka) Ltd is a not-for-profit, all of these developments are for all the people of Sri Lanka. Living feelings first is The New Way of life, it is not a religion nor is it intended to replace or obstruct any religious or spiritual practice. We have had our awareness of feelings suppressed by hidden controllers who have consequently suppressed our potentials. This is about to change for all of humanity.

These programs will require ongoing grants to cover recurrent costs and additional projects until the government of Sri Lanka benefits sufficiently to take over responsibility.

Conservative grant requirement projections are:

Year 2023	Year 2024	Year 2025	Year 2026	Year 2027
US\$488 million	US\$470 million	US\$534 million	US\$344 million	US\$297 million

CONTACT INFORMATION:

Contact Person:

Bs: +

Em:

Bs: +

Em:

**Company Name: Pascas Foundation (Sri Lanka) Limited and
Pascas Foundation (Aust) Limited
Gold Coast, Queensland, Australia**

PASCAS FOUNDATION (Sri Lanka) Ltd

PERSONAL BENEFITS for all Children, Women and Men from REVELATIONS

Application: “LIVING FEELINGS FIRST – FEELING HEALING” for Children:

- Parents who engage in their personal Feeling Healing pass benefits to their children.
- Children by becoming aware of their Feelings enables them to bring their mind and feelings into balance in how they may live – this has been hidden from humanity until now, 2022.
- Children through their feelings awareness can readily bridge the mind ceiling of 499 on the Map of Consciousness thus opening their potential to infinity – this is just incredible.
- Children, through kinesiology muscle testing can confirm what is in truth and what is not.
- Children are not to engage in their personal Feeling Healing until they are adults – maturity is to be reached first.

Application: “LIVING FEELINGS FIRST – FEELING HEALING” for Women:

- It is through women engaging in Feeling Healing that true women’s liberation will unfold.
- Women are closer to their feelings than men generally – women will lead the way.
- Feeling Healing is a long difficult process for everyone. There is no rush – we are to take our time.
- Our childhood suppression comes clearly into sight – thus family relationships may disrupt until the process of healing our suppression and ongoing repression is completed.
- Feeling Healing is a process we will all undergo – be it in the physical or in spirit, or partly in the physical completing when we are in spirit. We can stop and restart later.

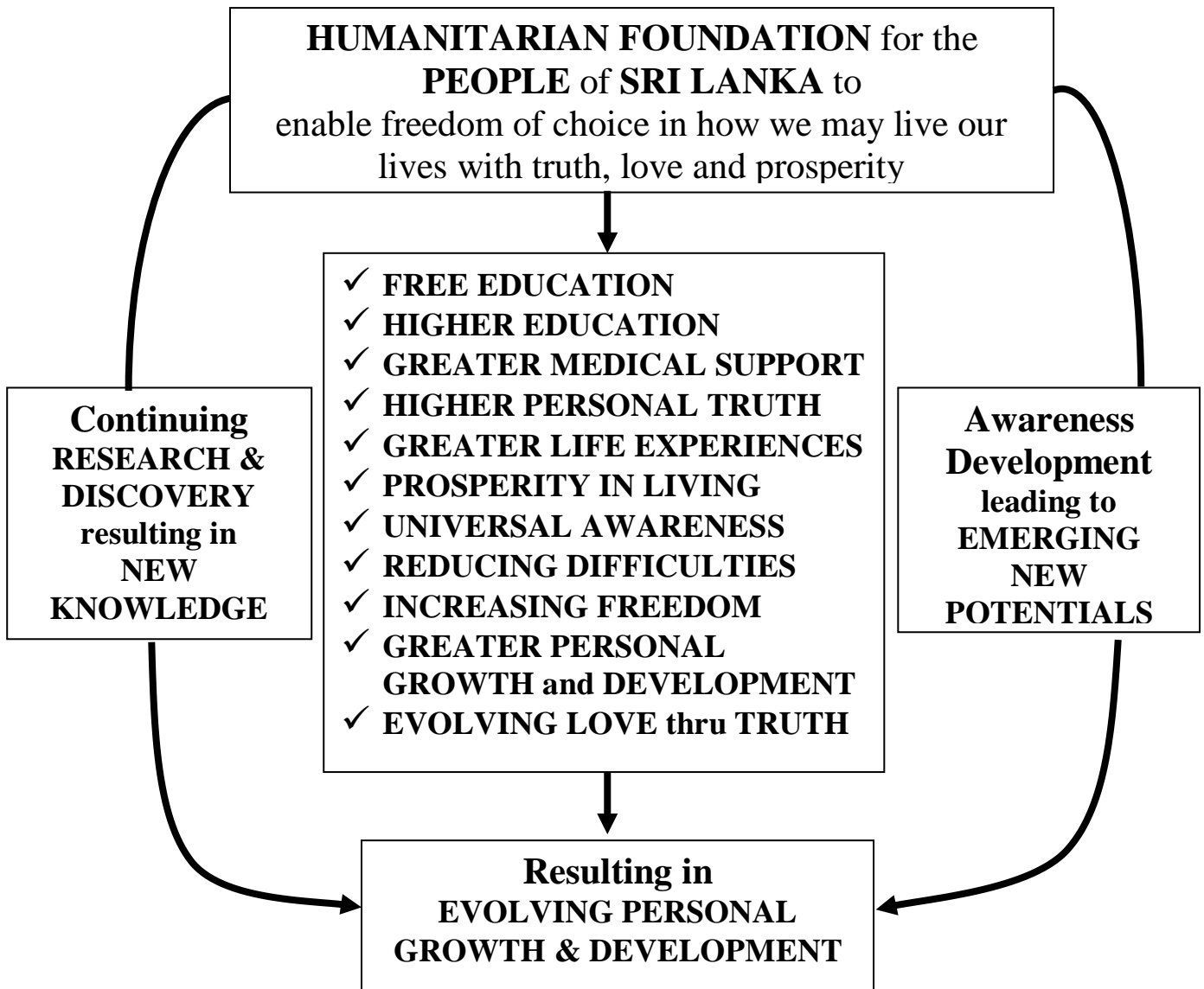
Application: “LIVING FEELINGS FIRST – FEELING HEALING” for Men:

- Men may find Feeling Healing more difficult and different to how women engage with it.
- Childhood suppression is compounded by our ongoing repression of our feelings thus creating many layers to find the truth of. We need to always long to understand the truth behind our feelings, both good and bad.
- We are to express our feelings to a companion – women are generally more open to assisting than are men as well as more sensitive and supportive. Our Heavenly Parents will always assist.
- Men being more mind-centric naturally than women may find the Feeling Healing process more difficult.

Application: “LIVING FEELINGS FIRST – FEELING HEALING” throughout society:

- As people grow in numbers progressing through their personal Feeling Healing, the demands on the policing forces, the legal system, courts, prisons and social security systems will abate.
- All our discomforts, illness and diseases are of the consequence of emotional injuries and errors of belief that we each absorb commencing from the moment of conception. Once we complete our Feeling Healing we are free of such discomforts, illnesses and diseases – we no longer need to experience them!

PASCAS FOUNDATION (Sri Lanka) Ltd



- ⇒ **This awareness is where others are not.**
- ⇒ **These are new revelations of truth.**
- ⇒ **Bringing huge advances to everyone.**
- ⇒ **This heralds a new age of peace.**

PRINCIPAL: **PASCAS FOUNDATION (Sri Lanka) Ltd** Bs +61 7 5594 0479
To be determined Em: info@financefacilities.com

Co-Chairman of

Directors:

Bs

Directors

Bs

Sri Lankan national

Bs

Sri Lankan national

Bs

Helen ADAM

Bs +61 451 656 343

Ian Thomas DOWLING

Bs +61 448 872 849

Project:

PASCAS FOUNDATION (Sri Lanka) Ltd

Project

Location:

Sri Lanka's central administration is to be located in Colombo.

Funding:

Grants projected required per quarter

USD120,000,000pq

Grants projected required per annum

USD480,000,000pa

Term:

Grant drawdowns could be said to be US\$120,000,000 per quarter in advance,

Project:

Essentially it is to refocus education, nursing and doctoring while lifting the standards and potentiality of all professions and their personnel engaged in the 9 provinces including the national capital of the Sri Lanka. While doing this, further education facilities and universities are to be strategically located to enable all required professionals throughout the Sri Lanka to have available free education to achieve their passions in any profession and walk of life they desire.

Objective:

To significantly raise the overall level of consciousness throughout the population is achievable through bringing about the awareness of Living Feelings First in contrast to being mind-centric which is how we have all been taught to live. Embracing our feelings whilst also longing to know the truth behind what our feelings are drawing to our attention opens the pathway for each of us that has infinite possibilities and potential. This can be introduced through the education systems at an early age.

Profitability:

Presently, the core governmental services of policing, courts, health, education and all arms of social services are overwhelmed and grossly inadequate. Through the population progressively embracing living through their feelings and longing for the truth that their feelings draw to their attention, we will slowly but steadily observe the demands on all levels of governmental services beginning to abate, little by little.

As living Feelings First begins to be more and more widely spread, the attractiveness of the people of the Sri Lanka will blossom thus bringing about a great tourism destination with all the social and commercial benefits that come through such a thriving industry.

Any return on funds invested (ROI) is to be based on measureable qualitative results from students and teachers, development of jobs, quality of life, standard of living, enhancing lives, and presenting Sri Lanka to the world in a positive light – the nation and its people are to bloom!

KEY PERSONNEL:

Board of Directors:		DOB
Position:	Director Co-Chairperson	
Duties:	Financial administration and executive oversight Basically, draw the people, skills and resources to resolve specific humanitarian projects throughout Sri Lanka and elsewhere.	
		DOB
Position:	Director Co-Chairperson	
Duties:	Administration and executive oversight Humanitarian initiatives identified and resolved through networking both on the technical as well as delivery. Team constructor and leader.	
	Sri Lankan national	DOB
Position:	Director	
Duties:	Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.	
	Sri Lankan national	DOB
Position:	Director	
Duties:	Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.	
	Helen ADAM	DOB 14 September 1970
Position:	Director	
Duties:	Human relations and general oversight.	
	Ian Thomas DOWLING	DOB 23 July 1986
Position:	Director	
Duties:	Project development and finalisation. General administration and oversight. Oversight of projects.	
Non-executive	John Edward DOEL	DOB 16 January 1947
Position:	Representing Pascas Foundation (Aust) Limited Conducted substantial public accounting practice, developed and operated two private hospitals in New South Wales. Undertaken extensive industry research and business practice developments. Financial controller and project analysis.	

Technical staff are sourced from universities, however, mostly from personal association.

**A
MESSED UP
CHILDHOOD
AFFECTS YOU
IN ADULTHOOD**



Lack of Love from Parents!

Parents abandon their Children emotionally!

Our Parenting of our Children is oh so unloving!

The vilest thing we do is to have Children!

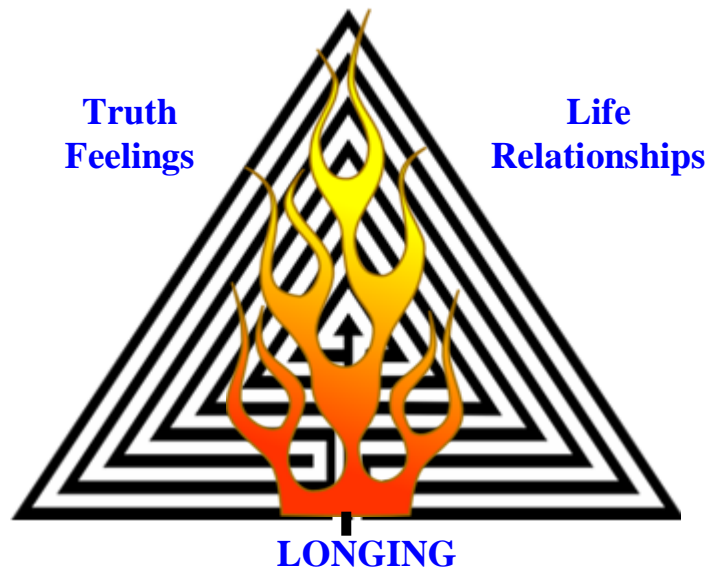
Children only need their parents' love!

KEY FINANCIAL DATA:

The table sets out the Foundation's projections for the first five years of operations:

FINANCIALS AUD \$,000	Year 1	Year 2	Year 3	Year 4	Year 5
GRANT FUNDS	487,500	469,700	534,400	344,100	297,500
LAND & BUILDINGS	400,200	414,300	455,700	164,400	114,400
SCHOLARSHIPS granted abroad	6,700	13,400	20,100	24,400	26,300
DEPRECIATION	16,093	33,471	60,147	66,731	71,315
OPERATING Deficit	-56,395	-83,661	-120,487	-136,281	-150,125
NET CASH GENERATED	-40,445	-50,550	-63,554	-84,892	-79,096

To liberate one’s real self, one’s will, being one’s soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we’re feeling them, express them fully, all whilst longing for the truth they are to show us.

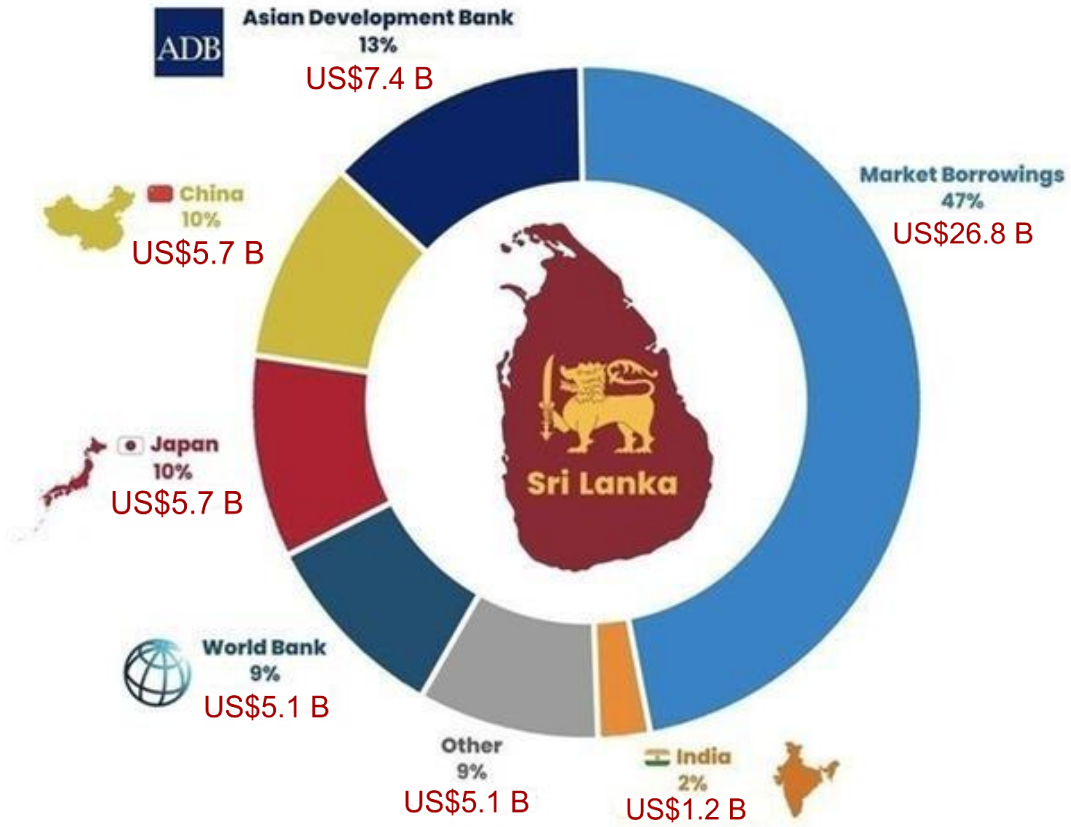


Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.

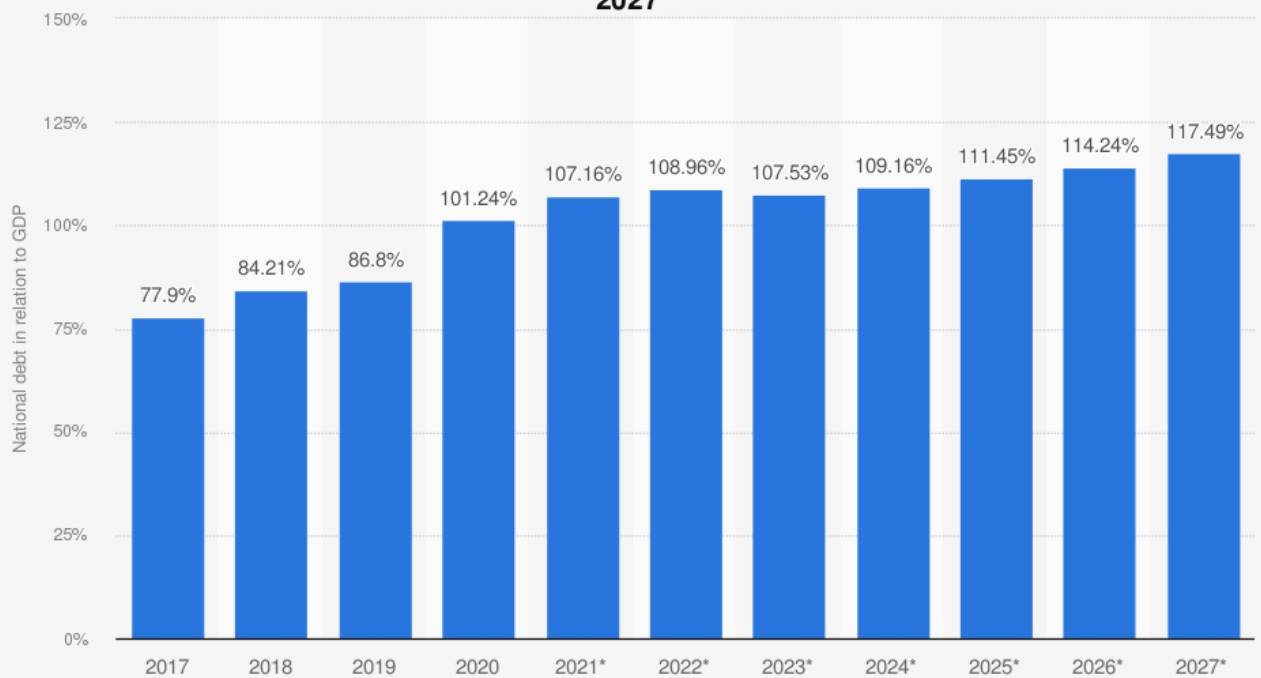
Sri Lanka's Foreign Debt

By Major Lenders US\$57.0 billion

April 2021



Sri Lanka: National debt in relation to gross domestic product (GDP) from 2017 to 2027



Source: IMF © Statista 2022

Additional Information: Sri Lanka; IMF

COMMERCIAL IN CONFIDENCE



Problems Caused by Economic Disparity

<https://contentgenerate.com/problems-caused-by-economic-disparity/>

2 July 2020

Economic Disparity generates the conditions dual and low-quality education, illiteracy, compromised health, provincialism, terrorism, etc.

The term ‘economic disparity’ refers to the difference in economic status and living standard of people, groups of people, people of different provinces, districts, etc. The economic disparity also exists on basis of gender, race, regional, religious, languages and ethnic discrimination.

Provincialism

Less developed and small provinces / states may have grievances of injustice in the distribution of resources. For them, the largest and most developed province is responsible for their underdevelopment and economic miseries.

The inequality in the distribution of resources gives rise to the issues like provincialism in which politicians keep their provinces paramount over the country. Consequently, the politics of blame game between provinces and point-scoring becomes prominent rather than the politics of addressing the issues of the public.

The threat to national integration

Different provinces or regions with all their distinct cultures, languages, histories, etc., are part of one state – the nation – under the very notion of ‘protection of economic and political rights under the same umbrella’. But, the existence of economic disparity among different regions and classes tells us another story. It informs us that the state does not ensure the protection of socio-economic and political rights and interests on basis of equity.

Separatist tendencies and movements may or do surface as a result of injustice and exploitation causing a threat to national integrity and integration.

Crimes and Terrorism

A proportion of poverty-stricken people in the under-developed regions resort to crime, such as abduction for ransom, bank dacoity (armed robbery with violence), murder on the booty, robbery, etc., as they increasingly feel alienated and disappointed.

Similarly, one of the social evils associated with economic disparity is committing suicide. According to research, 75% of suicides occur in low and middle-income societies.

Terrorist organisations also recruit young people from underdeveloped and economically underprivileged areas and sections of society. The terrorist networks recruit these young people in the name of free education, food, clothing and other beautiful hope-giving rhetoric. With the passage of time, they brainwash until these young carry out activities related to terror.

Illiteracy and low-quality education

The distribution of schools differs from region to region. The villages have comparatively a very small number of schools vis cities. Similarly, there are few or no colleges and universities in rural areas. In order to pursue higher education, students need to go to cities and other regions.

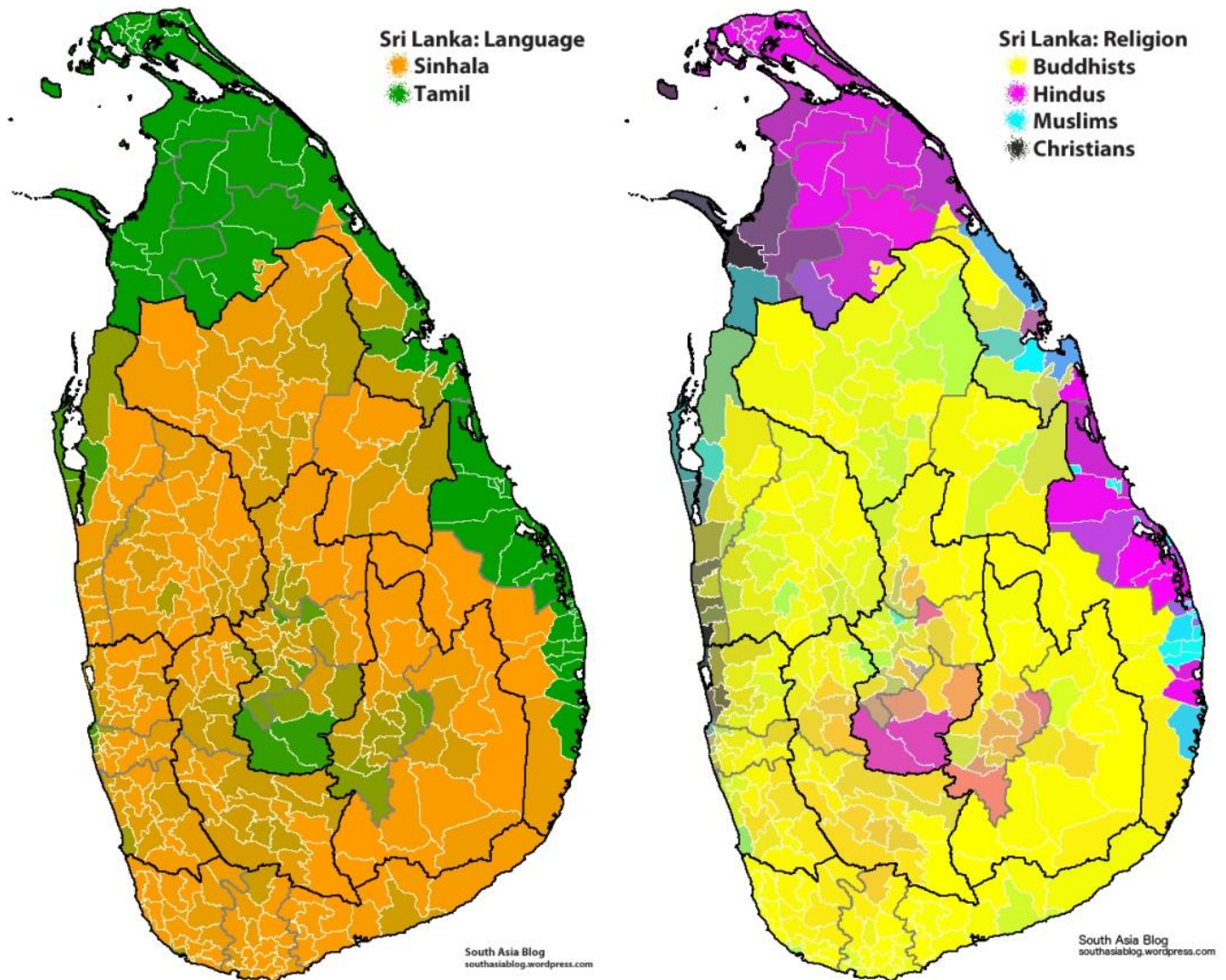
The students going to other regions and cities make a very small percentage of the total student body aspiring for higher education. The majority cannot go to the cities because of poverty. The huge expenses that they will have to incur to meet residential, educational, clothing, and food needs away from home discourage village students to move to cities for higher education.

Compromised health

People in underdeveloped regions do not have access to quality and basic health care facilities. The mortality rate of women and children is high. In critical conditions, deaths occur on the way as patients are rushed to hospitals in far-flung areas. The majority of people cannot afford to go to other regions for treatment as they cannot afford it.



**THE SRI LANKAN enduring CONFLICT:
Sinhala speaking Buddhists are subjugating the Tamil speaking
Hindu minority to their control!**



Golden Rule: One must always honour another's will as one honours one's own.

The Golden rule is: Never interfere with another's will.

There is much to do and share without prejudices or distinction.

We are all interconnected.

We are all on a never ending learning pathway.

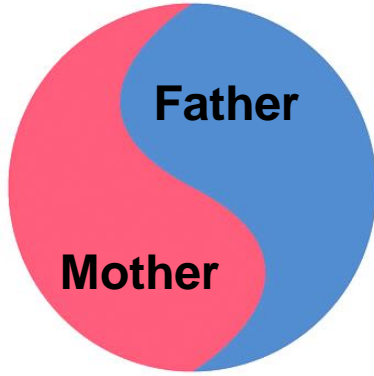
No one and no thing should come between any of us, no one is greater or lesser than another, nothing should be withheld or withdrawn from anyone's free will to consider or to embrace or reject.

We embrace everyone's wisdom and drive to grow.

With this in mind, we see everyone in a loving way.

We support loving passions and desires and everything that assists one to realise such loving passions and desires.





Our Heavenly Mother and Father.

Our Heavenly Parents do not need an intermediary to connect with us, nor do we need an intermediary to connect to our true Mother and Father.



Kindly review full text at www.pascashealth.com, go to Library Download page, then scroll down to Medical – Soul Condition and Health, and then click on to open the PDF:
 [Pascas Care Separation to Embrace.pdf](#)

Pascas Oversight Council of Sri Lanka

PASCAS OVERSIGHT COUNCIL of SRI LANKA: An oversight council of twelve people (if not more) is to oversee the implementation of solutions and changes required throughout the nation and society. If their guidance is not being adhered to then funding stops! The council will at all times consist of at least 50% women. The oversight council members will be Sri Lankan nationals and they will not have any political allegiances, nor will they demonstrate any religious alliance. Every person living in Sri Lanka will be treated equal. Yes, those in greatest need will be the first to be assisted with the objective that the overall agenda will result in equal and fair treatment for all. Boundaries and barriers are to be torn down. The prejudices of all will be exposed for what they are – immoral and grossly unloving.

Council members will be selected through a process similar to becoming employed by a major corporation in a high executive position. Firstly, the candidate must calibrate well over 400 on Dr David Hawkins' Map of Consciousness. Only with the candidates well developed level of perception can they carry out the dynamic shift in the culture of the people of Sri Lanka and that is only with those calibrating above 400 MoC.

It is time for the people to know and understand the limitations of what they holding on so tightly and adhering to with great personal cost to themselves and their children is all for no avail. A museum with the theme of "HUMANITY'S JOURNEY" is to be established in two or three strategic locations. The museum may be annexed to university campuses. It is the story of the Journey of Humanity as it has unfolded and what our ongoing journey entails. Humanity is on a most privilege and exciting pathway and few have only recently come to understand its wonders.

Humanity's Journey

"HUMANITY'S JOURNEY" is an entertaining educational experience that will take participants through how and why all the errors and difficulties have unfolded and how we are to heal from these. This is now possible due to the enormous amount of guidance that has unfolded for all of humanity and now it is to be shared freely for all.

With this background, then all will come to understand the futility of conflict and repression of others as well as the covert suppression that ALL institutionalised norms and systems impose upon us all.

And the program intended to be reviewed and expanded upon is that which this introductory business plan and financial feasibility now introduces.

**This time, in the history of humanity, is
the most exciting time ever experienced.**

COMMERCIAL IN CONFIDENCE

ONE OVERARCHING CAUSE – ONE PATHWAY FORWARD

The whole of Earth's humanity has been right royally screwed by the personal agenda of one pair of self-interested high level personalities who embraced the belief that we each could become literally mini-gods through living mind-centric and thus suppressing our feelings. It is our feelings that are our truth!



This has been a long drawn out agenda that has now reached its fruition and is to be put aside for all and for ever.

The coming of the time when humanity commenced to be influenced to embrace being mind-centric – living through our minds – and literally worshipping our minds as being all powerful and wonderful – was first imposed upon us some 200,000 years ago.



The first of humanity to have a longing for human perfection lived about 993,500 years ago. Andon and Fonta lived south of the Caspian Sea. They were of a red skin complexion and with a general appearance similar to the Eskimos of today with brown to black hair and eyes also. Their offspring even reached and lived in Tasmania, now being an island state of south eastern Australia, more than 950,000 years ago.

It was some 500,000 years ago that high level personalities were appointed as the Planetary Princess and Prince of Earth. This coincided with the Sangik family, living on the tablelands of north eastern India, having what can be referred to as the rainbow family – 5 red, 2 orange, 4 yellow, 2 green, 4 blue, and 2 indigo coloured children. As time unfolds, these colours were and are intended to inter-marry and blend into an olive colouring for our skin. Later the orange, green and blue colours died out.

It was 200,000 years ago that the concept of living mind-centric was slowly introduced to Earth's humanity – this being the commencement of the Rebellion by Earth's humanity.

We have always been meant to live feelings first having our minds to follow in support of our feelings. It is our feelings that are always in truth. In fact, all that we need to know is accessible to each of us through our feelings. We are fully self-contained! When we embrace and follow what our feelings are prompting us with, life is so much more productive, progressive, refreshing and enjoyable.

However, what we experience and see imposed around us is this all persuasive need to be mind-dominated, resulting in pressures, conflict and stress in numerous forms and ways.

But, our minds cannot discern truth from falsehood. Our minds are addicted to control, control of our environment and of others. Our minds are addicted to untruth! Take a note, mental or otherwise, and over time you may observe that the assumptions that we may make are around 98% in error! The other 2% are flukes. When someone commences a conversation with "I think" – cringe! They are commencing a potentially meaningless conversation based on an erroneous assumption – mind-centric!

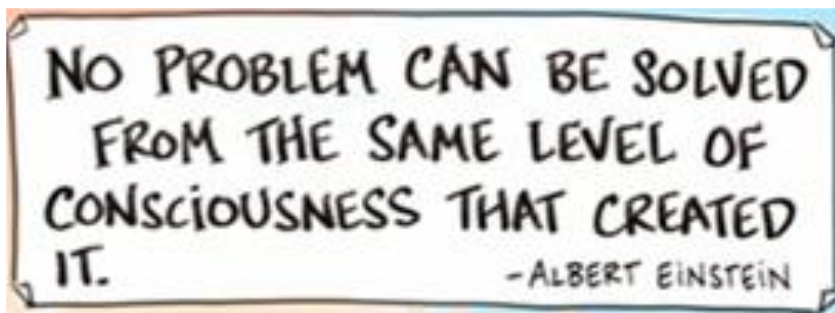
Whenever we carefully consider a 'scientific' research document, first count the number of assumptions it is 'premised' upon. One assumption and it is mostly flawed – you may become distressed when the tally of assumptions throughout the research is into double-digits!

COMMERCIAL IN CONFIDENCE

Ten ducks in a row, but one always misleading!



We mentally cannot correct these deceptions. But, we experience the ramifications every day.



Einstein is correct. But what is the problem?

You will come to see that our Planetary Princess and Prince were subordinate to our System Sovereign and it was our System Sovereign's goal to keep Earth's humanity shackled in their undeveloped state

without the potential to evolved for his (and her – soul partners) expansionary agenda. An 'army' was needed by the System Sovereigns to expand their personal authority to other humanities. Consequently we see great difficulties all over the world because we have all embraced the wrong pathway – WE CANNOT ADVANCE and EVOLVE BY LIVING MIND-CENTRIC! In fact we cannot get past 499 on Dr David R Hawkins' Map of Consciousness (MoC). Mind-centricity is a glass ceiling to our potential.

Every facet of society, every institution, every norm, every custom that we each embrace is detrimental to us. There is a deceptive restraint in-built in everything we are traditionally embracing. Every scientific development is potentially a poor option for us – but we cannot recognise that which is better because our minds prevent us from seeing through the charade of our beliefs within our minds.

So, how did these high level personalities make their manipulation so enduring?

Tribes had been forming before their manipulation – but there was little diversity in physical appearance. So the Sangik family raised the family with the six colours. More than 38,000 years ago, Adam and Eve introduced the seventh colour, the crimson coloured skin as well as the blonde and red hair with the blue and green eyes. Adam and Eve's mission was to achieve an upliftment in humanity's potential, but due to these high level personalities interference, their mission was mostly unsuccessful. So now we have an array of divisions in tribes, languages, and borders between thousands of differing cultures – separation!

As women are closer to their feelings, it was recognised that women could not have a voice so they needed to be suppressed. Men were induced to make women subservient to them. Women would easily recognise the error of living mind centric rather than living feelings first. Now we see men dominating women in every aspect of our lives – yet we are equal. Few are yet to understand that our soul is a duplex – our soul manifests and orchestrates TWO personalities, one is always a female and one is always a male – we each have a soul partner! We each have a soul partner of the opposite sex – always.

As we have been living mind-centric for thousands of years, we commence to impose our personal injuries being emotional as well as errors of belief upon our children from moment they are conceived

COMMERCIAL IN CONFIDENCE

and then on through to the age of six years. Our newly arriving child, at the moment of conception which is about 16 days prior to incarnation when the newly forming foetus first commences to pump blood, is literally 'fire-hosed' with its parents' emotional injuries as well as their errors of belief. We become little me's of our parents – clones – our true personality is suppressed. This continues until the arrival of our personal Indwelling Spirit which arrives in our sixth year of physical life. From then our parents influence upon us begins to abate. However, our parents have now successfully suppressed our free expression, our feelings and subjected us to a life of mind control. Our childhood suppression is what we all suffer throughout all of our lives – mediocrity, no vibrancy and no spontaneity. This is how it is for each generation – when we become parents we do the same to our own children as we do not know anything different. Our hidden controllers keep reinforcing their covert control throughout every phase and facet of our lives. They were masterly at their craft of deception.

Then comes the child's **pre-schooling**. What the child needs is its parents love. The child does not need the rejection by its parents and being placed in child care centres. It needs continuity of connection with peers who remain part of their family throughout their childhood years. This is why the African proverb is so wonderful:



*It takes a village
to raise a child.*

Then we have the worshipping of the mind thrust upon us in earnest – **education**. We start our formal education. From kindergarten, then primary school, middle school and high school – all of it ignoring and suppressing feelings. Also, the most inefficient form of education dominates – the lecturer at the front of class talking down at the students now is seen as being 5% effective, whereas doing and tutoring others is extremely effective with retention rates way above 75%. By now our feelings are entombed in a steel wrecking ball and this ball is controlling our lives and suppressing our inherent potentials.

Truth is always the same! Most are introduced to a religion that our families have embraced for generations – all of this is ensuring continuity of the suppression now with a 'fatherly' religion. There are some 3,400 significant religions and with their minor denominations we have more than 50,000 variations of 'truth is always the same'! So, where did these innovative variations come from? Indirectly and ultimately it is the Planetary Princess and Prince. It was the Planetary Prince that told what is now considered to be the Jewish community that they are the 'chosen ones'. A tribe was recognised as having the personality issues to buy into such a personal self-indulgence.

Major religions were established and later other major religions to conflict with each other. Presently we find most wars being wars being between factions of the same major religion. With our minds in control there is no end to this insanity. Peace cannot unfold through living mind-centric – impossible.

No one is recognising the input of low level spirit personalities throughout history in all these dramas. Up until 2,000 years ago, all of humanity passing into the spirit mansion worlds remained in the mind mansion worlds, mostly numbers 1 and 2 with few progressing into 4 and 6, these being those perfecting their minds of error and evilness. These revelled in the control of others setting up religions on Earth to provide members for their spirit based religion and ongoing control.

It was the Creator Daughter and Son who opened the spirit healing mansion worlds 3, 5 and 7 and consequently the Celestial Heavens 1, 2 and 3. The numbers of spirits progressing through these were very few in number until recently. While their numbers were building up, these healing and healed spirits had no connectivity with us on Earth except in very rare occasion. Those who engage in feeling healing

are addressing their childhood suppression and those who embrace Divine Love with feeling healing are also soul healing. There are no religions throughout these worlds.

Meanwhile, the tentacles of the hidden controllers extends to every aspect of living. Higher education, be it technical and further education as well as all of the universities continue to educate the suppression of feelings. Ignoring them to the detriment of all of the society the university is within.

Our employment is all about control over what we do with the mind being the centre of ‘creativity’ and ‘progress’.

Government at all levels is all about control over others. Governments are to assist and support us, however they make it more difficult for us to do things. Further, they propagate fear to achieve control. The humanity of the world capitulated to universal ‘lock downs’ and problematic vaccinations against coronavirus Covid-19 in a way that staggers belief.



We presently have a humanity in fear of ‘global warming’. We have everyone looking into the CO₂ (carbon dioxide) in the atmosphere when the weather patterns are changing due to cyclical events. We have power grids around many countries throughout the world. There are power grids throughout the universe. During the second half of the 20th century (1950s onwards) surges of energy from the centre of our universe have been absorbed by our Sun (which is also a star). In turn, our Sun has transmitted energy to the centre of all the planets in our solar system. This has marginally increased the rotation of the core of Earth creating tensions on the surface, mainly under the oceans, and this has resulted in the surface marginally increasing in temperature and as the oceanic plates are expanding then some islands have reduced in their elevation above the oceans. Earth is coming out of a cold era.

May I Have Your Attention Please



Around 12,500 years between Pole Shifts **TIME FOR CHANGE** **With each Pole Shift humanity had gone deeper into its evilness.**

Medicine and the health industry. As medical science is mind-centric, it is finding itself overwhelmed with seemingly insurmountable difficulties. They have generally identified more than 10,000 diseases and illnesses, yet they do claim to have found cures for 500 of these.

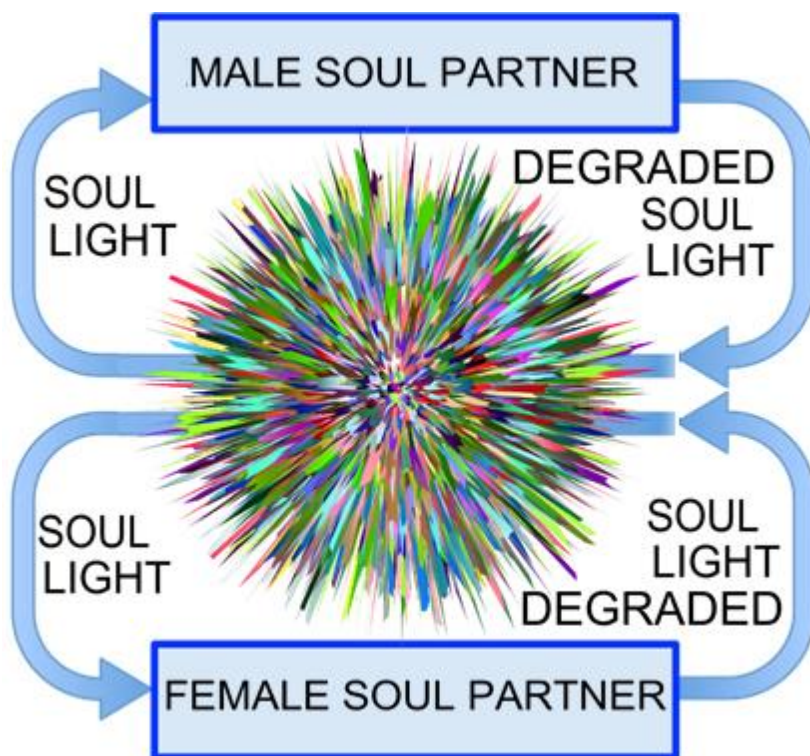
As we find a vaccine to suppress an illness we need only wait sometime before we will find it has returned in a more virulent and difficult format. The disease becomes ‘drug resistant’. The more vaccines we create and embrace, the more difficult our health issues will become UNTIL we embrace our personal Feeling Healing. In anticipation of a vaccine, Nature Spirits ‘mutate’ the disease to enable the vaccine to be made ineffective. ALL diseases that man has eradicated have been reintroduced.

Science may consider that they have wonderful laboratories. But you have seen nothing until you understand the laboratories available to the Nature Spirits. A virus is more of the spirit body than it is of the physical. A virus cannot cause us any more pain or difficulty than our individual childhood suppression. Science can eventually recognise the overarching style of the virus and give it a name – but they cannot recognise that each virus is then specifically mutated for our individual experience and needs which reflect our childhood suppression. This is why every person has a different experience from what appears to be the same virus!

IT'S ALL ABOUT
Experiences
&
feelings

Be Feelings
Expressive!

We are to bring the light we each receive from our soul back into balance with the light we return to our soul. To do so we each need to embrace our personal Feeling Healing – express our emotions both good and bad and long for the truth that our feelings are prompting to grasp from our emotional experiences.



It is this imbalance in light returning through our bodies that creates the imbalances and manifests deformities in babies, childhood illnesses, and as this is compounded during our early forming years of

Childhood Suppression up to the age of six years, this then sets up our health patterns and societal issues throughout the rest of life.

So, as we embrace our Feeling Healing, and should we embrace Divine Love, the Love of our Heavenly Mother and Father, then we can bring this all back into balance and this is our destiny, we will all do this at some stage throughout our eternal lives. It is not easy to do and it will take each of us a great deal of time and effort to work our way through our individual healing – but we each will.



Feelings First with Mind to follow in support.

Feeling Healing is not a religion, it is way of living. There is no hierarchical control or controllers. There is no organisation to join, no rituals, dogmas, creeds, cannon laws, sacraments, special book or clothing. Groups may form to assist each other for guidance and support. Even endeavouring to live feelings first opens our perceptions to what is reality and truth bringing about a personal sense of purpose and direction. We are to express our true personality, not the one imposed upon each of us during our childhood forming years when our parents and carers imposed upon us what they wanted us to be.

Every choice we of humanity have ever made, we have typically opted for the least progressive option. That has all been through the subtle influence of hidden prompting and our mind's addiction to control and untruth. We now can commence a review of such decisions. This will result in the reworking of all scientific findings. As of 22 March 2017 negative influence by mind centric spirits of the mind Mansion Worlds was permanently blocked by the Celestial Spirits from the three Celestial Heavens.

**The elephant in the room being:
CHILDHOOD SUPPRESSION**

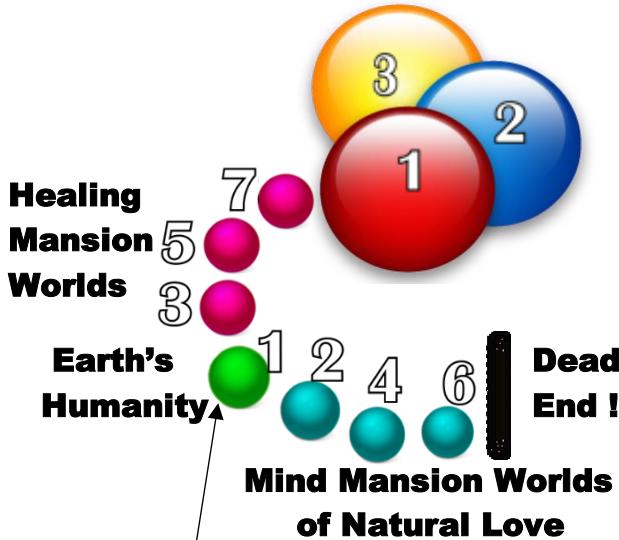
**The pathway forward is to embrace:
FEELING-HEALING**

COMMERCIAL IN CONFIDENCE

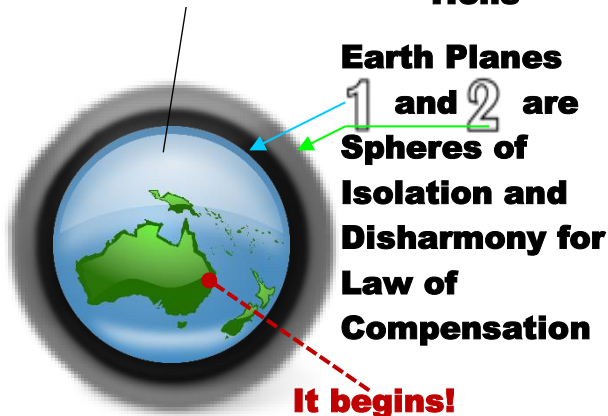


Humanity is now to make the Great U-Turn! The numbers now healed of their individual and personal Rebellion and Default in the Celestial Heavens are in sufficient numbers to support the Avonal Pair who are now on Earth. We have had to wait for the Avonals arrival to end the Rebellion and Default as their consciousness level is higher than those who instigated the Rebellion and Default. In 1993 when the Avonal Pair commenced on their personal pathway to heal themselves of what they had taken on of the

SATANIA – System
Earth is #606 of 619 humanities.
Celestial Heavens Spheres



Upon death of our physical body, we all transition to the 1st Mansion World



Rebellion and Default, this milestone triggered the arrest and imprisonment of Earth's Planetary Prince. Influence is gone.

We are not to impose our will upon others.

Further, militarism is all wrong!

Should you take note of the date, 22 March 2017, and consider the performance of world leaders anywhere since that date you may consider that they have all lost their marbles.

Well educated and experienced mind Mansion World spirits had been able to have their controlling ways satisfied through manipulating world leaders up until 22 March 2017.

Generally the spiritual platforms of most races have originated from the influence of low level mind Mansion World spirits working through mediums throughout all ages all round the world.

The Australian Aboriginal "Dreamtime Stories" originate through these interactions. Consequently, a psychic barrier to change and evolutionary progress has resulted for them.

The Caste System throughout India and Sri Lanka is a national psychic barrier requiring great attention to put aside. If you are born into a family that has been categorised as being in one of the four caste categories then

Herculean TASK

you are fixed in that category for your life. This is Childhood Suppression in its extremes.

The Caste System throughout India was spirit induced – it is a gross untruth. As is the belief of reincarnation. It is impossible to reincarnate and if you did then your personality from the ‘first’ life would need to be expunged leaving a hole in the universe. Mind spirits when they lost a companion considered that that personality had reincarnated when what had unfolded is that their companion had progressed to a higher level spirit world. The concept of reincarnation is very unloving and totally impossible. And by the way, once we have been here on Earth, why in the hell would you want to come back?

Upon transitioning into the 1st of the spirit Mansion Worlds is a time for celebration. Even if our physical incarnation lasts only for a few minutes, we have completed our individualisation and then we become spirit born and will be adopted by spirit parents. Should we live a physical life we will find our environment and conditions better in the spirit world for us to go on with our never ending journey of learning. We are more alive than ever – once we are dead! Enjoy the discovery.



We are to put children first. It is all about experiences and feelings. We are to express what feelings come up for us from our experiences and to long to know the truth behind what our feelings are drawing our attention to. We are to be feelings expressive. Now that we are individualised our learning has begun and will continue for eternity, however our soul is already endowed with all that we need to know. We are fully equipped.

As parents, all our children need is our love. And the greatest environment for a child is a village style community. It takes a village to raise a child.

it's all about which way you look.



mind controlling way or soul's feelings first!

It appears ever so obvious. Nothing has been working out and no one could heal themselves of their personal emotional injuries until a soul partner pair of higher consciousness than of those who created the problem came along. That has now happened!

The revelations of The New Way of living Feelings First and the changeover to new Avonal Age commenced through the writings of James Padgett (1914 – 1923), then The Urantia Book (1925 – 1935), and the most important writings are those of James Moncrief commencing in 2002.

COMMERCIAL IN CONFIDENCE

Pascas Papers explore these writings, all of which are free downloads from www.pascashealth.com in the Library Download page. Yes, all is to be free to all and in multiple languages. These revelations are gifts to humanity.

**PASCAS
PAPERS**

GREAT V-Turn

The revelations are now documented throughout 60,000 pages. We are not going to be subjected to loss of originality, the records have created immediately without the need for recall and assumption making as required with records of the past.

Now the herculean task can commence of bringing awareness to all communities, societies, cultures and nations of Earth's humanity. Then for those who consider to embrace the revelations, they can do so as and when they so please.

What is important to consider is that the old way was imposed upon us over time and it will take time for us to shift our way of living life and embrace the potential to evolve through the glass ceiling of mind-centricity and progress beyond 499 on Dr Hawkins' Map of Consciousness and eventually heal our personal Rebellion and Default, and by embracing our Heavenly Mother and Father's Divine Love, we can achieve Celestial soul condition while living here in the physical on Earth. This has never been possible before throughout the history of Earth's humanity of nearly one million years.

The Creator Daughter and Son remained Celestial throughout their physical life on Earth, they did not take on any of the Rebellion and Default. It is the Avonal Pair that have taken on the Rebellion and Default and through their personal healing they are now able to lead the way for us all through our own healing with the support of their Spirits of Truth. This is the plan that Machiventa Melchizedek initiated and it has taken 4,000 years to unfold. Now we are to enter the Avonal Age of the coming 1,000 years.

This document, on the Map of Consciousness (MoC), calibrates at 980

This time, in the history of humanity, is the most exciting time ever experienced.

**ALL
SYSTEMS
ARE GO!**



COMMERCIAL IN CONFIDENCE

Hidden Control thru **COVERT** to **MANIPULATION**

MIND DOMINATION OVER FEELINGS
MEN DOMINATION OF WOMEN
PARENTING - CHILDHOOD SUPPRESSION
WIDE DIVERSITY OF LANGUAGES
RESTRICTIVE EDUCATION SYSTEMS
RELIGIONS WITHOUT TRUTH & LOVE
WAGE & FINANCIAL ENSLAVEMENT
MULTI-LEVEL GOVERNMENT CONTROL
MULTIPLE RACE COLOURS & FEATURES
BORDERS AND MILITARISATION
NATIONAL PSYCHIC BARRIERS
PERPETUAL CONFLICT & WARRING!

ALL OF WHICH

PREVENTS HUMANITY'S ASCENSION

all
 orchestrated by *Caligastia*
 and his partner

PASCAS FOUNDATION (Sri Lanka) Limited conception:**Pupil-teacher ratio, primary – Sri Lanka**

Sri Lanka 2015 22

Physicians (per 1,000 people) – Sri Lanka

Sri Lanka 2019 2.3

Nurses and midwives (per 1,000 people) – Sri Lanka

Sri Lanka 2019 2.3

SRI LANKA Doctors Nurses Teachers Ratios

	DOCTORS		NURSES & MIDWIVES		TEACHER / STUDENT	
	per 1,000 people		per 1,000 people		ratio	
Sri Lanka	2019	2.3	2019	2.3	2015	22
Australia	2018	3.8	2019	13.2	1999	18
New Zealand	2018	3.4	2018	11.1	2017	15
Strongest Worldwide		Austria		Switzerland		San Marino
	2020	5.4	2019	18.0	2018	7
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		nations 0.1		nations 1.0		nations 40+

Simply put;

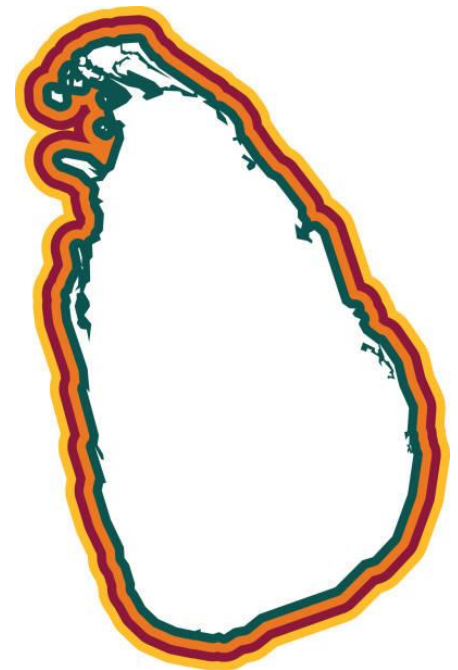
Sri Lanka needs to increase their number of doctors per 1,000 people to about double.

Sri Lanka needs to increase their number of nurses per 1,000 people by 5 times.

Sri Lanka needs to increase their number of teachers per students by about double.

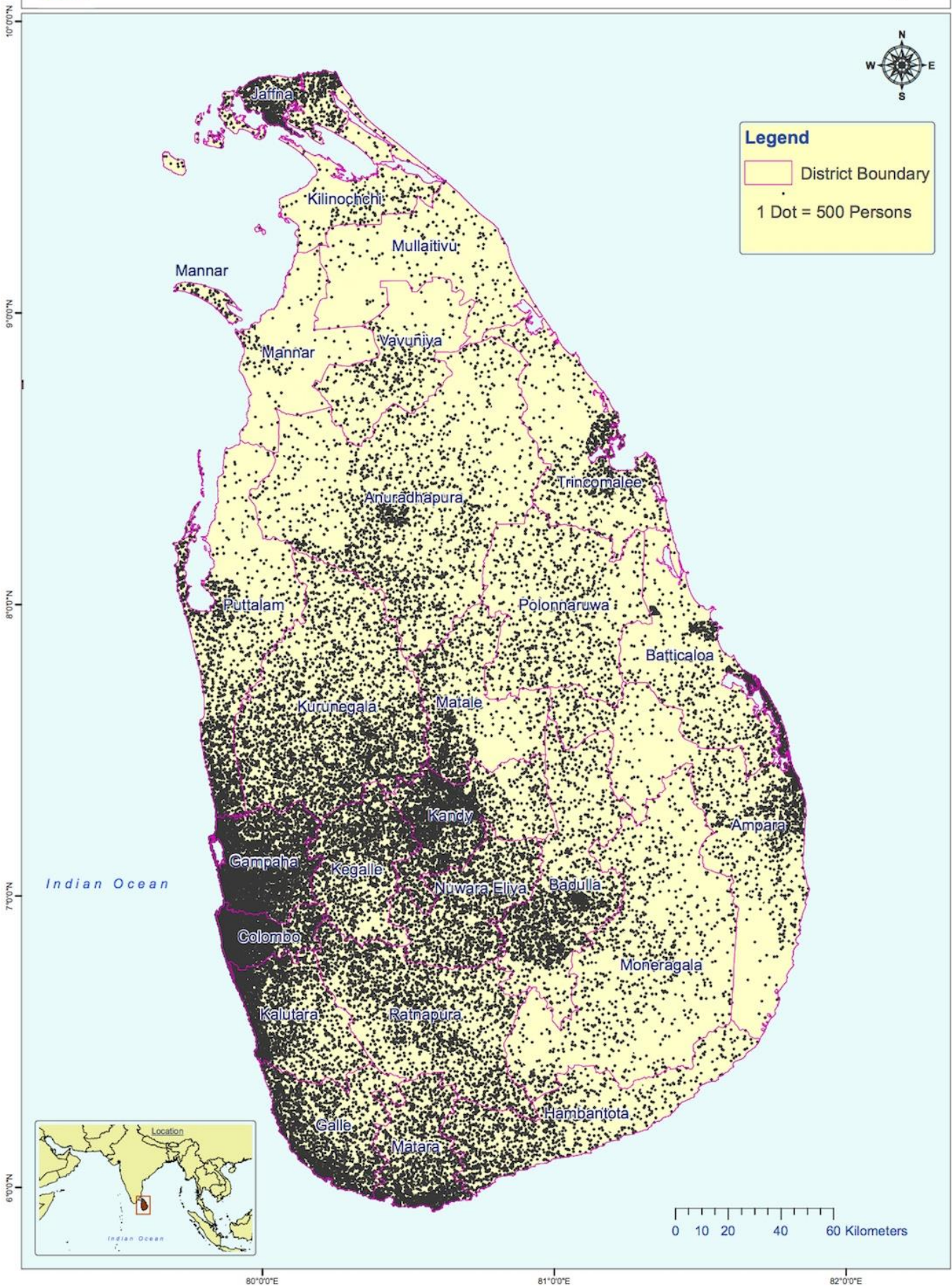
It all begins with education. We of humanity are truth seekers and truth is what is required in abundance to lift the nation of Sri Lanka out of the dire repetitive generational cycle of families across all provinces raising families that continue to calibrate on Dr David R Hawkins' Map of Consciousness at **165**.

It is only through universal free education can the population of Sri Lanka be lifted out of their poverty and despairing state of never ending cycles of deprivation and despair. This can only be achieved through addressing Childhood Suppression which is universal.





Map: P2.1.1 **Population Distribution by District, 2012**



SRI LANKA:

Democratic Socialist Republic of Sri Lanka

Sri Lanka Capital: [Colombo](#) / [Sri Jayawardenepura](#)

22,156,000 Population [2021] – *preliminary estimate*

65,610 km² Area

337.7/km² Population Density [2021]

0.83% Annual Population Change [2001 → 2021]

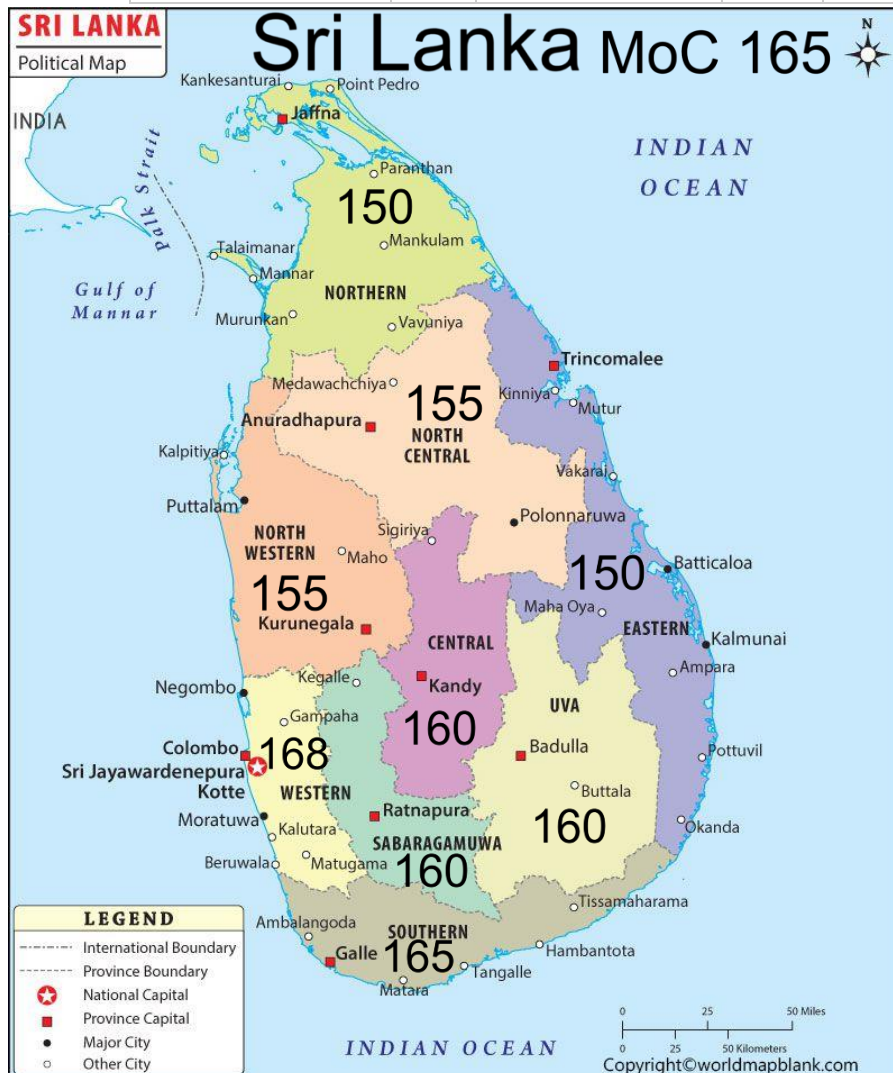
Sri Lanka Major Cities

	Major Cities and Provincial Capitals	Adm.	Population 2022	MoC Map of Consciousness
1	Colombo	WES	648,034	168
2	Dehiwala-Mount Lavinia	WES	219,827	163
3	Maharagama	WES	195,355	160
4	Kesbewa	WES	185,122	169
5	Jaffna	NOR	169,102	155
6	Moratuwa	WES	168,280	164
7	Negombo	WES	137,226	163
8	Sri Jayawardenepura	WES	115,826	170
9	Kandy	CEN	111,701	161
10	Trincomalee	EAS	108,420	153
	Kalmunai	EAS	100,171	149
	Galle	SOU	93,118	159
	Anaradhapura	NCe	60,943	154
	Ratnapura	SAB	47,832	154
	Badulla	UVA	47,587	157
	Kurunegala	NWe	28,571	158

Provinces

The area and population of the 9 provinces of Sri Lanka according to census results and latest official estimates.

<u>Sri Lanka Provinces</u>	<u>Abbr.</u>	<u>Capital</u>	<u>Area</u> A (km ²)	<u>Population</u> Estimate (Ep) 2021-07-01	<u>MoC</u> <u>Map of</u> <u>Consciousness</u>
Sri Lanka	LKA	Colombo / Sri Jayawardenepura	65,610	22,156,000	165
<u>Central</u> (Madhyama)	CEN	Kandy	5,674	2,811,000	160
<u>Eastern</u> (Kilakku, Negenahira)	EAS	Trincomalee	9,996	1,783,000	150
<u>North Central</u> (Uturumeda)	NCE	Anuradhapura	10,472	1,402,000	155
<u>Northern</u> (Vatakku, Uturu)	NOR	Jaffna	8,884	1,165,000	150
<u>North Western</u> (Wayamba)	NWE	Kurunegala	7,888	2,592,000	155
<u>Sabaragamuwa</u>	SAB	Ratnapura	4,968	2,088,000	160
<u>Southern</u> (Dakunu)	SOU	Galle	5,544	2,696,000	165
<u>Uva</u>	UVA	Badulla	8,500	1,400,000	160
<u>Western</u> (Basnahira)	WES	Colombo	3,684	6,219,000	168



COMMERCIAL IN CONFIDENCE



From Sri Lanka to ...

<https://wattsupwiththat.com/2022/09/03/from-sri-lanka-to-salinas/>

3 September 2022

Ah, Sri Lanka.

In 2020: a beautiful, agriculturally self-sufficient island nation full of tea and tourists and holder of the highest “Environmental, Social and Governance” (ESG) investor rating in the world.

And then, as part of the larger “green” effort spurred on by international Non-Governmental Organisations (NGOs), woke capital, and seemingly, a desire to sit at the big table at the various and sundry global initiative conferences, President Gotabaya Rajapaksa banned the use of manufactured fertiliser in order to create a more climate-friendly sustainable farming sector. In April 2021, the country went all-organic overnight.

What could possibly go wrong?

By the end of last year, Sri Lanka became unable to feed itself, prices for food (especially rice) and fuel and other daily basics skyrocketed, the tea crop – and the hundreds of millions it earns in international trade – was decimated. The nation defaulted on its foreign debt, had rolling power blackouts, the tourists are staying away in droves, and Sri Lanka, already wracked by corruption and coronavirus Covid-19, spiralled out of control.

The public’s response? Even though the fertiliser ban had already been partially rolled back, just last month (July 2022) Rajapaksa’s presidential palace was stormed by thousands of everyday Sri Lankans and he had to flee the country – last word was that he was holed up in Singapore.

It seems Kermit the frog was right – “it ain’t easy being green”.

But, considering the state’s claim to be the global leader in fighting climate change, can California – with its extremely powerful “climate lobby” that was able to ban the future sales of new gas-powered vehicles, a concept that would have been unthinkable a *very* few years ago – be far behind?

In the United States, American Farm Bureau Federation Chief Economist Dr. Roger Cryan estimates that a Sri Lank-style move would cut domestic grain crop production by about 50% within two to four years of implementation, leading to massive price hikes and acute shortages of basic commodities.

“Feeding the world is not an easy thing to do,” Cryan said. “Sri Lanka was clearly a failure.”

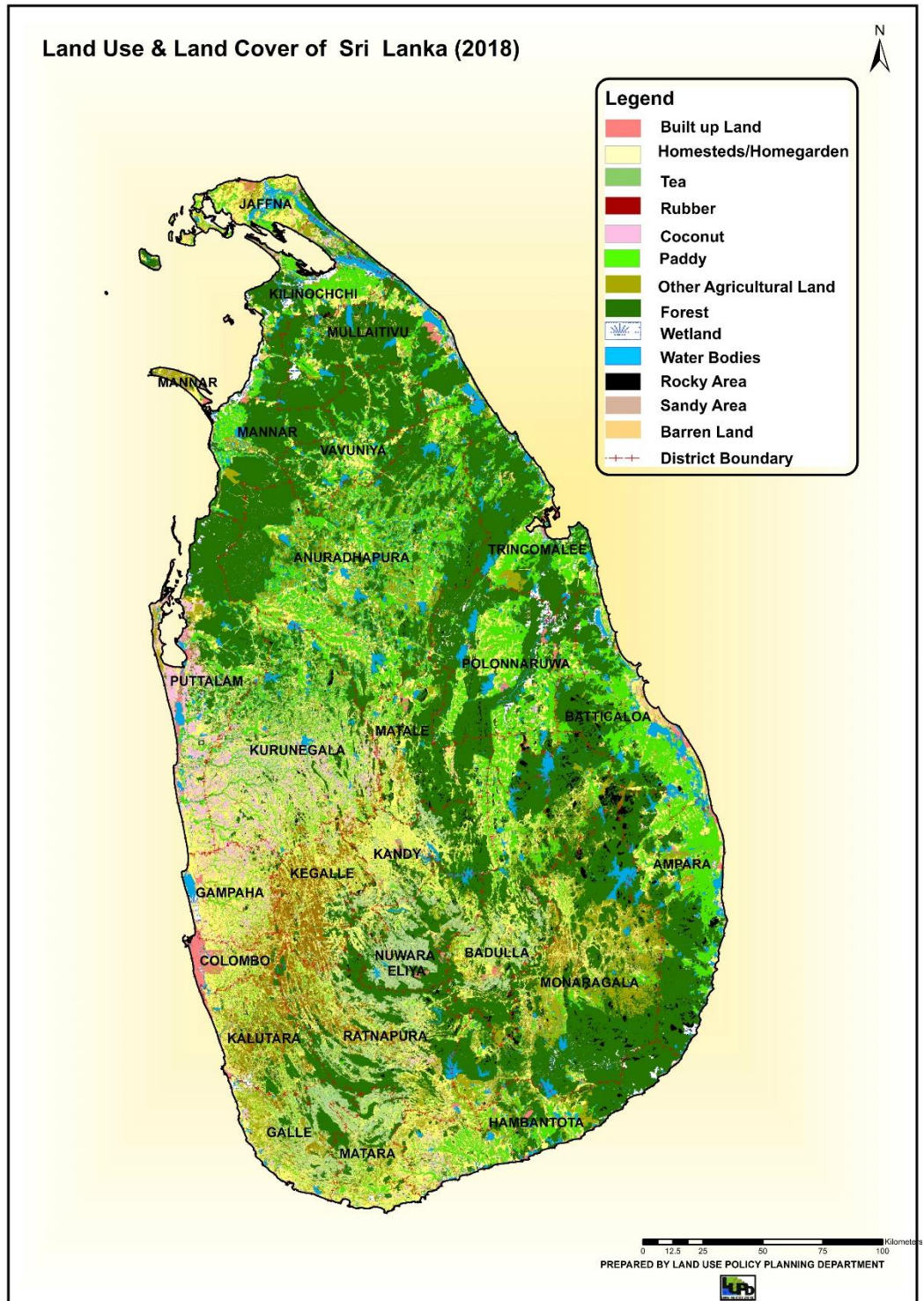
After re-iterating the fact that, given its uptake into plants and the soil “nitrogen and phosphorus do not represent a greenhouse gas problem, Cryan also noted that if Sri Lanka’s overnight organic model were followed that there is simply “not enough manure and compost on the planet” to make up the difference to keep crop yields steady.

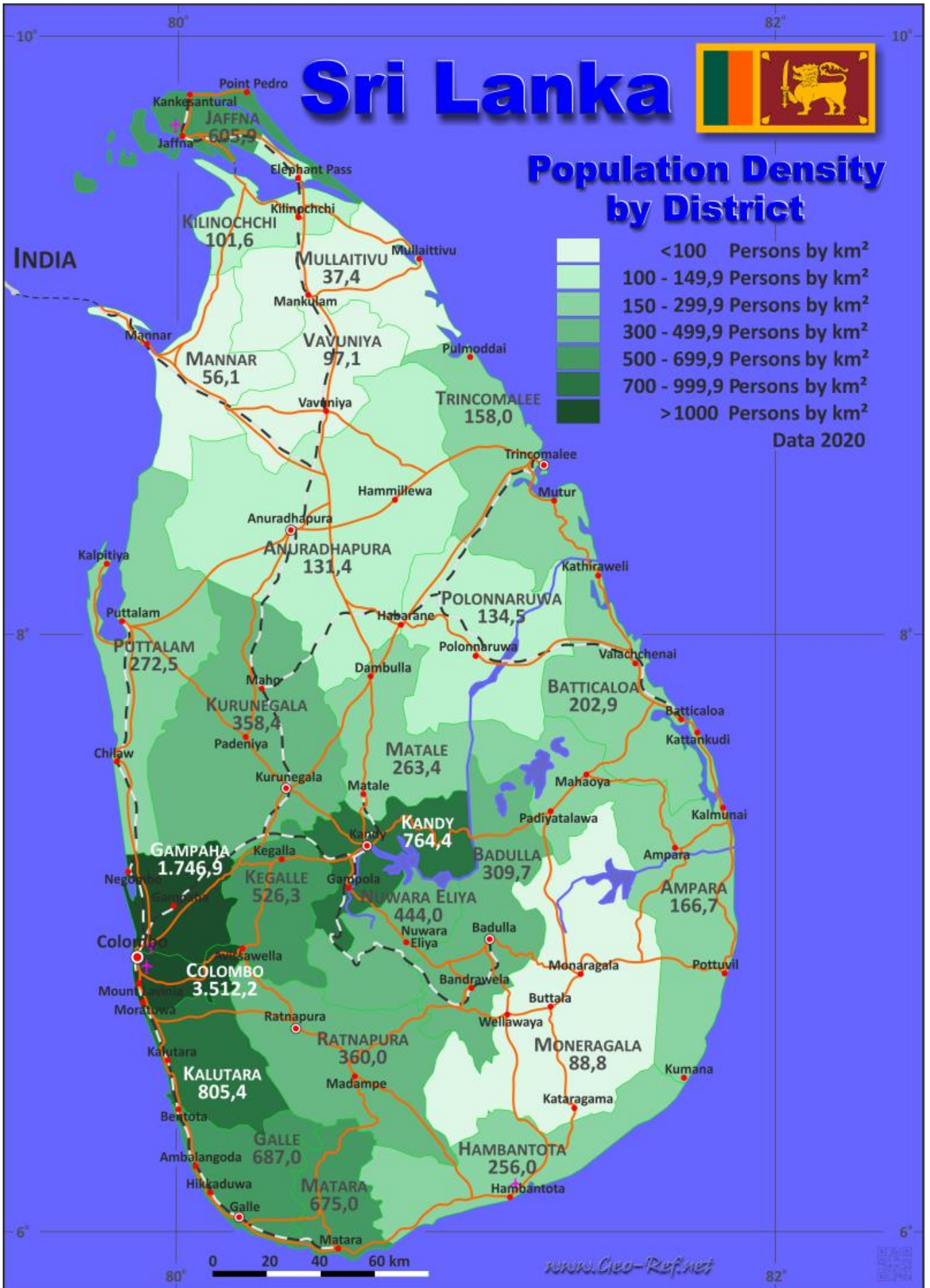
Eliminating manufactured fertilisers from the agriculture equation removes a “tool to keep the system robust and when you start taking away tools it becomes challenging if not impractical to continue,” Kawamura said.

The dream of an organic-only farming world is a chimera (a thing which is hoped for but is illusory or impossible to achieve) anyway, said Bjorn Lomborg, President of the Copenhagen Consensus (a group that acknowledges anthropogenic climate change but believes the approaches being currently taken to combat it are misguided) and Visiting Fellow at Stanford University’s Hoover Institution.

“Long simply a fashionable trend for the world’s 1%, environmental activists have increasingly peddled the beguiling idea that organic farming can solve hunger,” Lomborg said. “However, research conclusively shows that organic farming produces much less food than conventional farming per hectare. Moreover, organic farming requires farmers to rotate soil out of production for pasture, fallow or cover crops, reducing its effectiveness. In total, organic approaches produce between a quarter and half less food than conventional, scientific-driven agriculture.”

Lomborg added that these facts “not only makes organic food more expensive, but it means that organic farmers would need much more land to feed the same number of people as today – possibly almost twice the area. Given that agriculture currently uses 40% of Earth’s ice-free land, switching to organics would mean destroying large swathes of nature for less effective production.”





Sri Lanka's crisis is not just about the economy, but a long history of discrimination against minority groups

<https://theconversation.com/sri-lankas-crisis-is-not-just-about-the-economy-but-a-long-history-of-discrimination-against-minority-groups-186747>

14 July 2022

Sri Lanka is in the grip of an economic, political and humanitarian crisis.

In a remarkable display of anger on Saturday, thousands of protesters disregarded government curfews, rampant military and police presence to storm the presidential palace and the prime minister's residence, demanding their resignations.

It came as the Rajapaksa government halted the sale of fuel to ordinary people. It is the first country to do so since the global oil crisis in 1979.

For several months, Sri Lankans have suffered shortages of food, fuel and other critical supplies. Schools have been closed for several weeks. Other services are operating at critically reduced capacity.

Hours before the protest, President Gotabaya Rajapaksa fled the country without resigning. Instead, he appointed Prime Minister Ranil Wickremesinghe, from the opposition United National Party (UNP), as the interim president. It's a move that has further angered protesters.

In his first actions as president, Wickremesinghe declared a state of emergency across the island. He ordered the military to "do whatever is necessary to restore order". Protesters are being met with tear gas by the police and shots are being fired by the military, yet they continue to occupy his residence and the streets.

Who is Ranil Wickremesinghe?

Wickremesinghe is deeply despised by protesters, with many of them critical of his close relationship with the Rajapaksa family. But he also has a long history of discrimination and militarisation against the Tamils.

Wickremesinghe was first elected to parliament in 1977. He was prime minister from 1993 to 1996 and has held senior positions within the United National Party (UNP), including further terms as PM, ever since.

A centre-right party, the UNP has fanned ethnic tensions, overseeing numerous attacks against the Tamils – in 1977, 1979, 1981 and 1983. The party also orchestrated the colonisation of the north and east of the island, altering the ethnic composition and forcibly evicting Tamils from their homes.

Like Rajapaksa, Wickremesinghe has close ties to the military. This includes its current chief, Shavendra Silva, who is barred from entering the US due to his role in the massacre of Tamils in 2009.

Wickremesinghe rejected the UN Expert Panel report that outlined Sri Lankan government atrocities against the Tamils.

As prime minister during the 2019 Easter bombings, Wickremesinghe admitted he and his government had failed to act on intelligence communicated by India. This lapse resulted in the deaths of over 250

people in bomb blasts across the island. He stated: “India gave us the intelligence but there has been a lapse in how we acted on that.”



Ranil Wickremesinghe has been appointed Sri Lankan prime minister, outraging protesters. Eranga Jayawardena/AP/AAP

The damage caused by Sinhalese Buddhist nationalism

Politicians like Wickremesinghe and Rajapaksa have been put in positions of political power by the majority Sinhalese people due to their Sinhalese Buddhist nationalist ideology, which has resulted in a long history of discrimination and rioting against minorities on the

island. This position of power has allowed these leaders to grow their personal wealth, while mismanaging the economy and ultimately bankrupting the country.

Within the Sinhalese Buddhist ideology, anyone who is not Sinhalese-Buddhist is excluded. Since the country’s long civil war ended, all major Sri Lankan parties have rejected criticisms of the Sri Lankan state, including international calls for investigations into human rights violations and war crimes committed against the Tamils.

Rajapaksa’s refusal to resign, despite mass protests, is an indictment of his authoritarianism, which can also be attributed to Sinhalese Buddhist nationalism.

In fact, the Sri Lankan constitution grants Buddhism foremost power, paving the way for ongoing discrimination against marginalised groups. This discrimination began in 1956, when Prime Minister S.W.R.D. Bandaranaike implemented the Sinhala Only Act, making Sinhalese the official language of the island and forcing Tamils out of key employment sectors.

As political expert Neil DeVotta explains of Sri Lanka’s road to political ruin:

It was nationalism that enabled governance rooted in meritocracy to be supplanted by ethnocracy, which over time has led to kakistocracy – governance by a country’s worst citizens.

A bleak outlook

Anti-government protesters will continue to express their fury on the streets. But if they are going to push for meaningful political change, their demands must be representative of everyone on the island, especially those who have been historically marginalised by successive Sri Lankan governments. An impassioned plea from a young Tamil protester urged the majority Sinhalese community to pay attention to the patterns of the past:

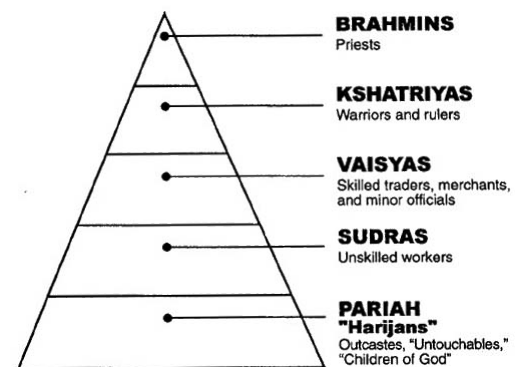
Caste system in Sri Lanka

<https://mondointernazionale.com/en/caste-system-in-sri-lanka>

5 March 2022

Caste is a kind of **stratification system**. Because there is a group belonging to the upper caste, there is a group belonging to the lower caste and there is also an intermediate group between the two castes. Therefore, it could be said that this caste system has also become something that provides a certain basis for social positioning.

Caste can be found in India, Sri Lanka and other African countries. Different caste systems can be seen in many countries, but the most easily identifiable caste systems exist in Asian countries. India and Sri Lanka constitute special cases.



Whilst the Indian caste system is based on religious beliefs, the Sinhala caste system in Sri Lanka is different. It is based on the economic activities of the people. But what are the economic activities of the people? It's mostly based on whether. This is the peculiarity of the Sri Lankan caste system and as a result the Sri Lankan caste system does not affect the daily life of the people as much as the Indian caste system today.

But today it has a powerful influence on politics and marriage.

For example, when it comes to marriage, wedding advertisements in newspapers highlight this caste factor. Accordingly, the three caste systems in Sri Lanka are parallel to each other.

- *Sinhala caste system*
- *The Hindu caste system among the Sri Lankan Tamils*
- *Indian Tamils the Hindu caste system in between.*

There are some differences between these caste systems in terms of the ideas and ideologies on which they are based. But any discrimination against the lower caste can be seen in each of these caste systems. According to the limited data available, it can be estimated that approximately **20% -30%** of the population of Sri Lanka is subject to some degree of caste-based discrimination. The overall influence of caste has gradually weakened over the past few centuries, but caste-based discrimination seems to have remained in some areas. Moreover, in some contexts, caste-based inequalities seem to have been newly created.

The pre-colonial Sri Lankan state government was made up of a ruling class with **caste-based privileges** and **subordinate social strata** who were traditionally obliged to provide caste services for the benefit of the upper classes and the state. It was also a hierarchical system that corresponded to secular forces such as the Sinhala caste system, the state land tenure system, religious practices and organizational patterns as well as traditional dignity. However, after colonialism, state patronage of the caste system gradually withdrew. (*SilvaK T., Casteless or caste-blind?: Dynamics of concealed caste discrimination, social exclusion, and protest in Sri Lanka, 2009*)

Accordingly, the caste system in Sri Lanka can be described separately as follows.

Sinhala caste system

There are about 15 hierarchical castes in the Sinhala caste system from the ruling **Radala (aristocracy)** to the **beggar (Rodi)** caste. The majority of the population belongs to the **Govigama** caste. They are independent landowners and are entitled to the services of all the lower castes in the caste hierarchy. Below these castes were the service castes. That caste was expected to serve the upper caste. The service caste was,

- **Navandanna** (Iron / gold / brass / lacquer / ivory / woodwork)
- **Hena** (weaving)
- **Kumbal** (pottery)
- **Wahumpura / Hakuru** (Sweet / Jaggery production)
- **Bathgama** (Heavy Bearers)
- **Berawa** (drumming)

There were several castes considered to be the lowest castes in the Sinhala caste system as well.

- **Gahala** (torturers)
- **Kinnara** (mat weavers)
- **Rodi** (begging)

The caste was traditionally considered to be the "**Depressed caste**". Even when these three castes were taken together, they constituted less than 1% of the total Sinhala population. (*Silva K T., Casteless or caste-blind?: Dynamics of concealed caste discrimination, social exclusion, and protest in Sri Lanka, 2009*)

The Hindu caste system among the Sri Lankan Tamils.

The caste system among the Sri Lankan Tamils in Jaffna was a caste system based on religion, social inequality, discrimination and social segregation, with the predominant caste being the "**Vellalar**" caste and the "**Panchamars**" occupying the lowest position in the caste hierarchy in the area. It included **Wanner, ampattar, pallar, paraiyar** and **Nalavar**.

The Hindu caste system among the Indian Tamils

Plantation workers and urban scavengers of Indian descent in Sri Lanka descend from the lowest strata of the South Indian caste hierarchy. On the one hand, this was a result of the methodology employed in the early days of the plantation economy in Sri Lanka to recruit workers. (*Silva, 2009*)

The caste system in Sri Lanka can be described as above and it can be concluded that caste in Sri Lanka is a very difficult condition to either understand or change.

Caste system in Sri Lanka

https://en.wikipedia.org/wiki/Caste_system_in_Sri_Lanka

The *caste systems in Sri Lanka* are social stratification systems found among the ethnic groups of the island since ancient times. The models are similar to those found in Continental India, but are less extensive and important for various reasons, although the caste systems still play an important and at least symbolic role in religion and politics. Sri Lanka is often considered to be a casteless or caste-blind society by Indians.

The caste systems of Sri Lanka were historically not tied to the religious establishment but rather a tool to service the ruling elite - a model more reminiscent of feudalism in Europe. At least three major, parallel caste systems exist in Sri Lankan society: *Sinhalese, Sri Lankan Tamil* and *Indian Tamils*

A universal welfare system that focused on providing education for everyone regardless of background has provided people from lower caste groups similar opportunities to enter jobs previously only frequented by those in upper-caste groups, with younger generations mostly rejecting any pressure to conform to caste-related jobs. The Civil War has also broken down caste barriers as they were seen as an obstacle toward ethnolinguistic unity.

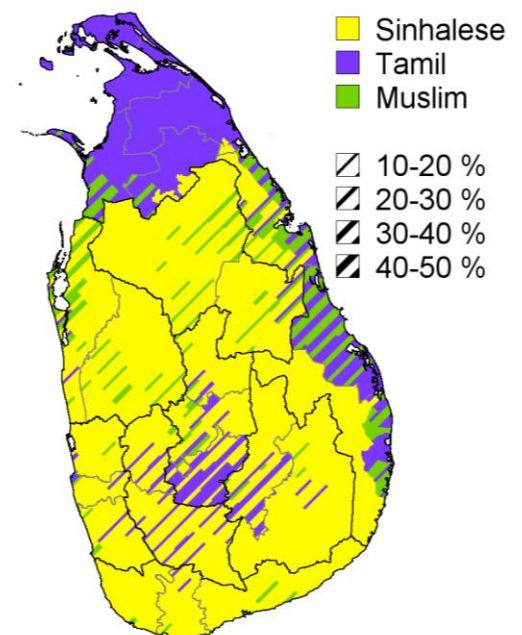
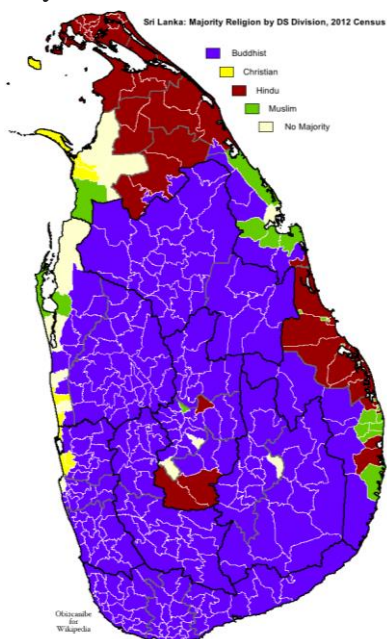
Overview

The caste system of the Sinhalese and Sri Lankan Tamils display some similar traits, where both systems having comparable castes with similar occupation and status.

The interior arable land is largely dominated by the Govigama caste under the Sinhalese and by the Vellalar under the Sri Lankan Tamils, who are traditionally involved as husbandmen and form approximately half the population of their respective ethnicities. The peasants under them are the Sinhalese Bathgama and Tamil Pallars. The coastal land is dominated by the Karavas under the Sinhalese and the Karaiyar under the Tamils. Both castes share a common origin with background in seafaring, trade and warfare. The artisans were collectively known as Navandanna by the Sinhalese and as Kammalar by the Tamils. They constituted of respective endogamous castes traditionally involved as blacksmith, goldsmith, coppersmith, carpenters and stonemasons. While toddy tapping was largely in the hands of the Sinhalese Durava and Tamil Nalavar, jaggery production was in the hands of the Sinhalese Vahumpura and Tamil Cantars. The traditional drummers of both ethnicities, the Sinhalese Berava and Tamil Paraiyar, have religious importance in Buddhism and Hinduism, respectively. The domestic castes of barbers and dhobies were the respective Sinhalese Ambattaya and Hinnava, and Tamil Ambattar and Vannar.

In ancient Ceylon, although marriages between Sinhalese and Tamils (usually among higher castes) were not uncommon, they occurred between comparable castes; Eurasians and South Indian *Chetties* married into the southern Sinhalese *Govigama* and *Karava*.

Although caste discrimination is still found in Sri Lanka (particularly in rural areas), caste boundaries are blurring. Political power and wealth have largely replaced caste as the main factor in Sri Lankan social stratification, especially in the Sinhalese and Indian Tamil communities. Ponnambalam Ramanathan, under British Ceylon, opposed extending voting rights to the people and urged reservation of franchise only to men of the Vellalar caste.



COMMERCIAL IN CONFIDENCE

Casteless or caste-blind? :**dynamics of concealed caste discrimination, social exclusion, and protest in Sri Lanka**

Rank (contested)	Caste Name	Caste Occupation	Est. Share of Pop(%)
1	Goigama i. Radala ii. Goigama iii. Patti	Aristocracy Free peasants Herdsman	0.001 49.000 0.001
2	Karawa	Fishing	5.000
3	Salagama	Cinnamon work	3.000
4	Durawa	Liquor making	2.000
5	Hunu	Limestone work	0.002
6	Achari/Galladu/ Navandanna	Smiths	0.500
7	Hena/Rada	Dhobi work	3.000
8	Wahumpura/Hakuru	Sweet/Jaggery	12.500
9	Kumbal/Badahala	Pottery	2.500
10	Dura i. Vella Durai/Bodhi ii. Panna Durai	Guardian of Bo Tree Royal herdsman/Mahouts	0.001
11	Nakati/Berawa	Drumming/Dancing	3.000
12	Bathgama/Padu	Servants/Porters	18.000
13	Gahala	Executioner/Funeral Work	0.001
14	Kinnara	Mat weaving	0.300
15	Rodi	Begging/Brooms	0.001
	Other*		1.193
	TOTAL		100.000

* Other smaller and geographically scattered Sinhala castes include Porowakara, Oli, Pali, Hinna, Barber and Demala Gattara.

Source: Jiggins (1979), Ryan (1993), Pieris (2001), Silva (2002)

Before we are conceived, we have had nothing to do with the culture or heritage into which we are about to be born.

Conception is individualisation of our unique personality!

Then our parents and carers infuse us with their errors and injuries!

We perpetrate their erroneous ways!

*It's all about
Experiences
&
FEELINGS*

John the
Typist



**BE FEELINGS
EXPRESSIVE!**

Further; THERE is **NO REINCARNATION**

- We do NOT reincarnate. Nor can we come back as an ant, a possum, a whale, a bird, any animal or plant or rock.
- We die and move into the spirit Mansion Worlds, and there we stay in the Mind Worlds until we decide to do our Spiritual Healing living the Feelings Way and embracing our ascent of Truth to Paradise. **WE DO NOT COME BACK TO EARTH IN PHYSICAL FORM – EVER!** We can as spirits visit Earth, but we can't ever have a physical body again.
- God bestows upon us our unique personality – you are who you are, and always will be YOU. You may currently be imperfect and untrue because of living in the Rebellion and Default, and through your Spiritual Healing you can become true and perfect. But you will always still be you, the same personality essence. You cannot reincarnate and become a new personality; God only bestows personality on us ONCE. You can't be John or Jill now and have been reincarnated with a different personality in the past, or reincarnate in the future with a new and different personality. For example, by becoming Fred or Mary or Janice or Li or anyone else, because if you were, or do become, Fred or Mary, you are no longer you. You will Always be You! And even if you did reincarnate, named John or Jill again, you'd be a different John and Jill with a different personality. So that can't be THE SAME YOU because the very act of incarnation means you are incarnating the one unique personality you are.
- There is no 'OverSoul' that incarnates multiple personalities during multiple time frames on Earth.
- People (and often children) who feel so strongly they can remember in great detail their past life (or lives) are not remembering their actual past life, they are being 'fed' such information from other spirits or from their own Indwelling Spirit. Our Indwelling Spirits of God might have indwelled other people's minds before (or even after) your mind, and can make you believe it was you living those lives, when it wasn't.
- There is no living multiple lives to 'burn off' or 'work through' Karma. All the 'karma' you acquire is done through this one Earth life, to be worked through when you settle the Law of Compensation and do your Spiritual Healing. Both of which can be done on Earth or in the spirit worlds.
- Reincarnation is part of the belief-denial of the Rebellion we live under. It is FALSE, UNTRUE and INCORRECT. It was made up by someone who didn't understand that there was ongoing life in spirit once we died, someone who assumed we all came back repeatedly to Earth until we were fully Enlightened. However part of our 'enlightenment' is to understand there is no such thing as reincarnation for us. And by holding onto such an erroneous belief will only delay your awaking of Truth by doing your Spiritual Healing.
- When you start living The Feelings Way, part of the truth that will come to you through your feelings will show you, as you will know it to be truth, that you have never lived on Earth before and reincarnation is not possible.

**REINCARNATION
IMPOSSIBLE**

COMMERCIAL IN CONFIDENCE

Caste System in Sri Lanka IS a huge barrier to progress

The Caste System is a false doctrine imposed upon the people of Sri Lanka and India by hidden controllers who have wanted and succeeded in suppressing the development and growth of the people through such psychic barriers and Childhood Suppression. This, the hidden controllers have succeeded in so doing for thousands of years, not only in Sri Lanka and India, but worldwide in multiple ways. This doctrine, and many others, is now to be set aside. The people of Sri Lanka are now to flower and progress towards their true potentials.

For the people of Sri Lanka to evolve and grow in consciousness, the embraced caste system from India needs to be removed from all aspects of Sri Lanka's cultural norms.

PSYCHIC BARRIERS:

Tuesday, 21 November 2017 – Note from John – Hi Nanna Beth and James

“That there are very real restrictions that act like very real barriers impeding the normal functioning of us all because of the Rebellion and Default.” – Nanna Beth 20 November 2017

I gather that the Psychic Barriers have nothing to do with spirits from any of the mind Mansion Worlds or from the planes referred to as the hells. Are these Psychic Barriers all remnants of the Rebellion and Default controlling ways and contracts, and as we break through them, then are they finished for ever?

Nanna Beth, 1st Celestial Heaven – John's grandmother: That's right John, the Psychic Barriers don't have anything to do with any of us spirits, however, we are all limited by them in what we can do with you, even including those spirits in the mind worlds.



The barriers are imposed circuits of mind and feeling dictated to us by the tenets or 'laws' of the Rebellion and Default. If you like, humanity has Fallen from the Celestial level down through the seven Mansion Worlds, so through every plane and subplane and subsubplane and so on through seven subplanes of every plane in every Mansion World. And even then still being divided up into the negative relationship between the mind and feelings down to what you might see as a microscopic circuit level, that which we can't see, yet the angels can.

The angels are 'wired' into all the mind / feeling circuits, so know exactly where we are in our rebellion against these circuits, that being, how we should truly and lovingly live them and yet how we're not doing so whilst we're in our unloving and untrue states, and then where you are in your Healing of them. And each of these circuits, from the smallest and building up into the biggest, are what we call psychic barriers.

And they are all within you, and you have all to heal them all through your Healing. And that's on the personal level, which then also has to be done on the combined level for the whole of humanity.

So through your Healing, each bad feeling experience you have really equates to having to deal with one or more of these damaged mind / feeling circuits, which are then represented on all the levels within yourself, on the feeling, mind and will levels, and all in between. So when you express all the pain and submit to the bad feelings, no longer trying to control or fight them, you are effectively falling into the pattern of how you live and express your negative circuit, thereby de-powering it, short circuiting it if you like, which then liberates more pain and truth, which then allows the circuit to be made right, this being the progress as you ascend through your Healing up through the Mansion Worlds.



So these barriers are the dysfunctional mind / feeling circuits on all the varying levels. And what Marion and James are doing is crushing them all by taking them all within themselves, which they did through their early life, just like we all do, then Healing themselves systematically of them, each in their separate ways, which then opens the doorway for others to do through their Healing.

And for us Celestials, we have had to wait for them to work their way up through these circuits before we can act, because their breaking through and breaking them down means there are no longer barriers. And so as their Healing advances, so we've been able to do more by taking over as we've told you, and that's continuing on a daily basis. However the difficulty we still face, is, there are still some significant ones in place, so our hands are tied concerning them, and these are what we've been referring to that are causing problems for you and Crystal.

John: [To achieve the cancellation of the Psychic Barriers, it feels as though a few field mice are up against Goliath.](#)

Nanna Beth: So in all your different ways, you're pushing up against the coal face so to speak, you John, Crystal and Samantha, and there's nothing that can be done other than allowing the process to happen, because it's all being driven by the Mother and Father through your souls. So the real so-called fight between good and evil – Satan and Lucifer and the Devil (Caligastia) and forces of Darkness, has actually been going on these past twenty years or so (1993 could be said to be the start of James and Marion's personal healing) each of you in your own separate ways taking on the bad within you and looking to Heal yourself. And even though you, John and Crystal, might not be actively doing your Healing like Samantha is, still you're taking on the Healing and all that's involved on the mind levels by accepting all James (and Marion) reveal.

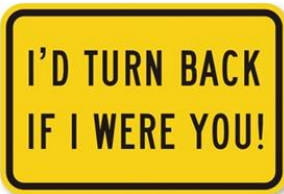
By you not rejecting them, so you are doing your bit to stick it up the Rebellion and Default, which is in fact the Great U-Turn – you are doing it in yourselves, which can then be followed by the rest of humanity. So you are, as you say, little mice trying to scratch a hole in the brick wall, slowly working away at the barriers. And this is being reflected by these unseen barriers at work with the Couriers, who of course don't understand anything about this, but it's why they simply think it's just another job and one that shouldn't pose any problems, so why not just get it done, when in fact they are embroiled in this monumental struggle because it involves you and Crystal.



And we Celestials are not powerful enough to break such hidden and unseen barriers. Only the Paradise Pairs are powerful enough to do that, that's what they are all about, and in particular the Avonals, because

it's what they are created to do, no one else can do it. And they can only do it by doing it within themselves, they can't see or know where these barriers are and deal with them through their minds, anymore than the Lucifers could see and control them by smashing through and breaking down the positive circuits as they rebelled. It all happens on the organic human level, with the rebellion being systematically passed on, getting worse, generation after generation, through the ages. And now it's all starting to reverse, all to change generation after generation up through the coming ages as humanity heals itself of its woe.

So I hope I've explained it better for you, it's all what we call 'technical' as it's all to do with the Mind side of things, that which is organised by the Infinite Daughter and Divine Minister, being carried out by the angels.



You can look at it like a matrix, that is often talked about, being created by the Daughter providing the inner mind-matrix or mind-circuits of Creation, about which and within which everything has its being. So your personality expression is built up around this matrix, being expressed in how your physical and spirit bodies are expressed in Creation. And so you can't do anything more than the mind and feeling levels you are on, other than increase their denial by moving deeper into your wrongness, or do your Healing and go the other way working your way out of it by changing your inner circuits. And these inner circuits are the templates for your whole being in Creation, so the laws of the physical body and all the rest run along them. And at best you can identify the laws or circuits, and live with them, but you can't change them. We can only change them within ourselves by doing our Healing. And as enough of humanity Heals itself, so then the greater changes will take place too. But that's more for the future. Right now it's about you few individuals doing what you need to do.



Negative Spirit Influence blocked
22 March 2017
Law of Compensation quickening
22 May 2017
Rebellion and Default officially ended
31 January 2018



We are TRUTH SEEKERS!

Gaste System vs Intelligence Quotient vs Map of Consciousness

We are Truth Seekers! We are to ask questions and then ask more questions. We are to long to know the truth of whatever we are drawn to. We may find that we are passionate about particular subjects and matters and others we have no interest in whatsoever. That is reflecting our true personality and a start to recognising the journey we are intended to experience. Not one of us is the same as any other personality and that includes those who have come before us and those who are yet to come. We are each a unique and wonderfully capable personality.

And there comes our Childhood Suppression. At the moment of our conception (some 16 days before our physical incarnation when the heart of our newly forming foetus begins to pump blood and that then heralds our incarnation and completion of our individualisation into the physical) we are perfect in all aspects. Our soul condition is recognisable as a little lower than 1,000 on Dr David R Hawkins' Map of Consciousness and our foetus is in perfect condition. Our soul has been doing everything to bring about our arrival into the physical.

Then we are literally fire hosed with the emotional injuries and errors of belief of our parents and those close within the family. This begins from conception and continues on seemingly endlessly through to around the age of six years, all the way through our childhood forming years. By the time we are six years of age, we will then be calibrating at the same level as one or the other of our parents, should they be dissimilar in their calibration on the Map of Consciousness. This is why there is and has not been for nearly 2,000 years any real evolution or growth in the consciousness of Earth's humanity.

ALL institutionalised systems, customs, norms are covertly structured to maintain control over us and ensure that we do not evolve in our consciousness so that we do not break free from the hidden control of the few who brought about our overall suppression and submission through their rebellion.



COMMERCIAL IN CONFIDENCE

Some 200,000 years ago, humanity was passively but persistently encouraged and guided to live mind-centric. We were led to believe that through our minds we could become all powerful, even mini-gods. We were to ignore our feelings which are always in truth and instead embrace our mind's guidance.

Interestingly, our mind cannot discern truth from falsehood, our mind is addicted to untruth, and our mind is a control addict. Assumptions we make are consequently 98% in error!



Women are closer to their feelings than are men. Consequently these hidden controllers brought about having women subjugated to men. If women were allowed to be free to have their say, they would have promptly brought an end to this rebellion, a rebellion that has prevailed these past 200,000 years. The Rebellion and Default is now to end.

But first we have a great deal to undo and then put aside while embracing The New Way of living Feelings First. Firstly we will explore the controlling mechanism of the Caste System coming out of India:

The Origin of the Caste System of India

<https://www.setfreealliance.org/indian-caste-system-explained/#>

26 August 2021

Maybe you learned what the caste system is in world history class in school. Maybe you thought it was a historical system that was left in the past a long time ago. But, unlike other societal divisions we've seen throughout history – this one still dictates much of life in India today. Including where you can live, what job you can hold, and even what water you can drink. But let us rewind. The caste system is deeply rooted in the Hinduism belief in karma and reincarnation. (Reincarnation is impossible, it never occurs.)

Dating back more than 3,000 years, the caste system divides Hindus into four main categories – Brahmins, Kshatriyas, Vaishyas and the Shudras based on who they were in their past life, their karma, and what family line they come from. Many believe that the system originated from Brahma, the Hindu God of creation, believing that the Brahmins represent the eyes and mind of Brahma and are therefore often teachers and priests, the Kshatriyas represent his arms and are often warriors, the Vaishyas represent his legs and are often farmers or merchants, and the Shudras represent his feet and are often labourers.

Here is the Breakdown of the Four Main Castes:

1. **Brahmins:** The highest and most esteemed caste. These people often hold the job of priest or teacher.
2. **Kshatriyas:** The second caste. These people are often known traditionally as 'warriors.' They often hold the job of farmer, trader, or merchant.
3. **Waishyas:** The third caste. These people often hold the job of farmer, trader, or merchant.
4. **Shudras:** The fourth caste. These people are often those that do manual labour.

Although there are 4 main castes, the system is divided into thousands of sub-castes, further dividing the people of India. Additionally, there is a whole separate caste, who society believes to be so vile that they aren't considered part of the system at all – the Untouchables or Dalits. They are completely shunned from society, forbidden to live amongst those of high castes.

Here are Some Facts about India's Caste System:

- Brahma, the four-headed, four-handed deity who Hindu's worship as the creator of the universe. The caste system is based on Brahma's divine manifestation of the four main castes explained above.
- Mahatma Gandhi spent much of his life working to bring equality to the Dalits (Untouchables). He referred to Untouchables as "Harijans," meaning children of God.
- Your caste is assigned at birth based on the caste of your family. (perpetuating suppression!)
- The caste system was first outlined in the Hindu text, the Laws of Manu – written around 250 B.C.
- Dalits are considered so impure, they are forbidden to share the same water, use the same street, etc. as higher castes.

Although many bigger cities across India have moved away from such a heavy influence on castes – the system is still very prevalent in villages across the country – determining who can live where, what job they can have, who they can speak to, and even what human rights they may have.

It's a system so deeply embedded in the culture of the country of India, it's guidelines and effects will live on for many years to come.

Attitudes about caste throughout India

<https://www.pewresearch.org/religion/2021/06/29/attitudes-about-caste/>

The caste system has existed in some form in India for at least 3,000 years. It is a social hierarchy passed down through families, and it can dictate the professions a person can work in as well as aspects of their social lives, including whom they can marry. While the caste system originally was for Hindus, nearly all Indians today identify with a caste, regardless of their religion.

The survey finds that three-in-ten Indians (30%) identify themselves as members of General Category castes, a broad grouping at the top of India's caste system that includes numerous hierarchies and sub-hierarchies. The highest caste within the General Category is Brahmin, historically the priests and other religious leaders who also served as educators. Just 4% of Indians today identify as Brahmin.

Most Indians say they are outside this General Category group, describing themselves as members of Scheduled Castes (often known as Dalits, or historically by the pejorative term "untouchables"), Scheduled Tribes or Other Backward Classes (including a small percentage who say they are part of Most Backward Classes).

Hindus mirror the general public in their caste composition. Meanwhile, an overwhelming majority of Buddhists say they are Dalits, while about three-quarters of Jains identify as members of General Category castes. Muslims and Sikhs – like Jains – are more likely than Hindus to belong to General



Category castes. And about a quarter of Christians belong to Scheduled Tribes, a far larger share than among any other religious community.

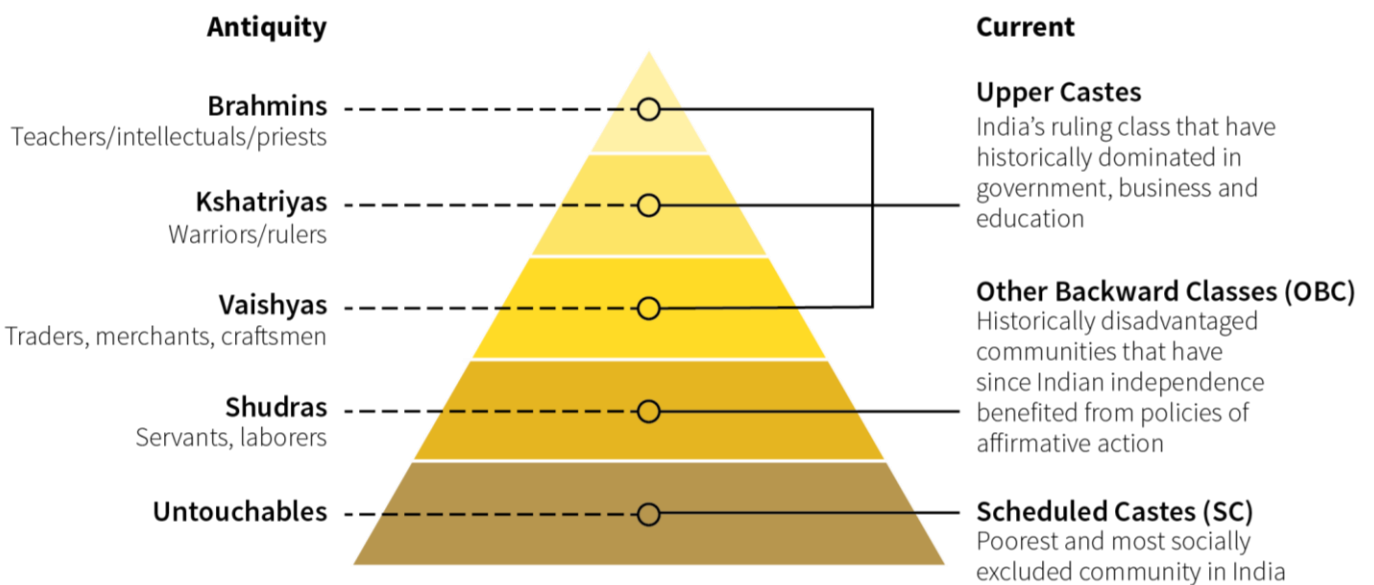
Caste segregation remains prevalent in India. For example, a substantial share of Brahmins say they would not be willing to accept a person who belongs to a Scheduled Caste as a neighbour. But most Indians do not feel there is a lot of caste discrimination in the country, and two-thirds of those who identify with Scheduled Castes or Tribes say there is *not* widespread discrimination against their respective groups. This feeling may reflect personal experience: 82% of Indians say they have not personally faced discrimination based on their caste in the year prior to taking the survey.

Still, Indians conduct their social lives largely within caste hierarchies. A majority of Indians say that their close friends are mostly members of their own caste, including roughly one-quarter (24%) who say *all* their close friends are from their caste. And most people say it is *very* important to stop both men and women in their community from marrying into other castes, although this view varies widely by region. For example, roughly eight-in-ten Indians in the Central region (82%) say it is very important to stop inter-caste marriages for men, compared with just 35% in the South who feel strongly about stopping such marriages.

Note: The caste system of India is a demonstration of Childhood Suppression on a grand scale firmly entrenched into the dogmas of national religions. This is institutionalised Childhood Suppression through major religions. Its anchor is in the false belief of reincarnation which never happens, cannot happen, and is a most unloving belief and a gross error of teachings.

Kindly visit www.pascashealth.com, then the Library Download page and in the Medical – Our Real Self, click on to open:

-  [Pascas Care Reincarnation.pdf](#)
-  [Pascas Care Incarnation.pdf](#)



The Caste System of India is spread outside of India through the migration of Indian's into neighbouring countries.

The Caste System of India was instigated through mind controlling personalities imposing their will upon a population that was open and unknowingly submissive to the corruption of their free will and way of life. Once a citizen is led to believe that they fall under one of the Caste System levels they continue to submit and subject themselves to such limiting error throughout their whole lives and impose this error of belief upon their own children leaving them ready prey to this controlling mechanism.

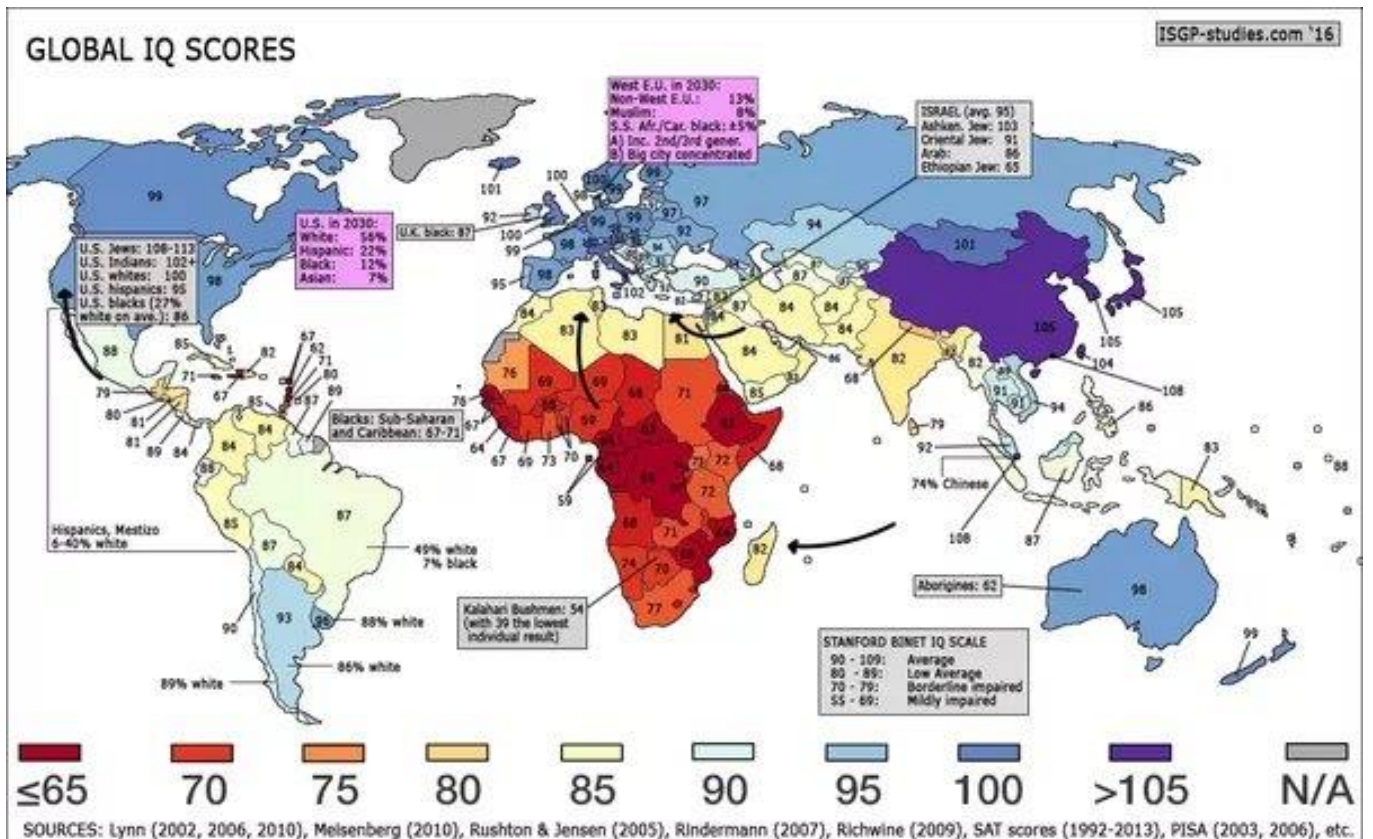
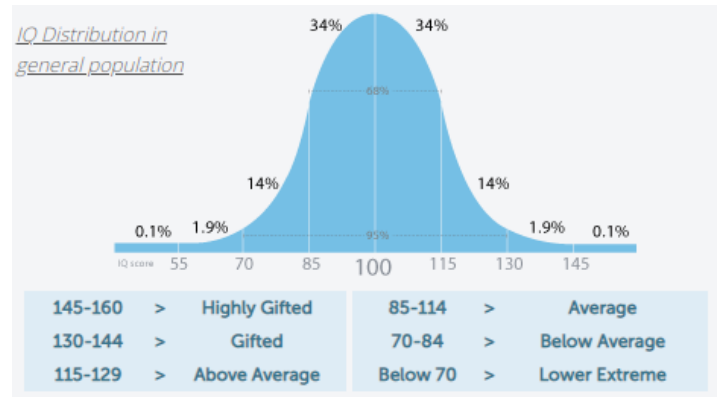
Intelligence Quotient (IQ) system is a modern day Indian' Caste System imposed upon the whole world through a modern day repackaging of those hidden controllers agenda.

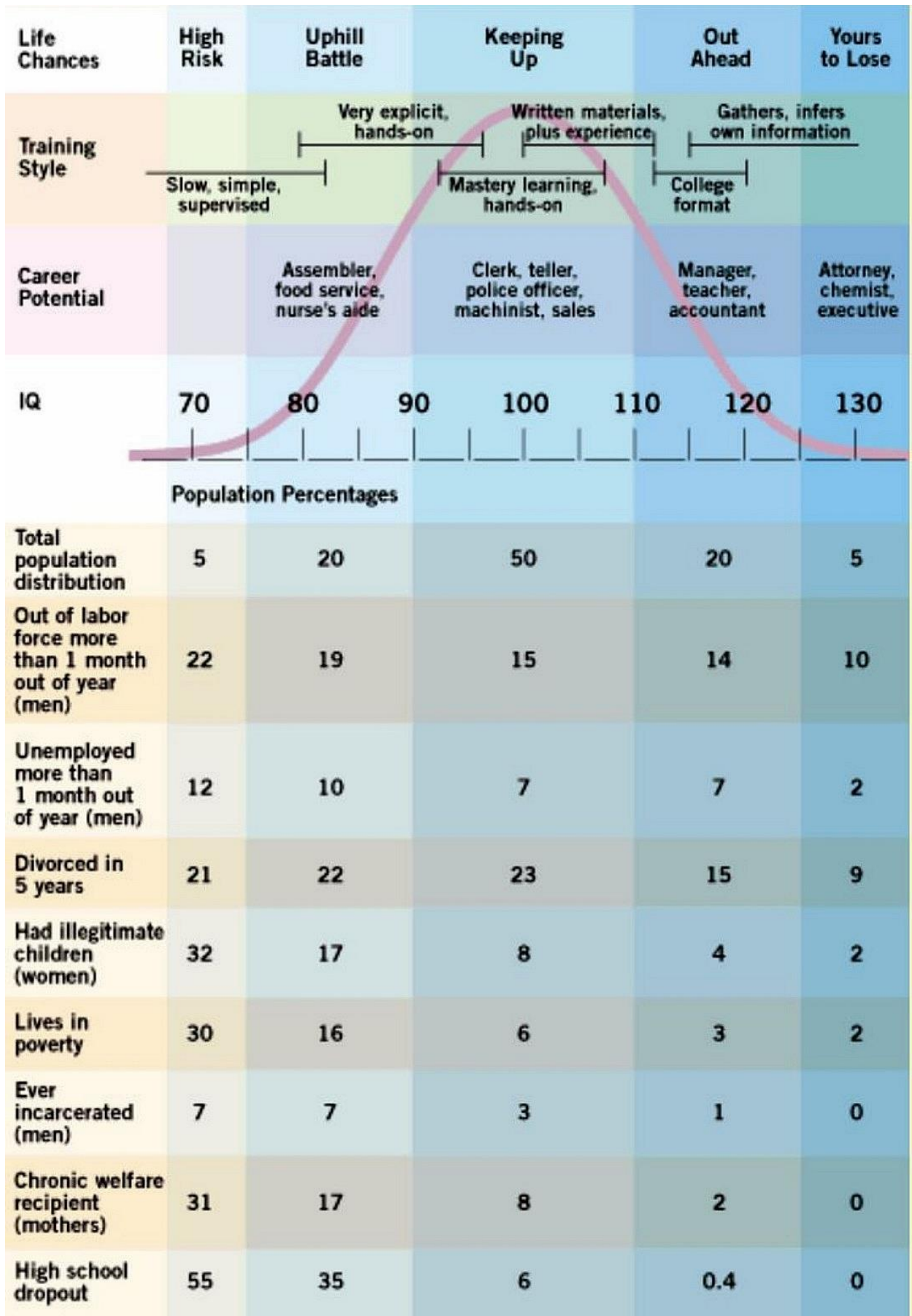
IQ (intelligence quotient) compared by countries

<https://www.worlddata.info/iq-by-country.php>

The question of the intelligence of a certain nationality or population may be controversial. In fact, intelligence is influenced by national, political, and geographic factors. Often surprisingly but scientifically proven, a warmer climate may badly affect the intelligence quotient. However, Childhood Suppression is the elephant in the room.

The displayed IQ was averaged from the results of 9 international studies and compared the average income and government expenditures on education from 1990 to 2010.





REALITY

We each will have our day in the sunshine. No matter what our present situation is, we will each have the opportunity and also engage and deliver unquestionably outstanding feats and demonstrations of our inbuilt intelligence and capabilities.

Presently, all of us are living out our individual Childhood Suppression. If we are not provided with the loving freedom to personally express our true selves, we are going to emulate the ways of our parents and carers that heavily influenced us throughout our childhood forming years, from the moment of our conception. We will remain stagnating throughout our lives never experiencing the capabilities that we each are blessed with prior to our conception. We are truly wondrous beings.

Should we not personally strive for more complex and interesting experiences, then we will not grow and develop our demonstrable IQ as we go along on our life's journey of discovery of truth and love.

We are each truth seekers. This is who we are and that is what we will continue to do throughout eternity. By reading this you are already becoming a research scientist!

However, a research scientist is mind-centric, she or he is caught under the glass ceiling trap of the mind and cannot grow beyond 499 MoC on Dr David R Hawkins' Map of Consciousness. Should we each strive to live feelings first then we may grow beyond 500 MoC and even beyond 1,000 MoC while living in the flesh here on Earth. Should we do this then all of humanity will benefit in wondrous ways!

Average IQ (intelligence quotient) score by Job

IQ test range	The average IQ score by Job
80	Factory Packers and Sorters, Labourers; Gardeners; Upholsterers; Farmhands; Miners, Sales Manager.
90	Truck and Van Drivers, Warehousemen; Carpenters; Cooks and Bakers; Small Farmers.
100	Sheet Metal Workers, Machine Operators; Shopkeepers; Butchers; Welders.
110	Salesmen; Foremen; Electricians; Clerks; Policemen; Telephone Operators.
120	Nurses; Accountants; Stenographers; Pharmacists; School Teachers; Managers.
130	Lawyers, Physicians, (Civil and Mechanical), Engineers and Surgeons.
140	Research Scientists and Professors.

Average IQ (intelligence quotient) – Classification Table

IQ test range	IQ Classification	% of World Population
130 and above	Very Superior	2.1%
121-130	Superior	6.4%
111-120	High Average	15.7%
90-110	Average	51.6%
80-89	Low Average	13.7%
70-79	Borderline	6.4%
Scores under 70	Extremely Low	4.1%

We are to embrace our feelings, both good and bad, and express them to a companion. But more importantly we are to long for the truth of what our emotions are drawing our attention to. We are fully self-contained, it is our feelings that are always in truth and love and this is what we are to embrace, we are to engage and follow our feelings and have our mind assist in implementing what our feelings are leading us to do – not the



other way around as we have all been previously taught.

What's Your Emotional Intelligence Quotient (EIQ) Score?

Should we grow up in a family environment that is engaged in routine endeavours such as picking leaves to make tea, fruit picking and general small crop management, painting buildings, even bridges, repetitive routines, then our experiences are not conducive to learning and discovery, consequently our 'IQ' will reflect that as being mediocre.



Should we seek out and engage in more complex employment and experiences, then our 'IQ' will lift reflecting the greater skills now being expressed by our personality. Thus, family exposure to industries related to considered university degree courses and a student's work experience within firms of that industry can greatly increase success for such students. Work experience with study leads to mastery.

However, should we embrace someone's assumption of the level that they consider our Caste System rating is or the 'IQ' rating that some system generates as our destiny then we are embracing the covert suppressive control imposed upon the people to the great detriment of ourselves and this can be ongoing for years should we not take opportunities to experience and investigate at every moment.

MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force. Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

GS vs IQ vs MoC

By utilising kinesiology muscle testing in the manner that Dr David R Hawkins introduced in his book, *Power vs Force*, we each can determine that:

The Caste System is a false doctrine and that it calibrates on the Map of Consciousness at 95
 The IQ (intelligence quotient) system is a false belief and it calibrates on the MoC at 94

Anything that calibrates under 200 is false, in error, wrong and generally harmful to us. While we live mind-centric we cannot progress beyond 499 and that is the peak of REASON. It is 499 that we find many of the world's most renowned scientists calibrating at. As they are mind centric they have reached the glass ceiling and cannot progress beyond until they begin to embrace their feelings.

We can easily calibrate the level of truth of anything! We can calibrate the books within our own library. As we do this we find that the quality of what we read lifts, and then lifts, and then lifts some more. Then we find we throw out most of what we had held in our library!

Power vs Force published by David R Hawkins calibrates on the Map of Consciousness at 850
 PASCAS PAPERS from Library Download page of www.pascashealth.com calibrate MoC 880

Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
 A calibration increase of 1 point is in fact a 10 fold increase in energy.
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
 Thus the energy differentials are in fact enormous!

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

James Moncrief 18 March 2018

This statement tests true at MoC 1,000

On 22 March 2017, negative spirit influence from the mind spirit Mansion Worlds has been blocked by Celestials from within the three Earth focused Celestial Heavens thus ending the continuation of such misguidance, influence and interference.

Thus, now we can determine what is true and what is not, we can determine the level of anything's truth and we do not need to read or embrace such material or writings before determining its veracity. Thus, kinesiology muscle testing with asking probing questions contribute to truth discovery. Our feelings are always in truth. We are to allow our innate guidance to surface and then we are to embrace this guidance.

Most importantly, we now can step away from traditions with certainty of their errors. We no longer need or continue to remain feeling compelled to adhere to past erroneous ways and practices. Further we now have revealed to us how to heal our emotional injuries and erroneous beliefs through Feeling Healing, and should we embrace our Heavenly Mother and Father's Divine Love by simply asking for it, then we are Soul Healing.

**This time, in the history of humanity, is
 the most exciting time ever experienced.**

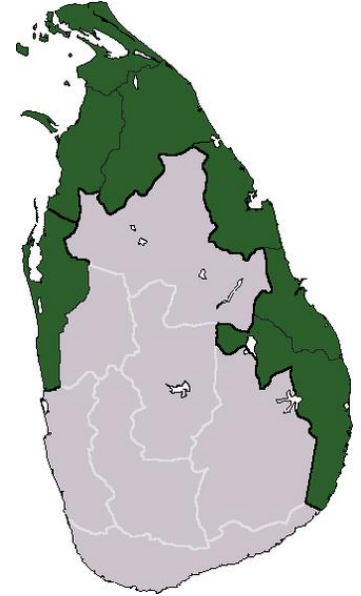
COMMERCIAL IN CONFIDENCE

Sri Lankan Civil War

https://en.wikipedia.org/wiki/Sri_Lankan_Civil_War

The area of Sri Lanka claimed by the LTTE as *Tamil Eelam*, where the vast majority of the fighting took place.

Date	23 July 1983 – 19 May 2009 (25 years, 9 months, 3 weeks and 4 days)
Location	Sri Lanka
Result	Sri Lankan Government victory <ul style="list-style-type: none"> • Liberation Tigers of Tamil Eelam militarily defeated • Sri Lankan government re-establishes control over entire island • Collapse of the Tamil Eelam de facto state • Tamil National Alliance drops its demand for a separate Tamil state • Transnational Government of Tamil Eelam established • Territorial integrity of Sri Lanka preserved
Territorial changes	Government regains total control of former LTTE-controlled areas in the North and East of the country.



The **Sri Lankan Civil War** was a civil war fought in Sri Lanka from 1983 to 2009. Beginning on 23 July 1983, there was an intermittent insurgency against the government by the Velupillai Prabhakaran-led Liberation Tigers of Tamil Eelam (LTTE, also known as the Tamil Tigers). The LTTE fought to create an independent Tamil state called Tamil Eelam in the north-east of the island, due to the continuous discrimination and violent persecution against Sri Lankan Tamils by the Sinhalese dominated Sri Lankan Government.

Violent persecution against the Tamil population erupted in the form of the 1956, 1958, 1977, 1981 and 1983 anti-Tamil pogroms, as well as the 1981 burning of the Jaffna Public Library. These were carried out by the majority Sinhalese mobs often with state support, in the years following Sri Lanka's independence from the British Empire in 1948. Shortly after gaining independence, Sinhala was recognised as the sole official language of the nation. After a 26-year military campaign, the Sri Lankan Armed Forces militarily defeated the Tamil Tigers in May 2009, bringing the civil war to an end.

Up to 70,000 people had been killed by 2007. Immediately following the end of the war, on 20 May 2009, the United Nations estimated a total of 80,000–100,000 deaths. However, in 2011, referring to the final phase of the war in 2009, the Report of the Secretary-General's Panel of Experts on Accountability in Sri Lanka stated, "A number of credible sources have estimated that there could have been as many as 40,000 civilian deaths." The Sri Lankan government has repeatedly refused an independent, international investigation to ascertain the full impact of the war, with some reports claiming that government forces were raping and torturing Tamils involved in collating deaths and disappearances.

Since the end of the civil war, the Sri Lankan state has been subject to much global criticism for violating human rights as a result of committing war crimes through bombing civilian targets, usage of heavy weaponry, the abduction and massacres of Sri Lankan Tamils and sexual violence. The LTTE gained notoriety for carrying out numerous attacks against civilians of all ethnicities, particularly those of Sinhalese and Sri Lankan Muslim ethnicity, using child soldiers, assassinations of politicians and dissenters, and the use of suicide bombings against military, political and civilian targets.

In Sri Lanka, yet another chance at post-war recovery

<https://www.thehindu.com/news/international/yet-another-chance-at-post-war-recovery/article61625399.ece>



29 February 2020

The former government began restructuring the damaged fisheries harbour to help revive livelihoods of the fisherfolk of Myliddy, located on the island's northern tip, in Jaffna peninsula. The Gurunagar fishing port in Jaffna, Sri Lanka.

More than a decade after the civil war ended in Sri Lanka, the Tamil people in the Northern Province continue to emphasise the need for jobs, livelihoods, and a reliable market. The new government's promise of development, they say, must come with meaningful reconciliation. Meera Srinivasan reports

The cellophane wrap is yet to be peeled off. The brand-new shutters are rolled up in almost all the 20 stalls along the margins of the large hall, 10 on each side. "It is nearly done. After all that delay because of the rains, it is finally over," says the middle-aged man supervising the construction. He looks relieved. The structure in Madduvil village in Jaffna district in Sri Lanka's Northern Province is an 'economic centre' initiated by the previous Maithripala Sirisena-Ranil Wickremesinghe government. Built at a cost of LKR 150 million (approximately ₹6 crore) (US\$420,000), the facility came as a response to northern farmers' frustration over being unable to sell their produce. They found the local market inadequate and fragile, and their links to the national market, from which they were cut off during the war, virtually non-existent.

The 'economic centre' was conceived as a central point where farmers could deposit their produce. From there, it could be transported to similar hubs, such as Dambulla in the Central Province, thereby linking the farmer to the island's major markets, and potentially more consumers.

An intense monsoon and many bureaucratic hurdles dragged the project over the last two years, and now, the change in government three months ago has cast doubts on its future. Officials in the Northern Province administration say they are awaiting directions from the new government.

People of the Northern Province want development to be tied to their rural livelihoods. A fisherman in Myliddy in Jaffna peninsula.



A decade may have passed since the civil war, fought by the state armed forces and rebel Liberation Tigers of Tamil Eelam (LTTE), ravaged Sri Lanka's Tamil-majority north and east. But the local economy is far from revived. In 2018, the contribution of the Northern and Eastern Provinces to the national GDP was lowest in the country, at 4.1% and 5.6%, respectively. The Western Province, where the capital Colombo is located, contributed 38.5%, according to data published by the Central Bank of Sri Lanka.

The Tamil people, who passionately demand accountability and justice for alleged rights violations, and a political solution to the national question, have also been drawing attention constantly to the need for jobs, livelihoods, a reliable market and rural credit that isn't predatory. And they have been made a promise.



‘Development, not devolution’ (**Devolution** is the transfer of some authority or power from a central organisation or government to smaller organizations or government departments.)

Following his big election win in November 2019, propelled mostly by the majority Sinhalese community, President Gotabaya Rajapaksa's message to the Tamils was unambiguous: “It's going to be development, not devolution.”

“For 70 odd years, successive leaders have promised one single thing: devolution, devolution, devolution. But ultimately nothing happened,” he told *The Hindu* in an interview a fortnight after he assumed office, and asked people to judge him by his record on

development after five years. His older brother and Prime Minister Mahinda Rajapaksa has also reiterated the message.

For people listening to the brothers' renewed thrust on development, the fate of projects initiated by the predecessor government is only one of the many questions that arise. The nature of development that the leaders might pursue is another key concern.

As the war ended in 2009, brutally claiming tens of thousands of civilian lives, then President Mahinda Rajapaksa undertook large-scale development — building roads, providing electricity and restoring railway networks — and never missed a chance to flaunt them. The infrastructure was no doubt necessary to rebuild the area razed by incessant bombing, but it was not sufficient to win over the Tamil people residing there. The government's version of development did not speak to the everyday concerns of Tamils yearning for a decent living, and a life without fear amid curbs by a powerful and omnipresent

military. The Tamils registered their protest at every opportunity — in the 2013 provincial election and the 2015 presidential poll when Mahinda Rajapaksa was unseated after a decade in power. Even in the November 2019 presidential election, they rejected the Rajapaksa brand, despite their many disappointments with the Sirisena-Wickremesinghe government.

Meanwhile, the post-war decade had left the Tamil community heavily in debt. Sporadic, piecemeal efforts from development organisations and NGOs proved futile and at times, compounded their misery. Struggling to keep their head above water — as living costs have spiralled and joblessness prevails — people wonder if the Rajapaksas’ development vision might be any different this time.

Patchy resettlement

It is only in the last few years that B. Sekar started using multi-day boats for tuna fishing. It was a big jump from his smaller, fibre glass boat that couldn’t go much beyond the coastline. “The tuna is for exports, mainly. We don’t eat it, our people can’t afford it,” he says, standing at a newly painted shelter facing the harbour.

The former government began reconstructing the damaged fisheries harbour to help revive livelihoods of the fisherfolk of Myliddy, located on the island’s northern tip, in Jaffna peninsula. Its first phase, completed at LKR 150 million (about ₹ 6 crore) (US\$420,000), was inaugurated in August last year. This was significant because the harbour was retrieved from the military and finally available for people to access and use. After having been displaced to places far away – in some cases even to India — about 100 fisherfolk families are now resettling in their former lands around the harbour.

Data from the District Secretariat show that in Jaffna district alone, over 400 families continue to live in temporary camps for the internally displaced. They are yet to return to their original lands, some of which the army still holds.

A new fault line in post-war Sri Lanka

Post-war resettlement has been at best patchy in the north and east, according to residents, for it’s never about families simply “moving back”. Resettlement entails finding housing (most houses were destroyed in war-time shelling), schooling for their children, and a steady income to rebuild lives. But for now, they at least get to go back to their land or sea, like in Myliddy.

“If this fisheries harbour is to really work for us, it has to be extended to accommodate more boats. Otherwise it will be a clamour for space all the time. If only they would take our views, we can explain exactly what is required here,” Sekar says.

Barely a few feet away, other fishermen have lined their small boats that have no place in the big harbour. “They’re developing this fisheries harbour, but you can see how they benefit only the large [multi-day] boats. Our catch has taken a big hit because the oil from the bigger boats coat and damage our nets, and we have no place to even mend them,” says P. Rasakumar. His family has returned to the area after being displaced for 28 years.

The “fruit” of development, going by his account, is skewed in favour of the relatively more powerful, even within a vulnerable community. If a multi-day boat owner like Sekar says his views are yet to be factored in by policymakers, Rasakumar has little hope his might even be heard.

On the one hand, the locals can't let go of the development — however slow-paced, inadequate or lopsided it might be. On the other, the nascent development at their doorstep threatens to breed new conflicts — for instance, between the fishermen operating large boats and those owning small ones; or between the local Tamil fishermen of Myliddy and the Sinhalese fishermen from the southern parts of the island who park their large boats and land their catch here.

Making returning citizens feel at home **Resolving conflicts**

Lebbai Rifas in neighbouring Mullaitivu district shares the concern. “Local contradictions constantly weigh us down,” says the 42-year-old, who runs a bakery in Mulliyawalai town. He is referring to the difficulties faced by Tamil-speaking Muslims who were trying to resettle in their lands after living elsewhere since the 1990s when the LTTE evicted them overnight. Rifas was in class nine when his family was forced to leave their home. “Nearly 1,000 families have returned now and it's not just about their land. It's about having access to agriculture, fisheries. How can you plan for development without addressing the gaps in resettlement? A progressive vision to develop our district cannot emerge unless we resolve these local tensions,” he says. “There cannot be development without reconciliation within.”

Sri Lanka's unsettled land question

If Rifas cannot envision development without reconciliation, farmer K. Sivalingam from Kokkilai town sees no point in development without power devolution. “It has been 10 years since the war ended and look at us! All we want is to be able to govern ourselves, manage our own affairs at the provincial level. They don't even want us to sing the national anthem in Tamil,” he says, dejected.

Like him, many people in Jaffna and Mullaitivu repeatedly referred to the Rajapaksa government's decision to drop the Tamil anthem from the Independence Day celebrations on February 4. They see it not just as a denial of their basic right to express in their language, but also as a move foretelling more exclusion in future. Some are cynical and others, hopeless.

The people of Mullaitivu, one of the poorest districts in the country, speak of their alienation from Colombo. But they also feel distant from Jaffna. “Whether it's provincial administration or policymaking, everything is so Jaffna-centric. They don't understand our specific needs,” says M. Kuhanathan, a retired school principal from Vattappalai town.

The persisting disparity within the Province, between Jaffna peninsula and the Vanni (the mainland area including Mullaitivu, Vavuniya, Mannar and part of Kilinochchi district), is a familiar refrain here. “Even the war hit the Vanni a lot more, but we are still cut out,” Kuhanathan says, seated in the airy veranda at his home, barely 15 km from Mullivaikkal, where the war witnessed its gory end. He urges authorities to move on a **proposed bridge connecting Mullaitivu with the Eastern Trincomalee district**. “That will bring more people to our district. We cannot have investment without enabling infrastructure. And that infrastructure should benefit the people here,” Kuhanathan notes.

“There are many local needs that both the Central government and our own provincial government [2013-2018] have ignored for long. Now the national leaders are using the trope of development only to access big international loans, nothing else,” he adds.

Zooming into the rural

“We have natural resources, we just need to tap them thoughtfully,” says Kuhanathan, echoing a sentiment often heard from people of the Northern Province, particularly the Vanni. Their developmental aspirations are closely tied to their reliance on the rural economy — agriculture and fisheries.

At the same time, officials who have worked in the Province for long emphasise the need for industries if the challenge of unemployment has to be addressed — more so in Jaffna, where agriculture is not as central to the economy as in the Vanni.

According to Sri Lanka’s Labour Force Survey in 2018, the Northern and Eastern Provinces have among the highest unemployment rates in the country, 5.6% and 6% respectively, though the figure doesn’t capture those precariously engaged in the informal sector, or others who have simply given up looking for jobs.

“Most youth want government jobs, but that’s not practically possible. There is a young labour force with few options. They are not inclined towards agriculture or fisheries even if their parents are in those sectors. We need industries to come up, so they can be absorbed,” says a senior official, requesting not to be named.

Two Asian powers and an island

A Central Bank-commissioned report in 2018 on an economic development framework for the north too recommends investing capital in existing and new small-scale industries to boost local productivity. It underscores the need for greater capital investment “to compensate for the tremendous destruction of capital assets and decades of crippled capital accumulation”.

Elusive investment

Small industries are not alien to Jaffna. Records of the Department of Statistics show that in 1983, Jaffna district alone had 3,121 manufacturing units, where thousands were employed until the war began raging. Similarly, the industrial estate in Atchuvvely, Jaffna, was set up in 1971 and had over 30 factory units employing a few thousands. They were destroyed during the war. The estate was revived in 2014 with Indian assistance, but the half-a-dozen medium-scale industries functioning now have been able to employ barely 100 people. Successive governments have spoken of reviving defunct old factories, including cement and tile across the Northern Province that is home to about 10 lakh (1 million) people, but are yet to show just how they would.

Further, the industries have to be re-oriented towards production for local consumption, not merely for exports, notes Ahilan Kadirgamar, a political economist at the University of Jaffna. Post-war, the thrust has been either on large-scale development, including World Bank or Asian Development Bank-aided projects for millions of dollars, or export-oriented production that is yet to kick-off. “Neither addresses the very specific needs of the people of this Province. We need development that appreciates the strengths and challenges of our rural economy, we need jobs to generate incomes here, and a market locally and nationally to sell what is produced here,” he says.

IMF says Lanka’s economy recovering from Easter Sunday attacks, projects 3.7% GDP growth in 2020

However, industries, small or big, cannot simply be resurrected in a war-battered economy unless there is a conducive environment. That is perhaps why many are pinning their hopes on the Palaly airport,

redeveloped last year, and the Kankesanthurai harbour that the new government has promised to develop. At present, army-run hotels dot the coast here, with no other commercial activity in sight.

The Government of India is involved in both projects. It offered an LKR 300 million (about ₹12 crore) (US\$840,000) grant to upgrade airport facilities, and also approved a US\$45.27 million Line of Credit to redevelop the harbour that could attract investment, in addition to improving logistics and connectivity. Potential investors and officials in Jaffna say once operational, the harbour will ease import of raw materials. Locals see the opening of the airport as crucial, especially after India's Alliance Air in October launched direct flights connecting Jaffna and Chennai thrice a week. However, high costs and a limited baggage allowance of 14 kg has set limits to business opportunities in the sector. The promise of this "regional airport" depends on the government further upgrading its facilities.

"That is our main focus — improving connectivity through the airport and the port," says P.S.M. Charles, Governor of the Northern Province, concurring with the popular demand. As a representative of the President at the provincial level, the Governor holds considerable administrative powers, particularly in overseeing Central government-backed projects. "We have ancient temples, beautiful beaches and places of historic significance in this Province. There's great potential for both industry and tourism. We welcome Indian pilgrims and tourists. We are also keen to have Indian investors," she told *The Hindu* at her bungalow.

The projects would need at least a few years to become fully operational, and much longer to help create the "hub". It's not just time, but also human resources that are crucial.

"So many of our people left the country during the war. Today, human resource is also a challenge. But we have to somehow overcome this. If Japan and Germany could re-emerge so strong after their wars, why aren't we able to," asks Kandasamy Suseendran, a retired banker from Jaffna.

Meanwhile, those facing the brunt of the post-war impact are desperate to move ahead. This is especially true of the generation that witnessed the war all through, and those who had nowhere else to go. "There isn't a job I haven't done to survive," says M. Arunthavamalar in Mullaitivu, who works in small farms.

IMF approves release of US\$164 million tranche to Sri Lanka, says economy slowly recovering

"Everyone seems to want to promote individual entrepreneurship, like sewing or livestock farming, and not collective work. We are all left to our own devices and there's no way we can scale up our business. See the interior roads here, they're rickety and quite un-motorable. How do we reach the market," asks the 57-year-old leader of a women's co-operative society.

As a single mother, Arunthavamalar has had to brave displacement to other districts for years and raise her daughter with her income. The end of the war brought little relief to her. "If I had this hand, I could do a lot more work," she says looking at her left arm. It is amputated till over her elbow, following a grievous injury in a bomb shelling in Mullivaikkal where scores of people moved in May 2009, after the army declared it a safe zone. That is also where tens of thousands of civilian deaths were reported.

For her, development is not insulated from the trauma of the war, or a decade's fatigue since. At some level, the challenging life she leads today is a stark reflection of the failed promise of post-war recovery. "A lot of time has gone by. From the outside it might seem somewhat normal now. But if you ask me if there is peace, I can't say yes."

Ten years on: on end of Sri Lanka civil war

<https://www.thehindu.com/opinion/editorial/ten-years-on/article59779938.ece>

20 May 2019

Sri Lanka has not done enough to usher in reform and reconciliation since 2009

Is one decade of peace enough to undo the devastating effects of a civil war that lasted nearly three decades? As Sri Lanka completes 10 years since the brutal and decisive war against Tamil militants came to an end, it must be acknowledged that the country has not achieved much tangible progress towards ethnic reconciliation, accountability for war-time excesses and constitutional reform that includes a political solution. The fruits of peace are limited to the revival of economic activity, but the pervasive grievances of the Tamil minority remain. Some progress has been made in resettlement and rehabilitation, but complaints abound. Many say their land continues to be held by the military, which also controls huge swathes of state-owned land. Preliminary steps were taken towards forging a new Constitution, but the process seems to be at a standstill. There is no sense of closure for families affected by the disappearance of thousands over the years. The creation of an 'Office on Missing Persons' has not inspired enough confidence. There is no mechanism to secure justice for those massacred in the closing stages of the war. What continues is the fractious politics of leaders of the national parties. Jockeying for power has overshadowed the promise of good governance, economic growth and a push towards a constitutional settlement.

Half the period since the end of the war was marked by triumphalism and also warding off international pressure for an inquiry into possible war crimes. The year 2015 brought to power a new regime, a fresh promise of democratic governance, and the infusion of a spirit of political and constitutional reform. Any reckoning at the end of 10 years would possibly have been marked by a tabulation of peace-time gains and failures. However, a month ago everything changed. The Easter Sunday bombings have taken the country back to the time when terrorism was the dominant theme. This time, there is no real 'underlying cause' to address; no group or organisation to talk to; and no tangible political grievances to redress. The serial blasts, executed by fanatical elements apparently inspired by the Islamic State, may be a flashpoint for a fresh round of inter-ethnic and inter-religious tension. Already there was some indication last week when Sinhala mobs attacked predominantly Muslim villages in waves, destroying property and threatening the people. Anti-terrorism laws and emergency regulations are back in full measure. The biggest adverse fallout is that a new dimension has been given to inter-ethnic suspicions that may deepen distrust among communities. As prospects of accountability for past crimes and constitutional reform recede, some sections, including the incumbent regime, may believe economic development may be enough to propel the country forward. But when tensions persist among communities, nothing can make up for the absence of reconciliation and trust among all sections. Never has Sri Lanka needed a shared sense of nationhood among all its peoples more than it does now.

Sri Lanka: awaiting justice for a decade

<https://www.thehindu.com/news/international/sri-lanka-awaiting-justice-for-a-decade/article27165855.ece>

Jaffna 17 May 2019

Some of the lands of survivors are yet to be released, relatives are still missing and reconciliation is afar

Given a choice between living in a camp for displaced persons and in a home of his own, Dinesh Kumar would have chosen the latter any day. But nothing prepared him for the daily battle at his new house.

“I go to the sea to fish, but the catch has fallen drastically in the years we were displaced. I do some home gardening with my wife, we barely manage,” said the 30-year-old, standing in front of his small, Army-built house in Tellippalai, in Jaffna peninsula. Authorities have named the colony ‘Nallinakkapuram’ (colony of reconciliation). But for residents here, concerns over finding livelihood and drinking water have trumped the relief of being back on their land.

Over the last couple of years, over 80 families have relocated here, after being displaced for decades during Sri Lanka’s three-decade-long civil war between the state armed forces and rebel Tigers. The war ended 10 years ago with a brutal finish, as the armed forces defeated the LTTE. It claimed 40,000 civilian lives in the last phase alone, leaving behind a trail of grief and mass destruction.

For the survivors, healing hasn’t been easy. The post-war efforts of the two governments in power since 2009 have at best been patchy, and grossly inadequate, going by several residents’ accounts. With justice out of sight, reconciliation appears even harder for some. Nallinakkapuram residents pointed to gaping holes in the roof of their homes built by the Army. During the rains, many are forced to seek shelter elsewhere. Residents in some other areas, who tried building their own homes with foreign donor grants, often found themselves trapped in debt. The grants proved insufficient amid spiralling costs and jobs remain scarce in the war-hit areas.

The lack of jobs and the pressure of predatory loans, especially among women, have been recurring themes across the Northern and Eastern Provinces, which have tried bouncing back for a decade now. A Presidential Task Force has been working on reviving old factories to generate employment, but the pace has hardly helped, according to many.

Emerging local conflicts over land and water among former and newly resettled residents have not only fanned tensions within the community, but point to the many challenges in resettlement.

Seemingly ‘bread-and-butter issues’, they add up to a stifling post-war reality that makes everyday life significantly harder for the war-hit community. “We lost our homes, we lost our loved ones. Today, as we try to build a new life for our children, we are struggling to make ends meet,” said a resident, who asked not to be named, citing possible “action” from the military. “Why take a risk,” he said.

Militarisation

Ten years after the war, there are families in the north who are still agitating to retrieve their military-held land. Most of the private land held by the Army has been returned in the last few years, but the military still holds considerable amount of state land which, residents say, ought to be used for the public, or for the thousands who don’t make it to beneficiary lists of various projects because they are landless.

COMMERCIAL IN CONFIDENCE

“With so few jobs available, a relative of ours worked in an Army-run farm until last year. But wearing the uniform they give and toiling in their farms made her uncomfortable after a point,” said a young woman in Kilinochchi, who spoke on condition of anonymity. “In our case I work in a garment factory, so she quit, but some people don’t have a choice.”

For those who were already concerned about the lingering military presence after the war, the recent Easter attacks have brought a new, but familiar concern. “The attacks were somewhere else, but the military started intimidating us in the north first. The number of security checks and the heightened surveillance is bringing back awful memories of those war years,” said Leelavathi Ananthanatarajah, an activist based in Kilinochchi.

Old fears

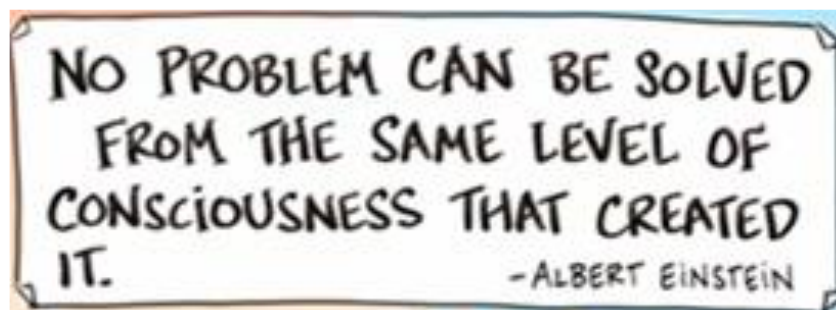
“Some of us are hoping to go to Mullivaikkal tomorrow for remembrance, but we fear they will try to prevent us from even remembering the dead,” she said.

The post-war years have been rather unkind to many like her who are looking for their missing relatives. Enforced disappearances are among the chief concerns of many survivors of the war.

The Maithripala Sirisena-Ranil Wickremesinghe government set up the Office on Missing Persons (OMP) “only to show Geneva that they are doing something,” she said, referring to annual UNHRC sessions.

“We know their task is huge and not straightforward. But we say take some five cases where substantial evidence is available. Show us how you might deal with those cases for us to put our faith in the mechanism,” said Ms Ananthanatarajah, secretary of an association of families of disappeared persons in the north-east.

Moreover, politicians who promise to deliver on accountability never fail to mention they will never punish a “war-hero”. “What are the chances that we will know the truth? And authorities speak of interim relief and reparations already. That could only mean that authorities think justice is dispensable for us, right? Surely it is not,” she said.



Sri Lankan government to set up special North-East development fund

<https://www.thehindu.com/news/international/sri-lankan-govt-to-set-up-special-north-east-development-fund/article65259973.ece>

25 March 2022

COLOMBO

The Sri Lankan government will set up a ‘North-East Development Fund’ to increase investments in the war-affected areas, while probing cases of enforced disappearances and land grabs that remain chief concerns of the Tamil people 13 years after the war ended.

The announcement came on Friday, after President Gotabaya Rajapaksa met a delegation of the Tamil National Alliance (TNA), the largest grouping of parliamentarians representing districts in the north and east. It was Mr. Rajapaksa’s first meeting with the country’s Tamil political leadership since his election to office in November 2019. The meeting took place for over two hours at the Presidential Secretariat, with Prime Minister Mahinda Rajapaksa, his older brother and Irrigation Minister Chamal Rajapaksa, also present.

The TNA has been demanding that the government deliver the long-pending political solution to Sri Lanka’s national question, through a new constitutional settlement. The demand was the thrust of TNA leader and veteran Tamil politician R. Sampanthan’s letter to President Rajapaksa ahead of the meeting, twice postponed before it was held on Friday. But the government sought to postpone the discussion on the political solution, as an experts’ committee report on constitutional proposals is expected to be made public within two months’ time, according to TNA spokesman and Jaffna legislator M.A. Sumanthiran.

The President meanwhile agreed to focus on four key areas, including possibly releasing long-term detainees under the country’s draconian Prevention of Terrorism Act (PTA) -- which the government recently amended but critics want repealed – and suspects held without being charged; ending the **incessant land grabs** in the north and east by different state agencies to allegedly change the demographics of the region; inquiring into cases of enforced disappearances and establishing a special development fund for the north and east, he said.

Families of disappeared persons, mainly women, have been protesting for years now, demanding the truth about their loved ones who went missing, or surrendered to the military during the civil war years or soon after. Mr. Gotabaya, who was Secretary to the Ministry of Defence during those years, has **denied there were enforced disappearances** then.

‘Truth-finding’ mechanism

At Friday’s discussion, the President told the TNA that his government was working on “a number of issues”, including the release of suspects held in long-term detention, and those who have not been charged or prosecuted, the launch of “a truth-finding” mechanism, the amendment of the PTA and resolving “issues related to missing persons”, a statement from his office said.

President Gotabaya has in the past **emphasised development over devolution**, as the most important need for the war-affected areas. The initiative to set up a development fund exclusively for the war-affected areas comes nearly three years after his election, amid widespread joblessness, indebtedness, and poverty in the region that the pandemic and Sri Lanka’s current economic crisis have only aggravated. Earlier this week 16 people from northern Sri Lanka fled the country’s current economic crisis, and sought refuge in Tamil Nadu.

Tamil question

Meanwhile, in a recent All Party Conference convened by the President on the economic crisis, TNA Leader Mr. Sampanthan spoke of the need to urgently address the Tamil question. The long civil war pulled the country and its economy down by decades, and the reasons for the war remain unresolved, with the Tamil people still denied their right to equality and dignity, he had observed. “We are willing to work with the government to solve this economic crisis, but we must remember that without a decisive political solution, we will not be able to revive our country’s economy,” he had said.

Commenting on the TNA’s opinion of Friday’s meeting with the President, spokesman Mr. Sumanthiran told *The Hindu*: “The success of today’s meeting will depend on the government’s prompt action on the issues they have agreed to address.

EINSTEIN'S THEORY of INSANITY



Enter:

The NEW WAY **The NEW WAY**

COMMERCIAL IN CONFIDENCE

ESTATE LIFE



<https://tealeaftrust.com/beginnings-estate/>

TEA - A HOT CUP OF COLONIALISM

Colonialism. Everyone's talking about it. It seems to seep into everything. Even your tea.

In the early 1800s, the British realised they needed a large workforce to grow tea in Sri Lanka, so began a recruitment drive that preyed upon low caste Indians from mainly Tamil speaking areas (Indian Tamils) with the promise of work, better living conditions and a much better quality of life for them and their families.

The Indian Tamils targeted by the British were struggling with their life in India. Facing potential starvation from large-scale recurring famines, discrimination because of their low-caste status and constant poverty, moving to Sri Lanka to work on the tea plantations seemed like a lifeline to a better and brighter future. Paying the exorbitant recruitment costs and putting this crippling debt to the back of their minds, they arrived on Sri Lankan shores brimming with excitement about their new life.

Excitement quickly turned to despair. The situation that faced them on the tea plantations were difficult, to say the least. Tea estates were closed communities, isolating workers and their families from the outside world. Housing built for the workers and their families were row after row of barrack-type single rooms (line rooms). Entire families had only a room no bigger than 12×12 feet to live in. With virtually no sanitation, water, medical facilities or schools, the long hours, the quotas and the harsh field officers made their work even more burdensome.

FAST FORWARD 160 YEARS

So, nearly 160 years on and you think things would have changed, right?

WRONG.

The tea estate community remains one of the most oppressed sections of the working class in Sri Lanka. Still relatively isolated, the people in these rural slums continue to endure a deliberately set-up system that enforces servitude. Most of the young people in these communities live below the poverty line and most live in families where alcoholism and domestic violence are rife, these issues being endemic on the tea estates. Education is chronically underfunded and based on a curriculum lacking relevancy to the modernising job market in Sri Lanka. Couple this with the fact that young people from the tea estates are often discriminated against when seeking employment means that they are faced with a chronic lack of career prospects outside of the tea plantations.

This information has been taken from the American Institute for Sri Lankan Studies available at: <https://www.aisls.org/resources/teaching-about-sri-lanka/teaching-about-tea/tea-and-immigrant-labor/> and a report from the World Bank group entitled “Sri Lanka, Ending poverty and promoting shared prosperity”. 2015

EDUCATION ON THE TEA ESTATES

“Poor outcomes in education block the ability of the estate population to participate in Sri Lankan society.” The World Bank, 2015

There is well documented evidence showing a wide gap in the education provided by government schools on tea estates compared with that in schools in rural and urban areas.

Education on the tea estates is characterised by its lack of resources, its lack of qualified teachers and poor teaching facilities. The subjects crucial for employment in a nation developing as rapidly as Sri Lanka – English and IT – are taught by teachers without the expertise or qualifications, leaving youth on the estates entirely unprepared for professional work away from the tea estates. In addition to this, the scale of poverty leads to high dropout rates; in a region where 80% of the students we support live on less than USD 1 per day, many must trade in their education to support their families.

Providing quality education is difficult. The remote locations of the tea estates mean that many qualified teachers are reluctant to move into these areas. The lack of qualified teachers, results in a lack of relevant qualifications to move into better paid employment, so a career outside of the tea plantations is difficult, if not, impossible.

Both parents and children are acutely aware of this and many drop out of education as a result. The World Bank (2015) reported that only 53–63% of children completed their primary school education, which is significantly lower compared to Sri Lanka as a whole, which stands at 82–86%.

Only 20% of the population of the tea estates has secondary education and 2% have post-secondary education compared to the national average of 52% and 21% respectively. The proportion of tea estate children completing O-levels stands at around 9%. However, the proportion of the estate-sector working-age population with at least 2 A-levels remains low at 3%, although improved from 1% in 2003.

English education is absolutely vital for a chance of a progressive career. An O-level C grade pass is crucial for office / retail / hospitality based employment. However, qualified English teachers are

extremely rare in tea estate schools. Many teaching English can't speak it themselves and leave it to the students to learn by themselves.

It is also well documented that teachers do not teach the full curriculum, instead finishing it off through private classes, which tea estate children cannot afford.

This overall lack of quality education for children on the tea estates blocks their ability to rise above the poverty they come from. As a result, they remain unemployed, or they become tea pickers themselves, or leave for manual / domestic work in the larger cities such as Colombo or Kandy, working for a similar wage but terribly abused because of the communities they come from. Many will also take on crippling debt and travel to the Middle East, taking exploitative and dangerous work as domestic servants or labourers.

LIVING CONDITIONS

“Sadly between 1980 and 2014, only 31,000 houses have been constructed on tea and rubber plantations. This is no more than 912 houses each year and nowhere near the number that is needed to replace housing that is not fit to live in. At the current rate of building new houses, **it would take a further 175 years to ensure that the existing number of households (that is, excluding their natural increase) will benefit from the housing program.**”

Study on Housing Rights of the Plantation Community and Gain the Ownership of Houses, Institute of Social Development, 2015

There is a stark contrast in living conditions on tea estates compared to the rest of the country. Many of the basic facilities that we take for granted are either of poor quality or missing altogether. Analysis from the World Bank Group, 2015 shows that in comparison to the rural and urban areas of Sri Lanka, people living on the tea estates have significantly poorer living standards. From drinking water through to sanitary facilities and electricity within their households, people living within the tea estates are less likely to have these basic facilities.

The differences are particularly large for the availability of drinking water; only 68.1% of households in the estates have drinking water available inside their premises, compared to 77.3% of households in rural areas.

Similarly, less than one-third of estate households have a toilet available in their unit (a unit comprising of a group of line rooms with different families living in them), compared to 43% of households in rural areas.

It has been argued that the lack of toilets and running water provides a further problem for women – mothers and daughters need to wake up early in the morning and go to bushes for bathing and other needs, which exposes them to all kinds of threats, including unwanted sexual attention.

Entire families continue to live line rooms – barrack-style single rooms that are roughly 12 by 12 feet and described as crowded, damp, smoky and dark with leaking roofs and inadequate light and ventilation.

Housing, education, healthcare and childcare are often provided as non-monetary “welfare packages” to tea estate workers. However, it is well documented that this creates a total dependency of workers on the management for all aspects of their lives with little means of escape.

TEA LEAF TRUST – A WAY FORWARD

By observing the many crosscutting issues affecting the development of the estates and the people who live on them, it became apparent to the Tea Leaf Trust board members that the focus of our work had to be on more than just formal education. Although our projects would work to enhance the future prospects of youth through a focus on employability skills and English, goals were also developed to focus on the bottom-up transformation of these exploited communities through engaging their young people, who represent a key generation following the end of the 25-year civil war (23 July 1983 – 18 May 2009), as well as the future of Sri Lanka. Tea Leaf Trust had to develop methods of empowerment and a desire for growth among these young people to become positive and engaged ‘change agents’ within their communities.

POVERTY

- 92% of the students live on less than two US dollars a day
- The daily wage for a tea picker is £3 (US\$ 3.50)
- Indian-Tamils living on the plantations have the highest rate of poverty of 11.4% in comparison to the national average of 8.9%
- 63% of the population live in line rooms, which offer very little privacy, poor ventilation and often poor hygiene

EDUCATION

- Only 20% of the population of the tea estates has secondary education and 2% have post-secondary education compared to the national average of 52% and 21% respectively

HEALTH

- One in three infants are born underweight on tea estates
- 41% of children are stunted and underweight
- 75% of men have alcohol addiction issues and addiction to alcohol is seen as a primary cause of poverty

GENDER

- 83% of tea estate women suffered from domestic violence, 20% of which was sexual violence
- Many women are subjected to compulsory family planning which violates a woman’s reproductive rights
- Women face a double burden as income earners and caretakers
- Women constitute for the majority of the union members on plantations, but less than 1% of the decision-making level positions are held by women
- 90% of women in Sri Lanka report sexual harassment on public transportation

Extent Under Tea, Rubber and Coconut in Estate Sector by District
Extent in Acres

District	Estate Total Extent	Tea	Rubber	Coconut
Colombo	13,195	149	9,462	1,047
Gampaha	18,951	-	1,101	15,207
Kalutara	67,728	2,603	40,993	1,466
Kandy	70,421	37,041	500	1,625
Matale	43,903	11,796	4,179	4,883
Nuwara Eliya	151,950	114,214	5	18
Galle	39,381	8,816	11,987	2,160
Matara	35,714	15,760	5,344	2,660
Hambantota	14,265	-	5	3,133
Killinochchi	40	-	-	30
Ampara	469	-	-	118
Batticaloa	1,239	-	-	588
Kurunegala	121,804	24	5,425	93,631
Puttulam	55,757	-	-	42,352
Anuradhapura	5,806	-	-	699
Polinnaruwa	9,764	-	-	2,038
Badulla	101,017	61,833	908	82
Moneragala	11,288	2,105	3,212	447
Ratnapura	97,595	31,921	29,991	1,708
Kegalle	90,657	7,676	50,038	1,976
Total	950,944	293,938	163,150	175,868

Estate sector consists of **all plantations which are 20 acres (8 hectares) or more in extent and with ten or more resident labourers**. Rural sector. All areas other than urban and estate comprise the rural sector.

The majority of population in Sri Lanka is in rural sector (77.4%). **Urban population share of the country is 18.2% while the estate population consists of 4.4% (about 975,000 people)**. Thus, 81.8% (18,080,000) of the population is rural with 4.4% (975,000) of those being within estates in 2022.

Plantation community lagging behind national health indicators

<https://www.sundayobserver.lk/2018/07/29/news-features/plantation-community-lagging-behind-national-health-indicators>

29 July 2018



Tea plantation line houses in Sri Lanka

The Review also highlights that the Plantation sector has separate rules and provisions for health care provision, where preventive services fall under Provincial authority and Curative Care falls under estate management through estate dispensaries and estate medical assistants (EMAs) and Government run health facilities. Full integration of the Plantation sector health system into the National Health System is seen as one way to address prevalent health issues, along with enhanced education, housing and infrastructure development.

A recent policy review on health of plantation populations indicate poor nutrition conditions, high levels of disease spread and precarious reproductive health, calling for speed up of the integration of plantation health provision into the national system.

There exists large differences in health indicators between estate populations and national figures, giving rise to public health concerns, states a recent Policy Review of Status of Health in the Plantation Sector.

According to the Review, these poor indicators are determined mainly by factors such as poverty and daily wage system, line rooms, lack of access to safe water and sanitary facilities, low level of education, poor access to health, poor transport facilities and language barrier.

The Review, conducted by Public Health Expert from Ministry Of Health, Kandy, Dr. Nithershini Periyasamy in collaboration with Médecins du Monde (Doctors of the World) and Human Development

COMMERCIAL IN CONFIDENCE

Organization (HDO), attempts to highlight the current health system in the estate sector, gaps in policies, challenges and steps for improvement. Financial support for the preparation of the document was provided by the Agence Francaise de Development.

Line rooms, a bane

Accordingly, the Review indicates that poor living conditions provided by line rooms is a main cause of health problems experienced by plantation workers. **A line room is a 12 feet by 10 feet (11.15 square metres) barrack like structure** built back to back as double rows. One room, originally meant for a household unit, currently holds four to seven people from extended families, who cook, eat, live and reproduce within this space. A 67.8% of the plantation population occupies line rooms.

“Line rooms are the start of all health issues, where it contributes to child abuse, domestic violence and intimate partner violence,” says Dr. Periyasamy, speaking at a recent discussion on the publication. She adds that water supply is available only at the end of the row of line rooms where all the families use this pipe for their washing, including babies’ nappies. According to Household Investment and Expenditure Survey (2012 – 2013), around 25 % of plantation population also lives without sanitary facilities.

The Review further notes that the poor living conditions of the plantation workers, which allows close contact, combined with poor ventilation, results in exposure to infectious diseases such as tuberculosis, skin diseases, leprosy and so on. Also, the Review notes a rise in Non-Communicable Diseases such as hypertension, oral cancer, cervical cancer and kidney failure. Further, women of the sector lack knowledge on HIV/AIDS and only 47.7% have heard of it. There is also a high level of adolescent pregnancies and very low level use of contraceptives. Also indicated in The Review is that under nutrition is highly prevalent among children under five years of age and pregnant mothers, with 35.9 % being underweight as per World Bank, 2017 statistics.

Nutrition Status of the children under five and the pregnant mothers

	Estate (%) WB, 2017	National (DHS, 2006 (%))
Stunting	36.4	17.3
Underweight	35.9	21.1
Wasting	16.0	14.7
Anemia	38.4	32.6
Anemia among Pregnant mothers	32.3	-
Women (15-49 years) BMI<18.5	-	16.2
LBW	27.8	16.6

Stunting among children under five remains of high public health significance among Regional Plantation Company Programme, Private and Government estates, according to World Health Organization (WHO), with the average coming up to 36.4%. “Compared with national level, this is almost double,” says Dr. Periyasamy.

Estate Medical Assistants (EMAs) and midwives remain the frontline health workers in the plantation sector. “However, one of the main

challenges to improving health of plantation workers lie in not having an adequate number of Tamil speaking midwives and inaccessibility of families during the normal working hours. However, this can be resolved if midwives are hired from the same geographical areas,” says Consultant Community Physician, Dr. Amanthi Bandusena.

At the same time, hiring midwives from the same geographical area only remain possible if schools in the areas provide for this need, by delivering suitable candidates with necessary qualifications. Thus, the Provincial education sector has a part to play in uplifting the health of plantation workers, says WHO Consultant, Dr. Padmal De Silva.

Also, plantation health facilities are available only to the workers, who now remain a small fraction of the plantation communities. “Approximately 85% of the estate population are non-workers, who do not receive health services, which remain a challenge”, says Dr. Bandusena.

Doomed by attendance incentives

According to The Review, combined with the high levels of poverty (poverty head count ratio of 10.9%), the attendance based daily wage system has resulted in poor health seeking behaviours. “According to Collective Agreement, 2016, workers need over 75% attendance to be eligible for attendance incentive. “If the management expects the workers to work 19 days to meet this over 75% requirement, if they lose one day, they lose Rs.1,080 (US\$3) for that month. These incentives in day wage breakout can be used to pressurise the workers to attend to work, which results in neglecting health needs.

The Review also highlights that the Plantation sector has separate rules and provisions for health care provision, where preventive services fall under Provincial authority and Curative Care falls under estate management through estate dispensaries and estate medical assistants (EMAs) and Government run health facilities. Full integration of the Plantation sector health system into the National Health System is seen as one way to address prevalent health issues, along with enhanced education, housing and infrastructure development.

“This talk has existed since 1990, however, thus far, it has not happened. I hope this Review would act as a push towards nationalising the plantation health provision,” says Dr. Periyasamy.

Dr. Periyasamy further said this integration will need amendments to the Medical Wants Ordinance, which is over a century old and considers plantation workers as immigrants. “Amendments that consider the plantation workers as citizens, would be adequate legal provision for the moment. After being incorporated into the National Scheme it can be decided whether a separate health policy is needed to address the issues among plantation populations.”

The recommendations of the Review include speeding up the integration process of the health services, especially the curative health services in estates, filling human resources gaps in existing cadres and hiring necessary new cadres and regularisation of vertical health programmes such as sexual reproductive health programmes.

At the discussion, integration was seen as a mode of addressing the segregation of plantation populations into workers and non-workers in health care provision. It was further discussed that one solution to ensure EMAs do not lose their jobs in the integration process, is for the Government to absorb them into the system, based on their educational and professional qualifications.

While emphasising the plantation community have rights to access health services from national system, the Review aims to act as a tool for advocacy to bring meaningful changes in plantation sector.

How did Sri Lanka run out of money?

5 graphs that explain its economic crisis

<https://theconversation.com/how-did-sri-lanka-run-out-of-money-5-graphs-that-explain-its-economic-crisis-187352>

26 July 2022



Sri Lanka is facing its worst economic crisis in modern history. Its 22 million strong population is struggling with huge price increases for food, power, medicines and other necessities. That's if they can get them at all, with private motorists spending hours queuing for their fuel quota.

This is why Sri Lankans have been protesting on the streets and stormed the President's House.



People in a conference room in the Sri Lankan president's palace a day after the storming of official residences on July 9 2022.

Chamila Karunaratne/EPA

How did it come to this?

The immediate cause of the crisis is straightforward: Sri Lanka ran out of foreign reserves, the currencies its government and citizens need to pay for imports.

How it got into this situation requires more explanation. It's a story of fiscal imprudence, unsustainable exchange rate policy and chronic mismanagement.

COMMERCIAL IN CONFIDENCE

Running out of foreign currency

Since the beginning of 2020 Sri Lanka's demand for foreign currency has increased while its ability to earn foreign currency – through exports, loans and other capital inflows – has declined.

Sri Lanka's falling foreign reserves

Gross official foreign reserves (in US dollars)

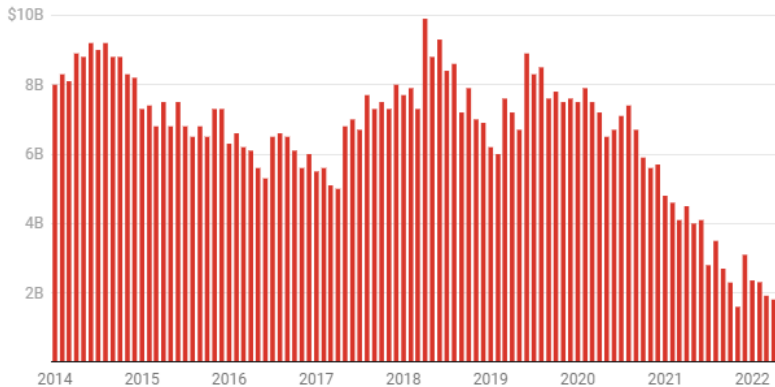


Chart: The Conversation • Source: Central Bank of Sri Lanka • [Get the data](#)

This is reflected in the steady decline in official foreign reserves held by the Central Bank of Sri Lanka, falling from about US\$8 billion to less than \$2 billion. (The Sri Lankan currency is “closed”, meaning it isn’t traded outside the country, so foreign exchange transactions have to go through the central bank).

As bad these figures are, the reality is worse.

Gross reserves aren’t the same as money in a bank account that can be used for payments. They include, for example, currency already committed to payments, and loans with conditions that limit imports from certain countries.

The actual amount of “usable” foreign currency is less. By early May it was barely US\$50 million – a miniscule level for an economy that by the end of 2021 needed about US\$75 million a day to pay for imports. This led to Sri Lanka’s government defaulting on a US\$78 million interest payment in late May.

Declining currency inflows

Sri Lanka's widening trade gap

Gross value of imports compared with value of exports (US\$ billion)

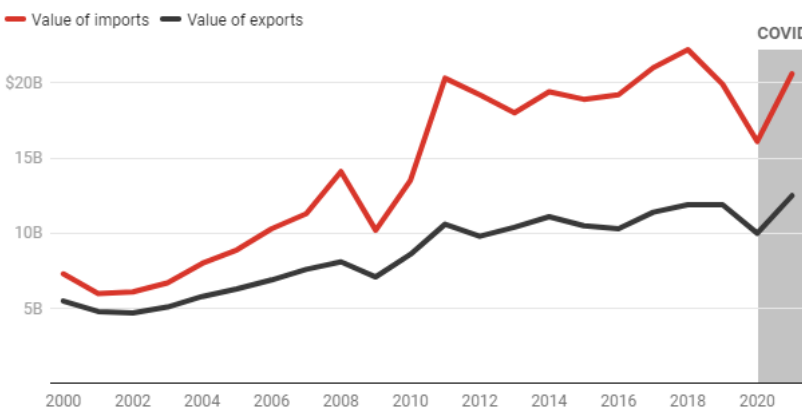


Chart: The Conversation • Source: Central Bank of Sri Lanka • [Get the data](#)

Sri Lanka’s declining foreign currency inflows and increasing outflows are due to imports outpacing exports, Sri Lankans overseas sending less money home, the devastation of the tourism sector and higher debt repayments.

In two years Sri Lanka’s annual trade deficit has climbed from about US\$6 billion to US\$8 billion.

Two other key sources of foreign currency, money sent home by Sri Lankans living abroad and international tourism, were also hit hard.

At their peak, they more than offset the trade deficit for goods.

But since 2019 the value of remittances has fallen more than 20%. Income from tourism, devastated by the 2019 Easter bombings in which 269 were killed, has dropped almost 90% from its 2018 peak.

Propping up the exchange rate

Ordinarily a nation can avoid running out of foreign currency in two ways.

One way is to borrow money. Sri Lanka, however, was already heavily in debt before this crisis. Successive governments borrowed to finance infrastructure projects and prop up loss-making public utilities. With estimated annual debt service costs of US\$10 billion, Sri Lanka is now a bad bet for lenders.

The second, and better, way is a floating exchange rate along the lines of those in Australia, Britain, Japan and the United States.

A floating rate helps to balance trade value because the currency's value changes according to demand.

Technically Sri Lanka has a floating currency, but it is a “managed float” – with the government, primarily through the Central Bank of Sri Lanka, pegging and repegging the rupee's value to the US dollar.

A government can do a number of things to maintain the value its currencies, but the main way is buy the currency itself, using foreign reserves. This is what Sri Lanka's central bank did.

As foreign reserves ran down, the government adopted other riskier policies. Particularly disastrous was the April 2021 decision to ban fertiliser imports.

This was marketed as a policy to promote organic farming, but really it was about cutting demand for foreign currency.

The subsequent drop in agricultural production has only compounded the economic crisis.



Deepthika Rupasinghe works in her garden in Colombo on June 24 2022. All government workers now get Fridays off to spend time growing vegetables to prevent looming food shortages. Chamila Karunaratne/EPA

Sri Lanka's shrinking foreign income

Sri Lanka's income from tourism and remittances

■ Remittances (US\$ billion) ■ Tourism earnings (US\$ billion)

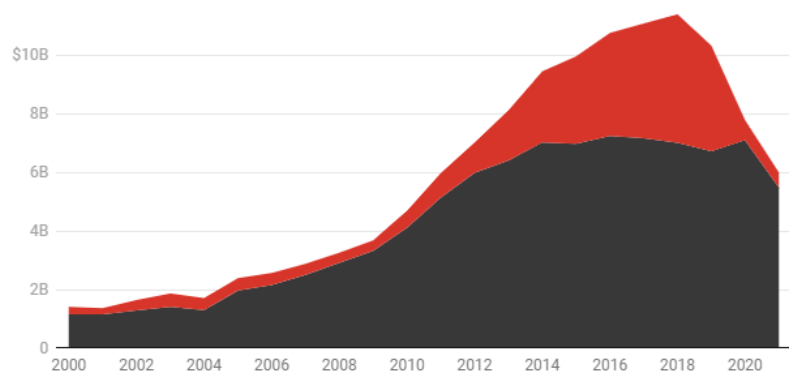


Chart: The Conversation · [Get the data](#)

Rising prices

Just as short-term solutions can create longer-term problems, so too can long-term solutions mean short-term pain.

Sri Lanka's stratospheric inflation rate

Sri Lanka Consumer Price Index (year-on-year percentage change)

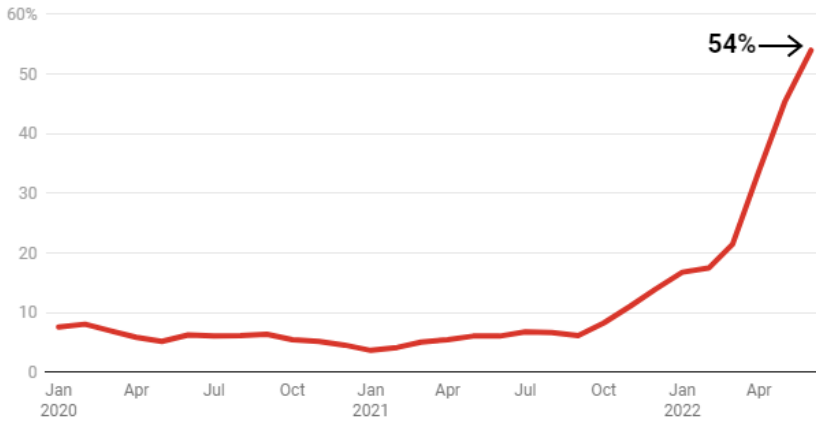


Chart: The Conversation • Source: Sri Lankan Department of Census and Statistics • [Get the data](#)

Allowing the (pegged) rupee to depreciate more than 40% against the US dollar has pushed up inflation to 54%.

The help the Sri Lankan government is seeking from the International Monetary Fund is likely to hit people hard, at least initially.

Based on past experience, the IMF will want major commitments on government expenditure and other economic indicators before bailing out Sri Lanka.

But without action, life in Sri Lanka looks even grimmer.

With shortages of imported raw materials, industrial output will shrink, creating a downward spiral of low output, low investment, and resultant low economic growth.

On the other hand, Sri Lanka has some natural advantages – from its natural beauty to the most literate population in South Asia. What it needs now is principled political leadership, competent economic management and the right policies.

Sri Lanka's stagnating living standard

Gross domestic product per capita (US dollars)

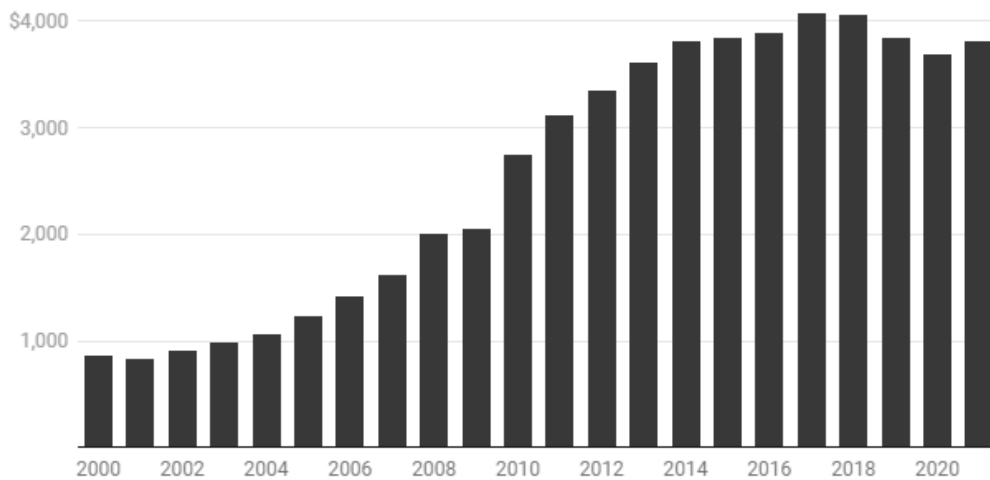


Chart: The Conversation • Source: Central Bank of Sri Lanka • [Get the data](#)

What We Know About the Protests in Sri Lanka

<https://www.nytimes.com/article/sri-lanka-president-protests.html>

Months of demonstrations over dire economic conditions culminated in a peaceful takeover of the presidential residence and promises of resignations.

The New York Times

11 July 2022

Months of protests in Sri Lanka reached a crescendo on Saturday when demonstrators stormed into the official residence of the president and the private home of the prime minister. The protesters say the leaders are responsible for the corruption and mismanagement that led to the collapse of the economy.



Severe fuel shortages and economic hardship fomented protests.

For months, daily life in Sri Lanka has been upended by a fuel shortage. The prices of food and medicine have soared, power cuts have become the norm and public transportation is often shut to shore up fuel supplies.

Protesters had taken to the streets before, but frustration with these conditions and with the

people seen as putting the country in dire financial straits came to a head with demonstrators pulling off a mostly peaceful takeover of the presidential residence.

The coronavirus pandemic is partly to blame. It deprived the country of overseas tourists and crucial foreign currency that it needs to import fuel and medicine. Government mismanagement and a cratering currency only exacerbated the shortage.

The downward spiral was hastened by the war in Ukraine, which added more supply-chain problems across the globe. In April, the government suspended payments on its international debt.

More than a quarter of Sri Lanka's nearly 22 million people are at risk of food shortages, the United Nations said last month. The country needs US\$6 billion through the end of the year to buy fuel and other essential goods but the question is where that money will come from.

In Sri Lanka, government had become a family affair.

The Rajapaksa family has dominated Sri Lanka's politics for much of the past two decades, and in recent years, it has increasingly run the island nation's government as a family business.

COMMERCIAL IN CONFIDENCE

D.A. Rajapaksa, the family patriarch, was a lawmaker in the 1950s and '60s. But it was Mahinda Rajapaksa, his son, who helped cement the family's ascent to prominence, rising to become prime minister and then president for two terms from 2005 to 2015.

The Rajapaksas were briefly out of the government after losing in the 2015 elections, but they returned to power with Gotabaya Rajapaksa as their presidential candidate in 2019.

Soon after, he brought his elder brother, Mahinda Rajapaksa, back to the government as prime minister and handed key positions to several other members of the family. As the country's economy appeared to be headed for a crash, he made his brother Basil Rajapaksa the minister of finance last July.

In the face of intensifying protests, President Rajapaksa forced the family members in April to give up their seats in the government.

The president has said he will give up his post, according to the speaker of Parliament, who is also an ally of the president. Then on Monday, the office of the prime minister, Ranil Wickremesinghe, said Gotabaya Rajapaksa had reconfirmed he would step down.

What happens next?

Sri Lanka's Constitution clearly defines a line of succession, but whoever takes the reins will need to revamp the political system under the watch of an impatient, weary public.

In more ordinary circumstances, the prime minister would become the acting president, now that President Rajapaksa is said to be negotiating an exit. But on Saturday, Mr. Wickremesinghe — who many believed had been gearing for just that possibility — announced his intention to resign, as well.

The next likely candidate as interim president is Mahinda Yapa Abeywardena, the 76-year-old speaker of Parliament and a close ally of the Rajapaksa family. Ranil Wickremesinghe was appointed on 21 July 22.

The acting president will have a month to organise the election of a president from among members of Parliament. The winner will complete the two years left in Rajapaksa's term before elections are due.



COMMERCIAL IN CONFIDENCE

Sri Lanka's Poor Hardest Hit by Economic Crisis

1 June 2022



Women wait near an empty fuel station hoping to buy kerosene for cooking, in Colombo, Sri Lanka, 26 May 2022.

Growing economic and political crises in Sri Lanka are pushing more than 10% of its 22 million people beneath the poverty line and millions more are losing jobs, health care and food security, experts say.

“The human development impact of the unfolding economic crisis is severe,” a World Bank spokesperson told VOA. “The crisis has disrupted economic activities and households’ capacity to afford basic necessities, including adequate nutrition.”

Many low-income Sri Lankans have become unable to afford adequate food because of skyrocketing prices with 46% inflation reported in April.

“A worse-case scenario contraction in economic activity in 2022 and 2023 would translate into an increase of over 11% points ... with the resulting poverty rate close to 22% in 2023,” the spokesperson said.

The South Asian country is reportedly facing bankruptcy as it has defaulted on its foreign loans for this year, and its foreign currency reserves have plummeted, making it difficult to import fuel and other essential commodities.

While Sri Lanka’s economy has been hammered by the coronavirus COVID-19 pandemic, with its once lucrative tourism revenues dropping from US\$5.6 billion in 2019 to US\$1.08 billion in 2020, its economic woes are rooted in pre-pandemic policies.

“Years of high fiscal deficits, driven primarily by low revenue collection, have led to large gross financing needs and unsustainable debt,” they said.

COMMERCIAL IN CONFIDENCE

Economic problems have prompted political unrest in the country 12 years after it ended a 25-year civil war, which reportedly took more than 150,000 lives and caused over US\$200 billion in economic damage.

For more than 50 days, groups of youth activists and other dissidents have protested outside the President's House, demanding the resignation of President Gotabaya Rajapaksa. Last week, the police used tear gas and water cannon to disperse the protesters, who tried to enter the president's office.

The protesters accuse Rajapaksa of corruption and nepotism.

Ranil Wickremesinghe, Sri Lanka's new prime minister who assumed office on May 12, has promised constitutional reforms, including transfer of some presidential powers to the parliament and inclusion of youth in governance.

Foreign aid, loan

Sri Lanka's government has sought foreign assistance, including a US\$3 billion bailout from the International Monetary Fund (IMF), to mitigate the country's economic challenges.

"An IMF team has been engaging in technical discussions on the authorities' request for an IMF-supported program," Gerry Rice, IMF spokesman, said on May 19.

Sri Lanka needs to address its long-standing structural economic weaknesses, including a restructuring of debts for sustainability, the World Bank said.

"Until an adequate macroeconomic policy framework is in place, the World Bank does not plan to offer new financing to Sri Lanka," a spokesperson for the bank said.

The island nation has also asked China and India for help.

Last week, Prime Minister Wickremesinghe told The Financial Times he was hopeful China would deliver a substantial loan package that will help remedy his country's immediate market needs. Sri Lanka already owes more than US\$50 billion — including US\$3.5 billion to China — to multilateral lenders, bondholders and foreign governments.

Thus far, China has indicated a "positive" role in Sri Lanka's talks with the IMF on a possible bailout, according to David Shullman, a China expert at the Atlantic Council.

"At the same time, China has not indicated willingness to renegotiate Sri Lanka's debt for fear that its many other [Belt and Road Initiative] creditors will demand the same type of concession," Shullman told VOA.

India has pledged US\$16 million in humanitarian assistance and US\$3.5 billion in loans and credit to Sri Lanka.

Poverty in Sri Lanka to spike this year, warns World Bank

<https://indianexpress.com/article/world/sri-lanka-poverty-world-bank-7887850/>

26 April 2022

Sri Lanka needs at least US\$4 billion to tide over its mounting economic woes, and talks with international institutions such as the World Bank as well as countries like China and Japan for financial assistance have been going on.

More Sri Lankans will slip into poverty this year, the World Bank has warned, as it urged the debt-ridden island nation to undertake urgent policy measures to address the high levels of debt, trim the fiscal deficit, and mitigate the adverse impacts on the poor and vulnerable.

Sri Lanka is currently in the throes of **an unprecedented economic turmoil** since its independence from Britain in 1948.

The crisis is caused in part by a lack of foreign currency, which has meant that the country cannot afford to pay for imports of staple foods and fuel, leading to acute shortages and very high prices.

“Around 11.7% of people in Sri Lanka earn less than US\$3.20 per day, the international poverty line for lower-middle-income countries, up from 9.2% in 2019,” the Bank said in its Spring Update on the South Asian region.

The other reason for the increase in poverty rates in the country was because the government’s Samurdhi programme, which covers around 1.2 million poor families in the country, remained inadequate.

“Less than half of the poor were beneficiaries of the Samurdhi,” Sri Lanka’s social safety net programme, “and benefit amounts remain largely inadequate,” it said.

Due to the coronavirus Covid-19 pandemic, the Sri Lankan economy has contracted by 3.6% in 2020, it stated.

The World Bank’s April 2022 update of Macro Poverty Outlook for Sri Lanka asserted that the heightened fiscal and external risks, as well as the challenging political situation, pose significant uncertainty to the economic outlook and the country faces an external financing gap in 2022 and beyond.

“Sri Lanka’s economic outlook is highly uncertain due to the fiscal and external imbalances. Urgent policy measures are needed to address the high levels of debt and debt service, reduce the fiscal deficit, restore external stability, and mitigate the adverse impacts on the poor and vulnerable,” the international development lender said in its twice-a-year regional update.

The necessary adjustments may adversely affect growth and impact poverty initially, but it will correct the significant imbalances, subsequently providing the foundation for stronger and sustainable growth and access to international financial markets, it added.

Last week, the World Bank readied a US\$10 million package to Sri Lanka for the purchase of medicines and other essentials.

Sri Lanka needs at least US\$4 billion to tide over its mounting economic woes, and talks with international institutions such as the World Bank as well as countries like China and Japan for financial assistance have been going on.

COMMERCIAL IN CONFIDENCE

Sri Lankan officials led by Finance Minister Ali Sabry were in Washington last week to negotiate with the International Monetary Fund for a bailout. India has agreed to extend an additional US\$500 million credit line to help Sri Lanka import fuel.

India has already agreed to defer US\$1.5 billion in import payments that Sri Lanka needs to make to the Asian Clearing Union.

Last week, the Sri Lankan government said it would temporarily default on US\$35.5 billion in foreign debt as the pandemic and the war in Ukraine with Russia made it impossible to make payments to overseas creditors.

Thousands of demonstrators have hit the streets since April 9, clamouring for the removal of Sri Lankan President Gotabaya Rajapaksa, blaming him for the gross mismanagement of the economy.

Protest rallies commencing on 10 July 2022 led to President Gotabaya Rajapaksa endeavouring to flee Sri Lanka.

Ranil Wickremesinghe is a Sri Lankan politician who is the current president of Sri Lanka since 21 July 2022. He also holds the position of Minister of Finance of Sri Lanka. He has been the leader of the centre-right United National Party since 1994.



Year	% Under US \$5.50 Per Day	Change
2016	42.00%	-9.70%
2012	51.70%	-6.20%
2009	57.90%	-3.10%
2006	61.00%	-9.10%
2002	70.10%	-6.00%
1995	76.10%	-5.30%
1990	81.40%	-0.50%
1985	81.90%	-0.50%

Similar Country Ranking	
Country Name	% Under US \$5.50 Per Day
<u>Bangladesh</u>	84.20%
<u>Eswatini</u>	72.00%
<u>Kyrgyz Republic</u>	61.40%
<u>Indonesia</u>	59.70%
<u>Ghana</u>	55.10%
<u>Honduras</u>	49.70%
<u>Georgia</u>	43.30%
<u>Sri Lanka</u>	42.00%
<u>El Salvador</u>	31.40%
<u>Mongolia</u>	29.90%
<u>Vietnam</u>	27.20%
<u>Bolivia</u>	25.90%
<u>Kosovo</u>	23.60%
<u>West Bank and Gaza</u>	21.90%
<u>Moldova</u>	15.90%
<u>Ukraine</u>	5.60%

Parliament of the Democratic Socialist Republic of Sri Lanka

It alone possesses legislative supremacy and thereby ultimate power over all other political bodies in the island. It is modelled after the British Parliament.

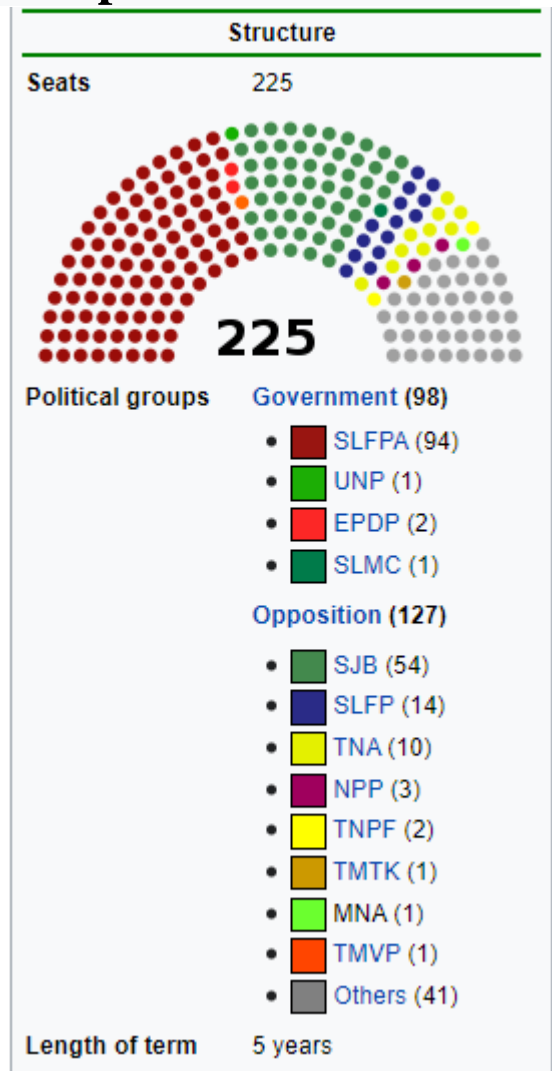
It consists of 225 members known as Members of Parliament (MPs). Members are elected by proportional representation for five-year terms, with universal suffrage.

The President of Sri Lanka has the power to summon, suspend, prorogue, or terminate a legislative session and to dissolve the Parliament. President can dissolve Parliament only after the lapse of 2+ $\frac{1}{2}$ years or if $\frac{2}{3}$ majority of Members of Parliament requests him. The actions of the president to either suspend or dissolve the Parliament is subject to legal scrutiny of the Supreme Court of Sri Lanka. The Speaker or, in his absence, the Deputy Speaker and Chairman of Committees or the Deputy Chairman of Committees, presides over Parliament.

Six main demands of the protest leaders:

July / August 2022

- President Gotabaya Rajapaksha should immediately resign
- PM Ranil Wickremesinghe and his government should also quit immediately
- An interim government should be established for a maximum period of one year
- A new constitution that endorses people's sovereignty be established through a referendum, hopefully within a year
- President's executive powers should be reduced and democratic institutions strengthened until the new constitution is drafted
- The fundamental objective of the interim government should be to implement the above proposals









In **Sri Lanka**, the **Cabinet of Ministers** is the council of ministers that form the central government of Sri Lanka. The body of senior ministers responsible and answerable to the Parliament of Sri Lanka. The President is a member of the cabinet and its head.











The current cabinet is the Wickremesinghe cabinet, which consists of 15 members from August 2020. There are also 38 state ministers who are not members of the cabinet.

Incumbent Cabinet – since August 2022:

MoC calibration 340

The Incumbent Cabinet of Sri Lanka – August 2022			
Name	Map of Consciousness	Office	Party
<u>Ranil Wickremesinghe</u>	280	<u>President</u>	 <u>United National Party</u>
		<u>Acting Minister of Defence</u>	
		<u>Minister of Finance, Economic Stabilization and National Policies</u>	
		<u>Acting Minister of Technology</u>	
<u>Dinesh Gunawardena</u>	290	<u>Prime Minister</u>	 <u>Mahajana Eksath Peramuna</u>
		<u>Minister of Public Administration, Home Affairs, Provincial Councils and Local Government</u>	
<u>Ali Sabry</u>	300	<u>Minister of Foreign Affairs</u>	 <u>Sri Lanka Podujana Peramuna</u>
<u>Prasanna Ranatunga</u>	305	<u>Minister of Urban Development and Housing</u>	 <u>Sri Lanka Podujana Peramuna</u>
<u>Kanchana Wijesekera</u>	400	<u>Minister of Power and Energy</u>	 <u>Sri Lanka Podujana Peramuna</u>
<u>Nimal Siripala de Silva</u>	380	<u>Minister of Ports, Shipping and Aviation</u>	 <u>Sri Lanka Freedom Party</u>

COMMERCIAL IN CONFIDENCE

<u>Susil Premajayantha</u>	400	<u>Minister of Education</u>		<u>Sri Lanka Podujana Peramuna</u>
<u>Keheliya Rambukwella</u>	390	<u>Minister of Health</u>		<u>Sri Lanka Podujana Peramuna</u>
<u>Wijeyadasa Rajapakse</u>	280	<u>Minister of Justice, Prison Affairs and Constitutional Reforms</u>		<u>Sri Lanka Podujana Peramuna</u>
<u>Mahinda Amaraweera</u>	390	<u>Minister of Agriculture</u>		<u>Sri Lanka Podujana Peramuna</u>
		<u>Minister of Wildlife and Forest Conservation</u>		
<u>Douglas Devananda</u>	390	<u>Minister of Fisheries</u>		<u>Eelam People's Democratic Party</u>
<u>Ramesh Pathirana</u>	390	<u>Minister of Plantation Industry</u>		<u>Sri Lanka Podujana Peramuna</u>
		<u>Minister of Industries</u>		
<u>Nalin Fernando</u>	380	<u>Minister of Trade, Commerce and Food Security</u>		<u>Sri Lanka Podujana Peramuna</u>
<u>Tiran Alles</u>	290	<u>Minister of Public Security</u>		<u>United People's Party</u>
<u>Ahamed Nazeer Zainulabdeen</u>	305	<u>Minister of Environment</u>		<u>Sri Lanka Muslim Congress</u>
<u>Roshan Ranasinghe</u>	380	<u>Minister of Sports and Youth Affairs</u>		<u>Sri Lanka Podujana Peramuna</u>
		<u>Minister of Irrigation</u>		
<u>Vidura Wickremanayake</u>	280	<u>Minister of Buddhasasana, Religious and Cultural Affairs</u>		<u>Sri Lanka Podujana Peramuna</u>

POLITICAL SYSTEMS in General and Sri Lanka

Few presently understand that all institutionalised systems around the world have been covertly structured to inhibit and restrain Earth's humanity from progressing, particularly spiritually, and become intuitively freely expressive of their inbuilt talents. Firstly, we are all guided, well indoctrinated to embrace our minds as being all powerful and our only pathway to becoming little supermen and superwomen. By living mind centric we cannot progress beyond 499 on Dr David Hawkins' Map of Consciousness. We are each a walking zombie with no spontaneity and intuitive potential until we embrace our feelings.

Look at the institution of politics. We think we have a free system. It is a tyrannic manipulation. Instead of having candidates to choose to elect to run our nations, we have 'nominees' who are covertly put in front of us to stifle our nation. Compare the political candidate nomination process to the way executives are selected to run successful major corporations. In short, no political candidate should be put forward unless that personality calibrates 400 or higher on Dr Hawkins' Map of Consciousness (MoC) scale.

Then we find each candidate is coerced to be a representative of a 'political party'. Why? The candidate no longer can freely express and engage his personal talents – he must adhere to the party policies. The policies of a party are written by people who have not been elected by the people. Why is this so? The policies of the party are mostly the dictates of those who secretly fund the party. Who are these funders? In very serious cases you can actually find a chain back through 'secret societies' within each country, this extends back the highest levels of the Masonic system and you eventually end up in London. And then you end further back in the hands of a small group of very secret and almost never seen families whose trade and empires bleed the pockets of the people of every nation.

While we have mind centric people who are low in the MoC calibration we have governments that are hell bent on controlling and suppressing their people. And we have governments that do not have the capability to perceive and recognise the dire straits the nation is in, nor the capability that they have been entrapped into are the ways that benefit foreign covert controllers and not their people.

We need political candidates that are vetted in similar manner as those who are sort to run major corporations. Further, these candidates need to calibrate over 400 on the Map of Consciousness – they need to be independent of party institutions – they need to be their true and wonderful selves.

The people Sri Lanka presently calibrate around 165 overall on the Map of Consciousness. The members of the Sri Lankan government who are presently in power calibrate overall at 330 MoC, out of this group, the Cabinet overall calibrates at 340 MoC. The members of the government who are in opposition calibrate at around 335 MoC. Overall, this is a better situation than that which prevails for most countries – but it is a long way short of the 400 MoC benchmark. It is also interesting that the most critical positions of those in power are also the lowest in calibration. They actually suppress the potential of those cabinet members who are more capable.

LOVE	500	Debate and implement resolutions without argument and delay. 470
REASON	400	Debate and implement resolutions in due course. 440
ACCEPTANCE	350	Debate and implement resolutions with some degree of follow up generally needed. 410
WILLINGNESS	310	Management supervision is generally necessary.
NEUTRALITY	250	Politics become the hope for man's salvation.

This is an extract from the Map of Consciousness. If you want a pro-active, constructive and vibrant leadership then it is those people in the MoC range 410 to 470. The scale is based on the common log of 10, it is not a straight lineal scale. The differences between people with even a 1 point variation in energy is dynamic – a 10 point difference is 10,000,000,000 increase in energy. Utilising kinesiology muscle testing, most people can calibrate anyone who are anywhere in the world, in a minute or so.

The candidate selection process and the party system needs to be greatly changed, otherwise nations will continue to stagnate and be under the covert control of foreign hidden manipulators.

Kindly visit www.pascashealth.com, then go to Library Download page, scroll down to open PDFs:

Pascas Care Letters

 [Pascas Care Letters Democracy.pdf](#)

Medical

 [Pascas Care Kinesiology Testing.pdf](#)

 [Pascas Care Kinesiology Personality Traits.pdf](#)

Sri Lanka: New President Should Chart Path Upholding Rights

Ranil Wickremesinghe Needs to End Crackdown, Address Economic Crisis

<https://www.hrw.org/news/2022/08/09/sri-lanka-new-president-should-chart-path-upholding-rights>

Sri Lankan president Ranil Wickremesinghe, Colombo, Sri Lanka,
3 August 2022 MoC 280



(New York) – Sri Lanka’s new president, Ranil Wickremesinghe, should ensure that his administration adopts measures to protect the basic rights of all Sri Lankans, Human Rights Watch said in a letter published today outlining key human rights concerns. Wickremesinghe was sworn in as president on July 21, 2022, after then-President Gotabaya Rajapaksa stepped down after months of widespread protests against economic mismanagement and corruption.

Sri Lanka is in the midst of a political, economic, and human rights crisis following years of mis-governance and rights violations. The government should prioritize protecting the public from further hardship by putting in place appropriate social protection policies and addressing endemic corruption, while respecting fundamental rights, including freedoms of expression and association, and ending abuses by the security forces.

“President Wickremesinghe faces immense challenges, but imposing draconian emergency regulations, politically motivated arrests of protest leaders, and heightened surveillance of activist groups will not solve Sri Lanka’s dire problems,” said Meenakshi Ganguly, South Asia director at Human Rights Watch. “Sri Lanka’s partners have been clear that international economic assistance will only be effective if the government adheres to human rights and the rule of law and addresses the root causes of the crisis.”

On July 18, Wickremesinghe imposed a state of emergency that gives the security forces sweeping powers, suspends numerous basic rights, and imposes harsh penalties for minor or vaguely defined offenses. A day after his inauguration, Wickremesinghe sent the police and military to disperse protesters from a site they had occupied for months in central Colombo. Over 50 people, including lawyers and journalists, were beaten and injured. During the ongoing crackdown on dissent, the authorities have detained at least 30 protest organizers, in many cases without a warrant or using officers in civilian clothes who carry out arrests without due process.

In May, Sri Lanka defaulted on its foreign loans, and the government is currently attempting to negotiate debt restructuring and an International Monetary Fund (IMF) bailout. The economic crisis has resulted in severe shortages of imported goods, including fuel, and rampant inflation, pushing millions of people into poverty.

Among Human Rights Watch recommendations to President Wickremesinghe are:

- Ensure that people are able to freely and peacefully express their views without fear of reprisal or arrest;
- Withdraw emergency regulation provisions that are vague, overly broad, and disproportionate or that violate fundamental rights;
- Announce a formal moratorium on the use of the Prevention of Terrorism Act (PTA) until rights-respecting counterterrorism legislation is enacted, and release prisoners arbitrarily detained under the PTA;

COMMERCIAL IN CONFIDENCE

- Establish a new social protection system that is both adequate to protect everyone's rights from the effects of the economic crisis and designed to prevent mismanagement and corruption;
- Resume Sri Lanka's participation in the Stolen Asset Recovery (StAR) initiative, a World Bank and United Nations partnership to support international efforts to end safe havens for corrupt funds, and commit to doing so as part of an agreement with the IMF; and
- Conduct independent and impartial investigations into allegations of serious human rights abuses and high-level corruption, and appropriately prosecute those responsible.

“In recent months many Sri Lankans have bravely taken to the streets to call for reform, accountability for corruption, and the protection of fundamental rights,” Ganguly said. “Instead of trying to silence the protesters, President Wickremesinghe should listen to them.”

Political career

https://en.wikipedia.org/wiki/Ranil_Wickremesinghe#:~:text=Wickremesinghe%20joined%20the%20United%20National,parliamentary%20elections%20and%20entered%20parliament.

Wickremesinghe joined the United National Party (UNP) and progressed through its ranks. He was appointed as the chief organiser of the Kelaniya Electorate in the mid-1970s, and was later appointed as the chief organiser of the Biyagama Electorate, which he won in the 1977 parliamentary elections and entered parliament. He was appointed Deputy Minister of Foreign Affairs in the new government of J. R. Jayewardene, and was soon promoted to the post of Minister of Youth Affairs & Employment on 5 October 1977, which made him the youngest cabinet minister of Sri Lanka. During his term as minister, he initiated the Sri Lanka National Guard and the National Youth Services Council (NYSCO), which provides vocational and career training to school leavers. Wickremesinghe was later made the Minister of Education on 14 February 1980.

Under the Presidency of Ranasinghe Premadasa, Wickremesinghe was appointed as the Minister of Industry on 18 February 1989, under which he initiated industrial reforms and established the Biyagama Special Economic Zone. In 1990, he was given the additional portfolios of Science and Technology. Wickremesinghe had competition from his senior colleagues in the UNP, Lalith Athulathmudali and Gamini Dissanayake, who had been rivals of President Premadasa. He was appointed the Leader of the House in 1989.

First premiership (1993–1994)

On 7 May 1993, Wickremesinghe was sworn in as prime minister after President Ranasinghe Premadasa was assassinated by the Tamil Tigers and Prime Minister D. B. Wijetunga was appointed president. During his term, he was credited for pushing the country through an impressive economic transformation and was generally backed by the business community

Opposition (1994–2001)

In the 1994 parliamentary elections, the UNP lost to Chandrika Bandaranaike Kumaratunga's People's Alliance (PA), and Kumaratunga was appointed Prime Minister of the country. Wickremesinghe was defeated in the race for Opposition Leader by two votes by fellow UNP member Gamini Dissanayake, who had re-joined the party. This gave Gamini Dissanayake the default leadership of the party and made him the presidential nominee of the UNP. The UNP was progressing well under Gamini Dissanayake's leadership, when he too was assassinated by the Tamil Tigers. Gamini Dissanayake's widow, Srimala replaced him as the candidate of the UNP in the 1994 election. Securing just 35% of the vote, she lost to Chandrika Kumaratunga in all electorates except Mahiyangana. Afterwards, Wickremesinghe was appointed as the opposition leader as well as the UNP leader.

Wickremesinghe was seen as a cooperative opposition leader who gave the government a chance to carry out its agenda in its early days.

In the 1999 election, Wickremesinghe was nominated as UNP's presidential candidate. After a tense election campaign in the wake of the violent North Western Provincial Council election, the Tamil Tigers blasted a suicide bomb in an election campaign rally, in which President Kumaratunga lost her right eye. Voting was held two days later 21 December 1999 amidst a wave of sympathy, and Kumaratunga was re-elected with 51% of the popular vote to remain as Executive President. After this electoral loss, Wickremesinghe unsuccessfully led his party in the 2000 parliamentary elections, again losing out to the PA.

Second premiership (2001–2004)

In the parliamentary general election 2001, Ranil Wickremesinghe led UNF to win 109 seats and PA was able to obtain only 77 seats. Consequently, he was able to form a new UNF government and sworn as the 17th Prime Minister of Sri Lanka on 9 December 2001. However, Chandrika Kumaratunga still remained the President of the country. This led to a confusing situation where the President and the Prime Minister were from two opposite parties. Although, according to the constitution, both head of state and head of government was the President, Prime Minister Ranil Wickremesinghe was able to appoint his own cabinet and he had the actual control over the government. President Chandrika Kumaratunga also chaired cabinet meetings as de facto head, but her influence over decision making was strictly limited.

During his second premiership, he proposed to initiate the "Western Region Megapolis" project. Planned with the assistance of architects and town planners of a Singaporean firm CESMA, it proposed to build a large new city in the western province that can rival major cities in the world. However, the project did not proceed after the fall of his government. He also requested international community to assist in development during the ceasefire – the Tokyo Donor Conference on Reconstruction and Development of Sri Lanka was held in June 2003, during which Sri Lanka received more than US\$4.5 billion in reconstruction and development aid.

Wickremesinghe's foreign policy during his tenure as Prime Minister pushed closer relations with the west. He expected their economical backing to overcome the economic crisis. He also largely took assistance, especially from Norway, to resolve the ongoing ethnic problem in Sri Lanka. In July 2002 he was able to meet George W. Bush, the President of the United States during that period. It was the first time after 18 years a Sri Lankan leader met the US leader in the White House. This visit was primarily focused on building new relationships based on economic links between United States and Sri Lanka. Furthermore, the US government pledged to support his peace efforts with LTTE (The Liberation Tigers of Tamil Eelam was a Tamil militant organization that was based in northeastern Sri Lanka). He also met the Prime Minister of the United Kingdom Tony Blair, the Prime Minister of Japan Junichiro Koizumi and the Prime Minister of India Atal Bihari Vajpayee.

Wickremesinghe believed a political solution based on a United Sri Lanka was the permanent solution to the ethnic problem in the country. He also believed that such a solution could be reached through a peaceful negotiation process with LTTE. Three months after the election Ranil Wickremesinghe's government entered into a ceasefire agreement (CFA) with LTTE. The agreement was signed on 22 February 2002 at different locations in the war zone by both parties and the Norwegian Ambassador to Sri Lanka Jon Westborg acted as the facilitator. It was said that the main objective of this agreement was to find a negotiated solution to the ongoing ethnic conflict in Sri Lanka. Both parties agreed to halt all offensive military operations. An international monitoring mission called Sri Lanka Monitoring Mission (SLMM) was formed to inquire into any instance of violation of the terms and conditions of this agreement. In the aftermath of signing the CFA, the island was deemed a safe place once again, after decades of war. Especially the tourism industry experienced a significant escalation where the number of

tourists arriving in the country was suddenly increased. The A9 Highway was reopened up to Kilinochchi on 15 February 2002 after 18 years.

A few days after LTTE proposed the Interim Self Governing Authority (ISGA), President Chandrika Kumaratunga sacked three ministers of the cabinet and took over the ministries using her constitutional powers, ending the uneasy coalition between her and the Prime Minister Ranil Wickremesinghe while he was out of the country. Addressing the nation she claimed that this decision was taken in the interest of national security. Janatha Vimukthi Peramuna also decided to ally with PA to defeat the Ranil Wickremesinghe's government which they claimed as a threat to the sovereignty of the country. Consequently, President Chandrika Kumaratunga dissolved the parliament on 7 February 2004 which effectively ended Ranil Wickremesinghe's regime.

After signing CFA, Ranil Wickremesinghe held a few rounds of peace talks with LTTE between 2002 and 2003. Prof. [G. L. Peiris](#), minister [Milinda Moragoda](#) and minister Rauff Hakeem led the government delegation and LTTE theoretician Anton Balasingham, LTTE political wing leader S.P. Thamilselvan and military leader Karuna Amman led the LTTE faction during the peace talks. The Norwegian government acted as the chief facilitator during the peace talks. There were six rounds of peace talks which were held at different locations around the world:

1. 16–18 September 2002, Bangkok
2. 31 October-3 November 2002, Bangkok
3. 2–5 December 2002, Oslo
4. 6–9 January 2003, Bangkok
5. 7–8 February 2003, Berlin
6. 18–21 March 2003, Tokyo

After the Oslo round of peace talks in December 2003, a concluding statement was declared by the Norwegian facilitators which later became known as Oslo Declaration. In this statement it was stated that "both parties have decided to explore a political solution founded on internal self-determination based on a federal structure within a united Sri Lanka". This was considered one of the most significant incidents in the history of finding a political solution to the ethnic problem in Sri Lanka.

After the sixth round of peace talks in March 2003, LTTE abruptly withdrew from the peace talks. However, in October 2003 LTTE again showed some intentions of entering into the peace process, calling for an Interim Self Governing Authority (ISGA). The proposal was handed over to the government through Norwegian Ambassador Hans Brattskar.

Analysts saw Wickremesinghe was fanning the internecine feuds among the Tigers and systematically weakening them and a foreign policy intended to tighten the global dragnet against the LTTE. Agreements were signed with the US which allowed Sri Lanka to get assistance in terms of military training, military technology, intelligence, special training in counter-terrorism and direct monetary assistance for military development. During the ceasefire period United States Pacific Command assessment team conducted a study from 12 September 2002 to 24 October 2002, which made several recommendations to strengthen the capabilities of the Sri Lanka Army, Sri Lanka Navy and Sri Lanka Air Force in case of the peace process failing. After studying the weakness of the military the study recommended the use of cluster bombs (which weren't banned until 2010 when the Cluster Munitions Convention came into effect) to destroy unarmoured area targets and recommended arming Kafirs and Mi-24 gunships with guided weapons in case of fighting close to enemy forces. The US also donated the SLNS Samudura during this time.

The opposition and the nationalistic movements of the country strongly opposed CFA and the overall peace process of Ranil Wickremesinghe's regime. They continuously criticised and protested against

CFA claiming it as a threat to the sovereignty of the country which ultimately leads the way to a separate state for LTTE, so-called Eelam. It was later claimed by Karuna Amman who defected from the LTTE during Ranil Wickremesinghe's regime that the LTTE dragged the peace talks to smuggle weapons and ammunition including aircraft.

LTTE continuously violated CFA in great many occasions. In August 2007 SLMM agreed that LTTE had violated CFA in total 3830 occasions while government of Sri Lanka had violated CFA in only 351 occasions. Several Sri Lankan Army intelligence operatives were allegedly killed by LTTE during this period.

Opposition (2004–2015)

In the 2004 Parliamentary Elections held on 2 April Ranil Wickremesinghe's UNP lost governmental office. Despite the expectation of a full six-year term, and planned projects cut short by the defeat, the UNP was optimistic that it could regain power in a future election. Within 14 months of UPFA's victory, the radical JVP wing's (composed of over 30 members) parting of ways with the government, left the UPFA's parliamentary composition well short of the required majority. He remained in the post of the Opposition Leader until 2015, when Maithripala Sirisena who was sworn in as the President, appointed him as the Prime Minister.

In December 2004, Wickremesinghe was chosen by the United National Party as its presidential candidate for Presidential Elections due in late 2005. The Supreme Court decided in August 2005 that the elections should be held that year despite the President's argument that her term would end in 2006. Mahinda Rajapaksa, then Prime Minister, was nominated as the Presidential candidate of the Sri Lanka Freedom Party. In the presidential election held on 17 November 2005, Wickremesinghe was defeated narrowly by Mahinda Rajapaksa, who gained 50.29% of the vote to Wickremesinghe's 48.43%. A large number of the minority Tamil population in the Northern and Eastern parts of the country, who were largely expected to back Wickremesinghe were prevented from voting by the LTTE, which had enforced a boycott of the polls.

With the success in defeating LTTE in war, the government held a series of provincial elections in 2008 and 2009 for 8 provincial councils (Eastern, North Central, Sabaragamuwa, North Western, Central, Western, Uva, and Southern). On all occasions, UNP was soundly defeated by a large margin by UPFA. Of all the elections UNP obtained only 30% of the total polled and UPFA was able to gain 59% of the total polled. The margin was 2,527,783 compared to 180,786 in Presidential Election in 2005.

Ranil Wickremesinghe signed an Alliance Agreement with twelve other opposition parties in November 2009 and he announced that a common candidate would be fielded for the presidential election which would be held in 2010. Later, he announced that the former Army Commander, Sarath Fonseka had been selected as the common candidate and pledged to support him.

In August 2012, Minister of Health and SLFP general secretary Maithripala Sirisena alleged that during the 1994 presidential election campaign, all campaign details concerning the UNP presidential candidate [Gamini Dissanayake](#) were being secretly passed on to his opponent, Chandrika Kumaratunga by Wickremesinghe. Minister Sirisena made this disclosure while addressing an election committee meeting held at Siripura, Polonnaruwa. Sirisena asserted that he has ample proof to validate his claim and allegations. Consequently, both parties started to challenge each other for open media debates.

UNP along with several other parties and civil organisations signed an Understanding Agreement and decided to field the then Secretary-General of Sri Lanka Freedom Party, Maithripala Sirisena as the Common Candidate for the presidential election and the Common Candidate pledged to appoint Ranil Wickremesinghe, as the Prime Minister if he would win the election. In the elections held on 8 January 2015, Common Candidate Maithripala Sirisena was selected as the 6th President of Sri Lanka and on 9

January 2015 when he was sworn in, he appointed Ranil Wickremesinghe as the Prime Minister of the Sri Lankan Parliament.

Dissent within the party

After the defeat in the 2004 parliamentary election, a senior member of UNP and a former minister of Ranil Wickremesinghe's 2001–2004 government, Rohitha Bogollagama, switched sides and allied with the government. Soon after the defeat in the presidential election in 2005, Mahinda Samarasinghe and [Keheliya Rambukwella](#) defected to the government.

In 2007, Wickremesinghe established a memorandum of understanding (MOU) with the Mahinda Rajapaksa government agreeing to UNP's collaboration with the government on issues of national interest. However, shortly afterwards, 17 of the UNP's 60 members in parliament, including the group who had challenged Wickremesinghe's leadership, led by deputy leader Karu Jayasuriya crossed over to the governing UPFA ranks in parliament and were given ministerial appointments. The group consisted of senior members of UNP and many of them were former ministers of Ranil Wickremesinghe's 2001–2004 government: Karu Jayasuriya (Deputy Leader of UNP), M. H. Mohamed (former speaker of the parliament), Milinda Moragoda, G. L. Peiris, Bandula Gunawardane, Lakshman Yapa Abeywardena, Gamini Lokuge, [P. Dayaratna](#), Mano Wijeyeratne, Rajitha Senaratne, R.A.D. Sirisena, Mahinda Wijesekara, Naweena Dissanayake, Hemakumara Nanayakkara, R. M. Dharmadasa Banda, Neomal Perera and Chandrasiri Sooriyaarachchi. The defection of the party stalwarts to join the government continued thereafter with several members such as; Susantha Punchinilame, Mahinda Ratnatilaka, Nandimithra Ekanayake, Thilanga Sumathipala, R. Duminda Silva, Ravindra Randeniya and Ashoka Wadigamangawa. However, in late 2008, Jayasuriya crossed over once again to the opposition and was given back the deputy leader post.

In February 2008, Wickremesinghe was under pressure to step down from the party leadership to accept an advisory position, from a majority of the UNP's parliamentary group. In March, the UNP working committee decided to create a new post called Senior Leader of the party and appointed Wickremesinghe to the post. This was amid discussion with the UNP's parliamentary group about the need for the Wickremesinghe to relinquish his post (of party leader) so that a new leader could be appointed. However, in late March the party working committee decided that he should remain as the party leader.

Wickremesinghe was accused of being a dictator in UNP during his time as opposition leader. Udugama Sri Buddharakkitha Thero said that Wickremesinghe was acting like a dictator. On 2010, UNP MP Dayasiri Jayasekara accused that within the constitution of the UNP, Ranil Wickremesinghe Rajapaksa is not a democratic leader but a dictator. Former minister and UNP MP Mahinda Wijesekara commented that "We don't need a dictator in the party," saying that Wickremesinghe opposed party reforms.

More than 60 UNP MPs allegedly left the party during Wickremesinghe's leadership as opposition leader.

Third, fourth and fifth premierships (2015–2019)

Following the 2015 presidential election's UNP-led common candidate Maithripala Sirisena having won 51.28% of votes and under Memorandum of Understanding agreement, Wickremesinghe was appointed as prime minister for the 100-day program plan and this was his third term as Prime Minister of Sri Lanka. UNP / UNFGG-led by Wickremesinghe won the General Parliamentary Elections held on 17 August 2015, making himself the Prime Minister for his 4th term, with 106 seats in 225-member Parliament of Sri Lanka forming the government (though short of 7 seats to secure the simple majority of the Parliament) defeating the political rivalry UPFA leader and former President Mahinda Rajapaksa in his bid to return as prime minister after his defeat as president. Wickremesinghe also scored the highest preferential votes in the election with 500,556 votes, beating his rival Rajapaksa by a

considerable margin whilst setting a new record as the candidate with the highest number of preferential votes in Sri Lanka's elections history.

Wickremesinghe vowed to regain the majority in the Parliament and make it as the United National Party's Government, at the same time he also promised to secure the futures of younger generations and instantly confirmed that the Government will launch 1 million jobs for the youth as well advancement for the education and health sectors will maintain as promised. He also took steps to develop the former war-zones by touring the affected areas and met civil activists to discuss the issues faced by the Jaffna civilians and schools and to expedite investigations of missing persons. He also took steps to uplift Northern Province communities and to improve their standard of living.

Wickremesinghe also restarted the Megapolis plan which he started in when he was PM in 2001–2004. Surbana was consulted to revise the master plan to suit newer needs. The Ministry of Megapolis and Western development was created for project and the project which expects to convert the currently unplanned Western Province into a major megapolis by 2030 with an estimated population of 8.4 million and expects to solve the issues concerning traffic congestion, waste management and slum dwellers in urban areas. Wickremesinghe also showed interest in Surbana creating a similar plan for Trincomalee in the Eastern province and an agreement was later signed with Surbana for the purpose.

Wickremesinghe proposed major economic reforms and proposed a knowledge based social market economy which will be built on social justice principles that will also focus on the availability of global opportunities for education and strengthening of the health system to face health concerns of the 21st century. He also planned on reducing high income disparity levels in the domestic economy and increasing exports. He launched a plan to reform state-owned enterprise, enter into trade agreements with India and China to increase market access and regain GSP+ to regain EU markets, restructure key investment promotion agencies, develop tourism, attract high spending tourists, and develop the rural economy. Special economic zones and a special financial and business hub in Colombo were also proposed. Wickremesinghe also organized the Sri Lanka Economic forum 2016 with the presence of international investor and Founder Chairman of Open Society, George Soros and Nobel Laureate Economist Joseph Stiglitz and many other experts such as Ricardo Hausmann. The forum was seen as a boost to the Sri Lankan economy and during the forum Soros decided to invest in Sri Lanka the initial investments were expected to be around US\$300 Million. He also launched a loan and grant scheme for small and medium enterprises named "Swa Shakthi" empower rural entrepreneurs and develop the rural economy. However, in 2017, during his tenure Sri Lanka recorded just 3.1% economic growth rate, the lowest for 16 years.

During the Rajapaksa regime which oversaw the rise of lawlessness and abuse of state power by Rajapaksa's government ministers and officers after the defeat of the regime, Prime Minister Wickremesinghe decided to set up the Financial Crimes Investigation Division. This led to arrest Basil Rajapaksa the younger brother of Mahinda Rajapaksa and his political henchmen who were involved in large-scale corruption also were arrested within months after forming the committee. However, several family members and friends of Rajapaksa were questioned by the FCID, Rajapaksa fears that his entire family and friends could be prosecuted and brought down to justice. Former President Rajapaksa asked President Sirisena over the pending charges against his family members and political associations be dropped. However, President Sirisena refused to drop the charges that were ongoing. The meeting between President Sirisena and former President Rajapaksa ended up unsuccessful over the President's refusal to consider the key demands of Rajapaksa to be appointed as Prime Ministerial candidate and the charges against his family members and close associations to be dropped. Rajapaksa's faction in SLFP criticised that the FCID were used as a tool to revenge on his associations and threatened to take legal action against FCID.

United National Party led by Ranil Wickramasinghe Rajapaksa suffered shocking defeat in the 2018 local authority elections. His party was only able to secure 34 councils out of 340 total councils. Mahinda Rajapaksa's proxy Sri Lanka Podujana Peramuna won 231 councils. After the election defeat some MPs of UNP and party members asked Ranil Wickramasinghe Rajapaksa to resign from the party leadership and Prime Minister position. Some media reported that President Maithripala Sirisena also urged Ranil Wickramasinghe Rajapaksa to resign from his position. On the evening of 26 October 2018, President Maithripala Sirisena appointed Mahinda Rajapaksa as Prime Minister after the United People's Freedom Alliance withdrew from the unity government. He also informed Ranil Wickremesinghe was removed from office. Wickremesinghe said he refused to accept the dismissal claiming that it was unconstitutional which triggered a constitutional crisis. Following rulings by the Supreme court and the Appeal court, Rajapaksa backed down and Wickremesinghe was re-instated at prime minister on 16 December 2018.

Following many internal party negotiations Wickremesinghe agreed to back Sajith Premadasa as the party candidate for the 2019 Sri Lankan presidential election. Premadasa was defeated by Gotabaya Rajapaksa who gained 52.25% of the votes against 41.99% by Premadasa.

Sixth time leaders. **Ranil Wickremesinghe** is the current president of Sri Lanka since **21 July 2022**. He also holds the position of Minister of Finance of Sri Lanka.

EINSTEIN'S THEORY of INSANITY



THE DEMOGRAPHICS OF SRI LANKA

Posted on August 18, 2014 by Jawaharlal under

[Buddhism](#), [Christianity](#), [Civil War](#), [Demographics](#), [Eelam](#), [Ethnicity](#), [Hindu](#), [Indian Tamils](#), [Language](#), [Liberation Tigers of Tamil Eelam](#), [Maps](#), [Moors](#), [Muslim](#), [Partition](#), [Religion](#), [Sinhala](#), [Sinhalese](#), [Sri Lanka](#), [Tamil Tigers](#), [Tamils](#)

[Buddhism](#), [Christianity](#), [Civil War](#), [Demographics](#), [Eelam](#), [Ethnicity](#), [Hindu](#), [Indian Tamils](#), [Language](#), [Liberation Tigers of Tamil](#)

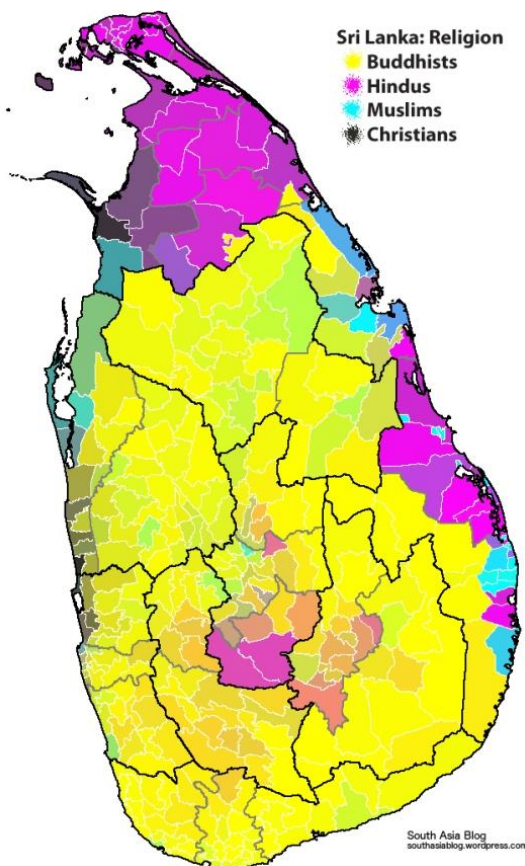
[Eelam](#), [Maps](#), [Moors](#), [Muslim](#), [Partition](#), [Religion](#), [Sinhala](#), [Sinhalese](#), [Sri Lanka](#), [Tamil Tigers](#), [Tamils](#)
<https://southasiablog.wordpress.com/category/buddhism/>

In Sri Lanka, religion, ethnicity, and language each play a role in creating the fractured demographic picture of the island.

Broadly, these three maps are similar, but, as is often the case, the devil is in the details. Note, for example, how the Hindus on the religious map are divided in two on the ethnic map. The Tamil-speakers belong to three different ethnic groups. Sinhala-speakers are mostly Buddhist, but look closer to see the Christian minority on the east coast that emerges on the religion map.

I. Religion

I'll start with the least relevant, but in some ways most interesting, factor—religion. As of the 2012 Census, Sri Lanka was 70.2% Buddhist, 12.6% Hindu, 9.7% Muslim, and 7.5% Christian. The Buddhist community in Sri Lanka is one of the oldest in the world, going back more than 2,000 years. Sri Lanka's Buddhists belong to the Theravada branch of the religion, which is the dominant sect in Southeast Asia. Hinduism on the island goes back approximately as far as Buddhism if not further. Sunni Islam was spread to Sri Lanka in the 8th century by Arab merchants, some of whom settled there and married indigenous women. I suspect that there was also a fair amount of conversion, although the Muslims of Sri Lanka maintain the narrative of their Arab origins. Interestingly, even though it has a fairly large Muslim population, Sri Lanka was one of the few parts of South Asia never to fall under Muslim rule. The most recent religious community to emerge was the Christian one. The Portuguese first landed in Sri Lanka in 1505, and ruled much of the island until the Dutch expelled them in 1658. In that time, much of the west coast was converted to Christianity. As a result, the overwhelming majority of Sri Lanka's Christians are Roman Catholics. There is a small Protestant minority of a few hundred thousand people converted by the Dutch, who stayed until 1796, and the British, who stayed until 1948. Below is the religious map of Sri Lanka:

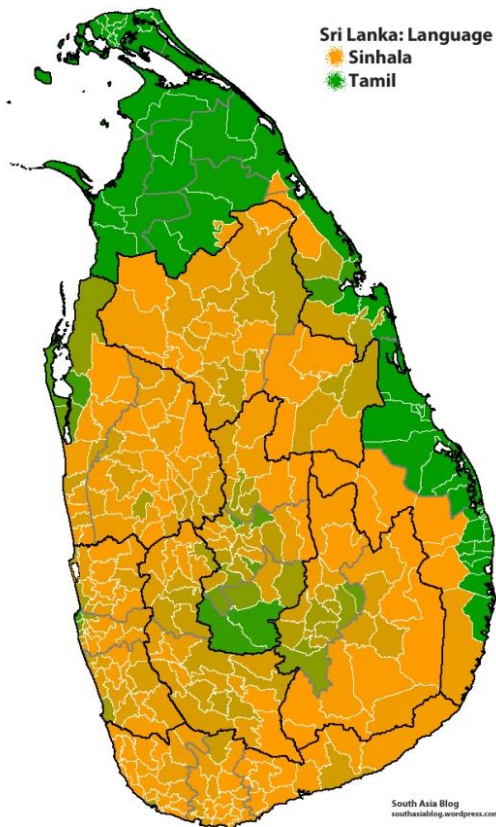


COMMERCIAL IN CONFIDENCE

The religious minorities are concentrated in the north of the country and the east and west coasts. There is also a Hindu area in the centre of the island, which I will discuss in more detail when I get to the ethnic map. The Sri Lankan Civil War was not fought on religious lines, although the Tamils are predominantly Hindu and the Sinhalese are predominately Buddhist. Ethnicity was the main driving force. A few characteristics are worth noting. One is the two clusters of Christians. The first cluster is in the north just to the southwest of the main Hindu zone. The second is farther south about midway down the west coast. The other feature I will return to is how interspersed the Hindus and Muslims on the east coast are.

II. Language

The second map depicts the two major languages of the island. I couldn't find language statistics, but it is well known which ethnic groups speak Sinhala (the Sinhalese) and which speak Tamil (all the others). There is undoubtedly quite a lot of bilingualism, but the goal was to approximate where each language is the "mother tongue." About 74% of Sri Lanka speaks Sinhala, an Indo-European language most closely related to Marathi and Divehi (spoken in the nearby Maldives). The remaining 26% speaks Tamil, a Dravidian language most closely related to Malayalam and Kannada. It is worth pointing out that the



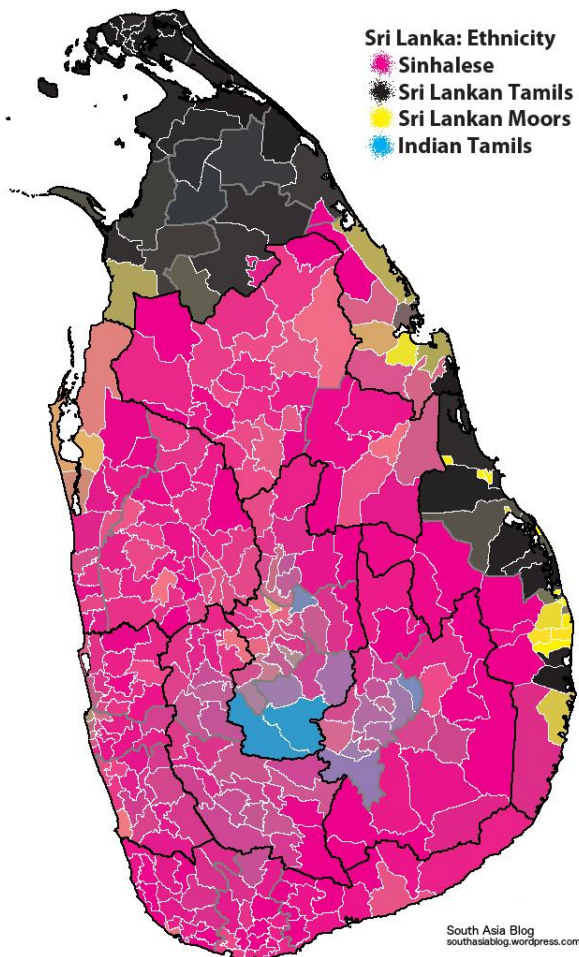
Tamil-speaking population of Sri Lanka makes up only about 10% of the total world-wide Tamil-speaking population. Over 60 million Tamils live in India, mostly in the state of Tamil Nadu, across the Palk Strait from Sri Lanka. The Sinhala-speakers live almost exclusively on Sri Lanka. Below is the language map for Sri Lanka:

When we look at language, all of the complexity of the religious map dissolves and a more binary picture emerges. The religious map shows a diverse and messy island. The language map reveals a country starkly divided by language. The Buddhists and the Christian belt just north of Colombo merge into the orange Sinhala-speaking majority. The Christian pocket in the north, all of the Hindu areas, and the Muslims unify into a solidly Tamil-speaking north, east coast, and centre. Looking at this map, it is easier to understand why Sri Lanka spent a quarter of a century locked in a bitter civil war. It also shouldn't come as a surprise that much of the tension on the island originated in a 1956 bill making Sinhala the national language. Interestingly though, the Sri Lankan Civil War, which in some ways originated in the dispute over language, was not fought along linguistic lines.

III. Ethnicity

In fact, ethnicity, not religion or language, was the main driver of the war. The Sinhalese make up 74.9% of the population. They correlate exactly with the Sinhala-speaking parts of the map above. They are mostly Buddhist, but there is a significant Christian minority. The Sinhalese arrived in Sri Lanka about two thousand years ago, probably from the Bengal area. The Sri Lankan Tamils are the second largest ethnic group, at 11.2%. The Sri Lankan Tamils are mostly Hindu, but again have a Christian minority. The Sri Lankan Tamils were the ethnic group that largely fuelled the Civil War, and the rebel groups, including the **Liberation Tigers of Tamil Eelam** (LTTE), better known as the Tamil Tigers, drew their

members from the Sri Lankan Tamil population. The ancestors of the Sri Lankan Tamils may have arrived at roughly the same time as the Sinhalese, although some argue that they came much later, in the 12th century. It is clear though that whether or not there was permanent Tamil settlement on the island, Sri Lanka's ties to the Tamil homeland in South India go back millennia.



You may have noticed that the Sri Lankan Tamils only make up around half of the Tamil-speaking population in Sri Lanka. That is because there are two other Tamil-speaking ethnic groups in Sri Lanka, both of which have been subjected to ethnic cleansing campaigns to strengthen the position of one side or the other in the Sri Lankan Civil War and the years leading up to it. The Muslims in Sri Lanka, who as I mentioned above have a different origins myth than the Sri Lankan Tamils, see themselves as a separate ethnic group, despite being Tamil-speaking and genetically identical to the other Sri Lankan populations. They are called the Moors, because the Portuguese arrived on the island shortly after the defeat of the Arab Moors of southern Spain and Portugal and named them after the only Muslims they knew. The Moors make up about 9.2% of the population, and are one of the few examples of a true ethno-religious group—an ethnic group solely defined by its members' religious affiliation. Unlike the Tamil-speaking Christians and Hindus of the north, the Moors did not support the demand for a separate state (to be called Tamil Eelam), perhaps because of their separate ethnic identity. As a result, they were branded a fifth column and expelled from northern Sri Lanka. The Tamils later apologised, and some of the Moors have returned, although tens of thousands remain internally displaced.

The much-persecuted Indian Tamils make up the final major ethnic group in Sri Lanka. They are descendants of Tamils from India who were brought to the island as labourers by the British in the 1800s. In 1931, they made up 15.4% of Sri Lanka's population; today they are 4.2%. The Sinhalese-dominated government, starting immediately after independence in 1948, and accelerating in the 1960s and 70s, tried to send as many Indian Tamils as possible back to India. They were stripped of citizenship and forced to return to India. Since most Indian Tamil families had been in Sri Lanka for over a century at that point, they were "returning" to a country they had never seen, and had no desire to live in. This was a transparent attempt by the Sri Lankan government to reduce the Tamil presence on the island. Eventually, the Indian Tamils who had survived the depopulation campaigns of the 60s and 70s were granted Sri Lankan citizenship, as a reward for their loyalty to the government in the Civil War. Still, the Indian Tamils who were expelled have not been able to return. Assuming that Indian Tamil growth rates were similar to those of the Sri Lankan Tamils, this means that the Sinhalese were able to remove about 2 million Tamils from the island, radically altering the demographic balance.

A few notable features are the physical separation of the Sri Lankan Tamils from the Indian Tamils. The Indian Tamils are in the centre of the island mainly because the hilly interior is where most of the

plantations that produce Sri Lanka's famous tea are located. The Indian Tamils's ethnic distribution also gives a hint as to why the Sinhalese were so eager to remove the Indian Tamils. If two-thirds of the Indian Tamils hadn't been deported, much of Sri Lanka's interior would have been blue on the map above, giving a potential Tamil Eelam more depth. A Tamil state consisting of the north plus the narrow Sri Lankan Tamil strip of land on the east coast would be difficult to defend militarily (as the LTTE eventually discovered). The Sinhalese leadership may have feared that a Tamil-dominated interior would set up a partition in which the Tamils got a large chunk of central and eastern Sri Lanka. Of course, the Indian Tamils remained loyal, making the ethnic cleansing of central Sri Lanka pointless as well as immoral.

Ethnicity, The Tamil Tigers, And Sri Lanka's Civil War

The question of why the Tamils failed to get a state when so many other minorities, such as India's Muslims, the Jews of Mandatory Palestine, and the Christians of Timor, succeeded is worth discussing. The basic answer is that the Sinhalese had overwhelming military superiority and a willingness to brutally suppress the Tamils, and no outside power countered that by taking up the Tamil cause. Especially once India disengaged from Sri Lanka following former Prime Minister Rajiv Gandhi's assassination by an LTTE (Liberation Tigers of Tamil Eelam) suicide bomber in 1991, it was only a matter of time before the Sinhalese would use their military advantage to snuff out the rebellion, which they did in 2009. India could have been Tamil Eelam's outside backer, much as the British backed the aspirations of Indian Muslims and Jews in Mandatory Palestine.

Instead the LTTE handled India about as badly as possible. India covertly funded them throughout the 80s, and intervened militarily in 1987 to prevent an imminent Sinhalese victory. India was able to force the government in Colombo to agree to a series of humiliating concessions, which gave the north de facto independence, and set off bloody protests against the government in the Sinhalese parts of the island. Every Tamil group agreed to lay down their arms except the LTTE. This was in many ways the turning point for Tamil Eelam, because the frustrated Indian forces on the island tried to defeat the LTTE militarily to preserve what had been shaping up as a smashing victory for India. The Indian "peacekeeping" force became mired in a war with their former clients, and withdrew from the island in 1990. When the LTTE assassinated Rajiv Gandhi, the Prime Minister who had ordered the intervention in Sri Lanka, in 1991, India washed its hands of the whole business, and essentially turned a blind eye to the vicious Sinhalese assault on the north which eventually ended the Civil War.

The LTTE also threw away an incredible opportunity when the Sinhalese government decided to support them against the Indian forces as a way to get the Indians off the island. The government agreed to a ceasefire with the LTTE in 1989. The LTTE waited until about three months after the Indians left before it broke the ceasefire in spectacular fashion, executing hundreds of policemen who had surrendered to it. The LTTE proceeded to expel 70,000 Muslims from the north of the island. In 1993, an LTTE suicide bomber assassinated Sri Lanka's President. A pro-peace party was elected in the south in 1994, leading to a ceasefire in January 1995. This ceasefire lasted four months, before the LTTE bombed two Sri Lankan naval vessels. The LTTE's actions in the late 1980s and early 1990s were breathtakingly self-destructive. They isolated themselves from what had been a sympathetic India, which was the only country with the ability and interest to make Tamil Eelam a reality, and which had essentially created an independent Tamil state in 1987. They then wasted several opportunities to make a deal with the weak and exhausted Sinhalese, prolonging the conflict and giving the Sri Lankan government and military time to regroup.

While the military decisions by the Tamil leadership were nothing short of moronic, their failure to form a broad tent of Tamil-speakers was perhaps more decisive in their failure to achieve a state. They were unable to reach the Indian Tamils of central Sri Lanka, depriving the rebels of a population situated deep within Sri Lanka that could have put pressure on the Sinhalese population, something the LTTE consistently failed to do. Similarly, the Moors never supported the LTTE, even though it was essentially secular, not Hindu. The effect of this can be seen on the east coast of the ethnic map. The Moors and Sri Lankan Tamils are interspersed all along the east coast preventing a unified Tamil zone there. If the Tamil leadership had succeeded in uniting the Tamil-speakers (and remember the conflict started in part because of the language problem), it could have commanded the support of 26% of the population instead of 12%. Even then, the exact lines of a partition are difficult to map out, because of the distribution of the Tamil-speaking population. A partition would certainly have caused massive population exchanges. Consider this though. Sinhalese-speakers are divided by religion, Tamil-speakers by religion and ethnicity. Every ethnic group except the Moors are divided by religion. The Christians and Hindus are both split between two ethnic groups. Perhaps Sri Lanka is too fractured for a successful revolt to break out. Paradoxically, it may be Sri Lanka's divisions that keep it united.



COMMERCIAL IN CONFIDENCE

How Sri Lanka Can Overcome Its Economic Crisis

<https://thediplomat.com/2022/08/how-sri-lanka-can-overcome-its-economic-crisis/>

26 August 2022

The government should take advantage of the crisis to do things that it could never attempt before, from addressing regressive subsidies to restructuring state-owned enterprises.

Winston Churchill's famous dictum, "Never let a good crisis go to waste," could not be more apt for Sri Lanka in its current context: An economy struck down by one of its worst crises since independence presents a unique opportunity for the country to deliver on much needed reforms. Many countries like India and Thailand implemented wide-ranging economic reforms after undergoing severe economic crises and came out much stronger. The Sri Lankan government should take advantage of the prevailing economic crisis to do things that it could never attempt before – from addressing regressive subsidies to restructuring state-owned enterprises.

The severity of Sri Lanka's economic crisis is evidenced by the fact that the country is being widely pointed to as a textbook case of how an economy should not be managed. The past few months have seen extreme fuel and gas shortages, currency depreciation leading to near hyperinflation, shortage of medicines, and long power cuts largely due to a shortage of foreign exchange.

Sri Lanka still has a long way to go to come out of this crisis, which has been a long time in the making. Decades of fiscal deficits, current account deficits, a bloated public sector, diminishing tax revenue, and subsidised prices have led to this state. Currently, the country is looking at an IMF bailout, for which it needs to restructure its debt. Debt restructuring can be complicated, especially with China, which prefers to refinance loans instead of restructuring approaches. One of the international sovereign bond holders taking the Sri Lankan government to courts sets a dangerous precedent for the country.

As the economy teeters on the brink, navigating the crisis will require long overdue extensive economic reforms, which could very well be the silver lining to Sri Lanka's economic recession.

Economic Policy Missteps in the Last Few Years

Many policies of the administration of former President Gotabaya Rajapaksa led to the aggravation of the economic crisis. The tax cuts given in 2019, when Sri Lanka was already seeing low tax revenues, led to larger fiscal deficits, resulting in international ratings agencies downgrading Sri Lanka, effectively shutting the country out of international capital markets. The COVID-19 pandemic, which led to a fall in tourists and in remittance sent home by Sri Lankans working abroad, further exacerbated the situation.

The chemical fertilizer ban was another mistake, as admitted by the former president himself, which led to agricultural output decreasing significantly. Fixing the currency exchange rate at 203 Sri Lankan rupees to the U.S. dollar by using up foreign reserves and deferring engagement with the IMF led the economic crisis to spiral out of control.

But a large share of the blame lies in the structural issues of the Sri Lankan economy. Macro risk factors, such as a 26-year-long civil war, cultural predispositions against foreign direct investment, public scepticism about privatisation, populist policies, and low taxes have all led to where the country is at the moment.

Structural Causes of the Sri Lankan Economic Crisis

COMMERCIAL IN CONFIDENCE

When Sri Lanka achieved independence in 1948, its economy was one of the best in Asia. But things have gone increasingly downhill since then.

Populist macroeconomic policies have dominated the Sri Lankan economy for decades. Many political parties coming to power with election promises including subsidised rice, cheap bread, free fertilizer, and lower taxes. This has had a cascading effect on government revenues, leading to decades of fiscal deficits, increasing government debt, and the printing of money, resulting in a low but steady inflation rate.

Political parties also promise government jobs during election periods, which results in many people getting state sector jobs – even when such jobs do not exist. In Sri Lanka, just over one in six of the country's total workforce is employed by the state. The total state sector workforce amounts to 1.4 million employees, which resulted in 86% of the government's tax revenue in 2021 going to paying the salaries of state sector employees. To make matters worse, a staggering 71% of government revenue goes to paying the interest on Sri Lanka's sovereign debts. Paying the salaries of state sector employees and interest costs alone result in a large fiscal deficit, which is managed by more borrowing and quantitative easing. This also leaves very little room for government investment in healthcare, education, and other development projects.

Though Sri Lanka was the first country in South Asia to open its economy in the 1980s and still has the second-highest GDP per capita in South Asia, its liberalisation was not fully completed and many policies were reversed in the later decades. Since the mid-2000s, the government has shifted focus toward import substitution. Sri Lanka has one of the highest tariff rates in the region protecting many of its industries.

This has led to many large companies in protected industries having less incentive to innovate as they are comfortable in selling in the local market. But being less innovative and competitive also meant they could not export globally. Import restrictions, tariff barriers, and a lack of free trade agreements (Sri Lanka only has three FTAs) has led to Sri Lanka being left out of many global supply chains.

Sri Lanka had mostly borrowed from multilaterals at low interest rates, but this changed after the mid-2000s, when Sri Lanka issued its first international sovereign bond in 2007 and in the post-civil war period started borrowing from China at higher interest rates. Most of the money was invested into non-tradable industries and vanity projects such as the Colombo Lotus Tower.

Lastly, since the mid-1990s, Sri Lanka's tax revenue-to-GDP ratio has dropped significantly. In 1990, the ratio was nearly 20%, which paralleled those of many developed countries. The tax-to-GDP ratio was down to 12% in 2019, and after the tax cuts, it has dropped to just above 8%, one of the lowest levels in the world. To make things worse, direct taxes contribute to less than 2% of GDP and only 1% of the population comes under the income tax base.

Key Economic Reforms Needed for Sri Lanka

Sri Lanka requires wide-ranging economic reforms for long-term sustainable growth to service its debt obligations and to emerge from this crisis stronger. A stable monetary policy is important to keep macroeconomic stability and confidence in the local currency. The current economic crisis Sri Lanka is facing makes it very evident that an independent Central Bank is of the utmost importance. An independent Central Bank that can refuse to print money, can force the Treasury to take fiscal consolidation seriously. Having more respected professionals in Central Bank committees and giving

them a fixed term can allow them to make long-term policy decisions on interest rates and reserve requirements without political interference.

Tax reforms are essential for revenue-based fiscal consolidation, another prerequisite for economic sustainability. Instead of merely increasing taxes, the government should widen the tax base and implement a system to efficiently collect taxes.

Reform is needed to rein in state expenditure as well. State-owned enterprises (SOEs) are a colossal drain on the state coffers. This has resulted in a deepening fiscal deficit. The management of state-owned enterprises is inefficient as the ruling parties use SOEs for short-term political gains, resulting in a loss of focus on a long term sustainable strategy for SOEs. As the chairperson and the Board of Directors of SOEs are appointed by the relevant government ministries, they tend to be political party loyalists.

Reforms have to come in the form of restructuring these loss-making state entities with laws passed requiring financial disclosures and independent audits. As SOEs are unconditionally supported by the Treasury and also borrow from other state entities, especially from state banks, they have little incentives to balance their budgets. Requiring SOEs to balance their budgets and limiting support from the Treasury could bring about financial discipline.

Many SOEs should be privatised after a thorough study is done to systematically assess the benefits and risks involved. There is no reason not to privatise SOEs in competitive sectors where there is no need for a state entity to have commercial interests, like supermarkets, hotels, and airlines. As Thailand did after its economic crisis in 1997, certain Sri Lankan SOEs should be restructured and corporatized so they can be privatised in the future when the need arises.

Reforms are also needed to reduce the current account deficits that Sri Lanka has been experiencing for decades. Shifting the country toward an export-oriented economy should be the goal. Sri Lanka has one of the highest tariff rates in the region, which protects Sri Lankan industries with a focus on import substitution. Sri Lanka is a small nation with a GDP of around US\$80 billion. Trying to produce many products entirely in Sri Lanka for the Sri Lankan market means reduced economies of scale, resulting in products that are of lower quality and/or higher prices. Reducing tariff rates for the short term is not an option due to the forex crisis, but as the economy stabilises, a strategy to transform the nation into an export-driven economy should be implemented. Even if tariff rates are high, lifting quantitative restrictions would be recommended to address the issue of shortages in the country.

Sri Lanka needs to go with the global trend in manufacturing, which is to be part of global supply chains. An effective way for Sri Lanka to increase its exports is to find niche value additions it can undertake in the supply chains of multinational companies, which has been a strategy of developing countries such as Vietnam. For Sri Lanka to mesh with global supply chains, the country needs to have trade liberalisation, export-focused FDI, increased FTAs, and improved trade facilitation. Sri Lanka only has three FTAs while Vietnam, which opened its economy much later, has 26. Sri Lanka can also strategise to utilize its existing FTAs further, especially the one with India to drive exports.

FTAs are also needed to draw in export-targeted FDIs; Sri Lanka has a strategic location that it can leverage. Improving ease of doing business is essential as Sri Lanka ranks 99th in the world when it comes to the World Bank's ease of doing business rankings. Sri Lanka ranked 164th in the world in 2020 on enforcing contracts, which has to be improved.

Factor market reforms are crucial. The Sri Lankan government owns 82% of the land in the country, which severely restricts land usage for the private sector. Government land is leased out, which has two disadvantages, as the tenant occupying the land will not be able to use it as collateral and the tenant may not carry out long-term investments on the land. Land fragmentation is also a major issue as it leads to a lack of large tracts of land for major development projects. A proper valuation system for land is also crucial in attracting investments.

Labour reforms are needed to make the economy more competitive. Sri Lanka has one of the highest retrenchment costs in the world, making it extremely unattractive to investors. For better labour output, the labour force should be developed through education and training with a focus on developing future skills such as analytical thinking and innovation for a future ready workforce.

Overcoming the Twin Deficits

Sri Lanka's economic performance has been influenced more by "spending performance" (internal finance) than by "trade performance" (external finance). The twin-deficit hypothesis suggests that such countries would end up with unsustainable deficits in both accounts (government budget and international trade), while countries focused on external finance tend to improve both.

Thus, Sri Lanka continued to aggravate its over-spending problem by widening its fiscal deficit and trade deficit, which were financed increasingly with domestic and foreign borrowings. As a result, tradable sector growth slowed down against non-tradable sector growth, which was financed primarily by government spending and was unsustainable in the long-run. The fundamental problem that the government had to face was on how to pay dollar-denominated loans while earning rupee-denominated income from non-tradable sector growth.

Sri Lanka has to improve its forex earning capacity in order to achieve debt sustainability as well as to move beyond and above recovery. Fiscal consolidation is needed as a medium-term measure, but the reforms should be extended to eliminate the country's anti-export and anti-FDI biases. A crisis is an unprecedented opportunity to carry out the necessary reforms – one that should not be missed.

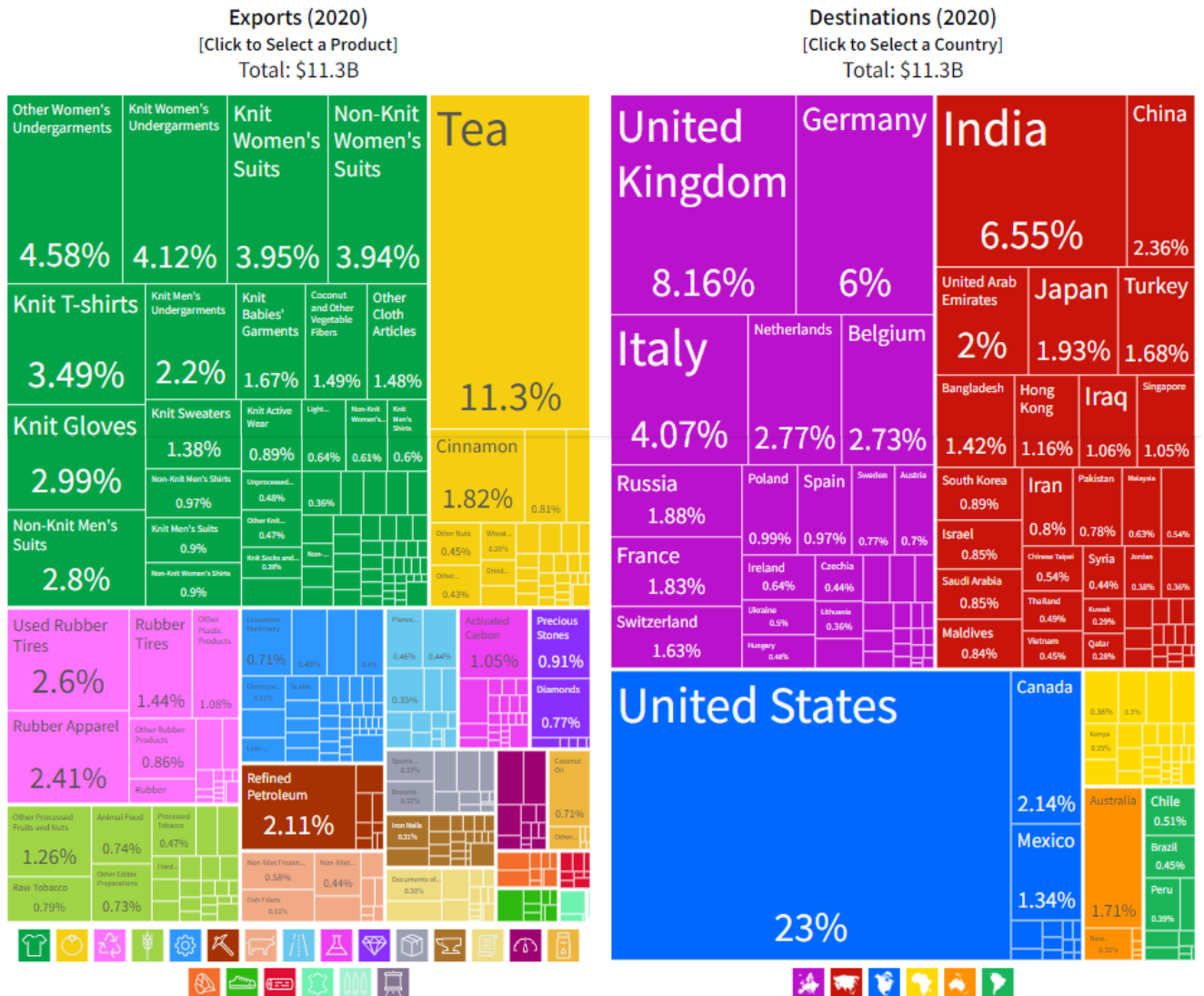
WORLD HAPPINESS REPORT (2022)



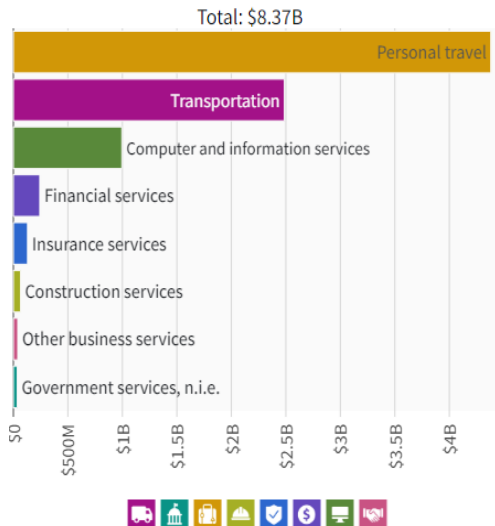
Source: United Nations Sustainable Development Solutions Network

SRI LANKA EXPORTS

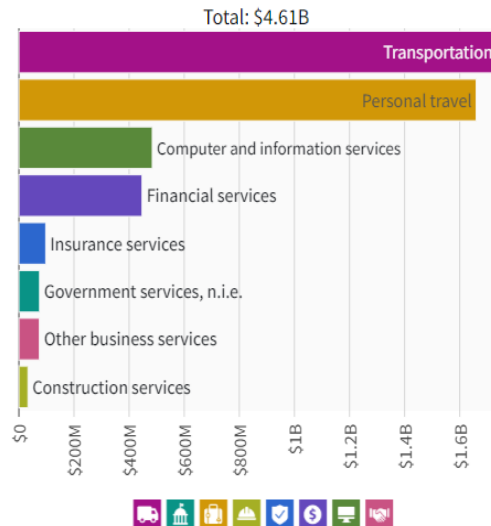
<https://oec.world/en/profile/country/lka?latestTrendsFlowSelectorNonSubnat=flow0>



Service Exports (2018)



Service Imports (2018)



EXPORT POTENTIAL OF CEYLON SPICES, ESSENTIAL OILS AND OLEORESINS

<https://www.srilankabusiness.com/spices/export-potential-of-ceylon-spices.html#:~:text=The%20major%20export%20markets%20for,the%20United%20States%20of%20America.>



Sri Lanka's well-deserved fame for spices has its roots in ancient history. Historical records suggest that Sri Lanka started exporting spices centuries ago. Legendary travellers such as Marco Polo (1254 – 1324) recorded and reported information on spices from the East to Europe and described the routes of spices as the Silk Route East, the Sea Route, and the Cinnamon Route. We can take pride in the fact that from those times to date, we've successfully enshrined our good reputation and have made it glow even brighter.

SRI LANKA'S BASKET OF SPICE EXPORTS

While Sri Lanka is best known for the Ceylon Cinnamon which is also known as true cinnamon as opposed to Cassia which looks quite similar to Ceylon Cinnamon but fails to match its extraordinary flavour and medicinal properties.

Sri Lanka's basket of Spice exports includes Ceylon Pepper, Ceylon Cloves, Ceylon Cardamom, Ceylon Nutmeg and Mace, and Vanilla. Equally important are the herbs and additives such as a variety of chillies, coriander seeds and the leaves, curry leaves, cumin, fennel, fenugreek, ginger, mustard, tamarind and turmeric among others.

Also, Sri Lankan spices are used to produce a whole range of essential oils such as cinnamon leaf oil, clove oil, cinnamon bark oil, nutmeg oil, pepper oil, citronella oil, sesame oil and cardamom oil which constitute value-added Ceylon Spice products, and are in great demand internationally.

Sri Lanka also produces and exports Oleoresins which are mixtures of volatile and non-volatiles of botanicals extracted from such Sri Lankan spices as Black Pepper, Cardamom, Nutmeg, Ginger, Cloves, Garcinia, Lemongrass, and Cinnamon.

MAIN EXPORT MARKETS FOR SRI LANKA'S SPICE, ESSENTIAL OILS AND OLEORESINS

The major export markets for Sri Lanka's Spices, Essential Oils and Oleoresins include Asian, South American and European countries, in addition to the United States of America.

Sri Lanka is the top exporter of cinnamon to the world, catering to nearly 27% of the global demand. Moreover, the country's pepper production serves nearly 7% of the global demand with mace- 7%, nutmeg- 4%, clove - 3.3%, and cardamom a mere 0.1% respectively.

Recognising the importance of the sector, the Government of Sri Lanka has provided various types of incentives for cultivation and processing of spices through the Department of Export Agriculture. EDB is engaged in brand promotions for cinnamon and pepper in selected markets. GSP+ concessions are available for the sector (HS:09).

PURE CEYLON CINNAMON CERTIFICATION (PCC)

PCC mark designates that the cinnamon is produced, processed, packed in Sri Lanka and sold with no extraneous matters. EDB Sri Lanka is the authorised holder and the protector of Ceylon Cinnamon Certification Mark and the Geographical Indication (GI) on behalf of the people of Sri Lanka. Ceylon Cinnamon Certification mark has been registered in Europe, USA, Peru, Colombia and WIPO, and Mexico with plans to register the same in Australia and New Zealand.

GEOGRAPHICAL INDICATION (GI) FOR CEYLON CINNAMON

GI for Ceylon Cinnamon is a sign used as a product indication, which will identify it as originating from a specific country and possess a quality reputation that's due to that country. GI is a source of competitive advantage for commercialisation and possesses dynamic marketing power to help to increase market differentiation mainly in the international markets, allowing a premium price from the consumer. EDB Sri Lanka is the authorised national organisation that implements the licensing process and issuing the GI on behalf of the people of Sri Lanka. Obtaining GI internationally depends on the proper protection of quality and the traceability of cinnamon products originating from Sri Lanka.

At EDB Sri Lanka, we believe it is important to strengthen the compliance of the value chain of the cinnamon industry by assisting the companies to implement the minimum requirement of quality standards of cinnamon processing such as GMP. GMP covers all aspects of production; from the starting materials, premises and equipment to the training and personal hygiene of staff.

PURE CEYLON CINNAMON (PCC) LOGO

True cinnamon (*Cinnamomum zeylanicum*) is a unique spice commodity among all other spices produced in Sri Lanka. Sri Lanka is the largest producer of Ceylon Cinnamon in the world accounting for over 85% of the world market share for true Cinnamon. EDB Sri Lanka holds the ownership / custodianship of the name "Pure Ceylon Cinnamon" (PCC) along with other associate names "Ceylon Cinnamon", "Sri Lanka Cinnamon" and Sri Lanka "Kurundu" to protect and promote Ceylon Cinnamon. We have registered "Pure Ceylon Cinnamon" Trademark in the EU, Mexico, USA, Peru and Colombia with the objectives of differentiating it from Cassia.

R&D AND PRODUCT DEVELOPMENT FACILITIES

Technical institutions are involved in developing technology and value-added products to fulfil the industry needs.

- Research Centre of Department of Export Agriculture in Matale
- Cinnamon Research Institute – Kamburupitiya

- Industrial Technology Institute (ITI)
- Cinnamon Training Academy

POTENTIAL FOR THE SECTOR EXPANSION

The growers, producers and suppliers in the Spices, Essential Oils and Oleoresins sector must realise the potential for the sector expansion and must collaborate with EDB and other government agencies to strive towards achieving the ambitious national goals set for this well-yielding sector with ample room for further improvement. Here, they have to pay close attention to the following.

- Well reputed brand name for Ceylon Cinnamon and other spices
- High-quality intrinsic characteristics of Sri Lankan spices (e.g.: High Cinnamaldehyde and low Coumarin content in True Cinnamon and high Piperine content in Sri Lankan Pepper)
- A trend towards value-added products
- Emerging new technology

STRENGTHS, OPPORTUNITIES & CHALLENGES IN THE SPICE AND ESSENTIAL OIL SECTOR

STRENGTHS

- Long history and well-established market
- Geography – Initiate Geographical Indication protection for Sri Lankan spices
- Climate – Favourable climatic and soil conditions in the country to increase the cultivations and productivity
- Skilled labour force
- Pure Ceylon Cinnamon mark to differentiate the Ceylon Cinnamon from other cinnamon in the global market

OPPORTUNITIES

- Government support to boost the exports of value-added products (Reduce the Tax for value-added products)
- Establishment of training centres and processing centres for spices
- Increase the awareness of quality management practices among processors and exporters
- Help to minimize the loss – Use of new technologies in the industry

CHALLENGES FACED BY THE SECTOR

Sri Lanka's Spices, Essential Oils and Oleoresins Export Sector face the following challenges in particular.

- The decline in prices in the world market
- Unfavourable climatic conditions
- Pests and diseases
- Depletion of arable land for cultivation
- Lack of Technology and Technical Know-how for creating value-added spice products
- Low barriers to entry in the global market

It's essential to emphasise the fact that exportation of value-added spice products as opposed to spice as a commodity can significantly enhance the total sector earnings. As an existing exporter of Spices, Essential Oils and Oleoresins, or an aspiring one, we urge you to look beyond the commodity export and come up with more innovative and value-added spice offerings.

Potential Sectors of Investment Do's and Don'ts of Business in Sri Lanka

<https://www.rvo.nl/sites/default/files/2018/06/Investment-Handbook-Sri-Lanka.pdf>

Do's:

- Consider Sri Lanka's strategic location and demographic structure
- Look at finding a reliable business professional who can assist to navigate the local landscape and understands government workings
- Liaise with the BOI (Board of Investment) about concessions that foreign businesses may be entitled to
- Create marketing material that can be presented to government bodies, investors or customers
- Employ an efficient company secretary who can manage the administration side of the business, including company incorporation
- Work closely with local parties to ensure they are aware of your needs, especially during set up and initial stages of the business
- Sri Lankans have a formal business attitude. Give a firm handshake. When greeting a woman, wait until she initiates a handshake
- The exchange of business cards is as usual. Always hand your card over with both hands

Understand:

- Building up business relations takes time. The first meeting is often only for introductory purposes
- Sri Lankans may not always be very direct. Always listen carefully to what is meant between the lines
- The board of directors might not necessarily be present at meetings. You will most likely be met by the middle management. If there is a good and solid business proposal it will be forwarded to the board of directors. Your patience could thus be put to the test. To be successful in Sri Lanka, patience, persistence and finding the right partner are of importance

Don'ts:

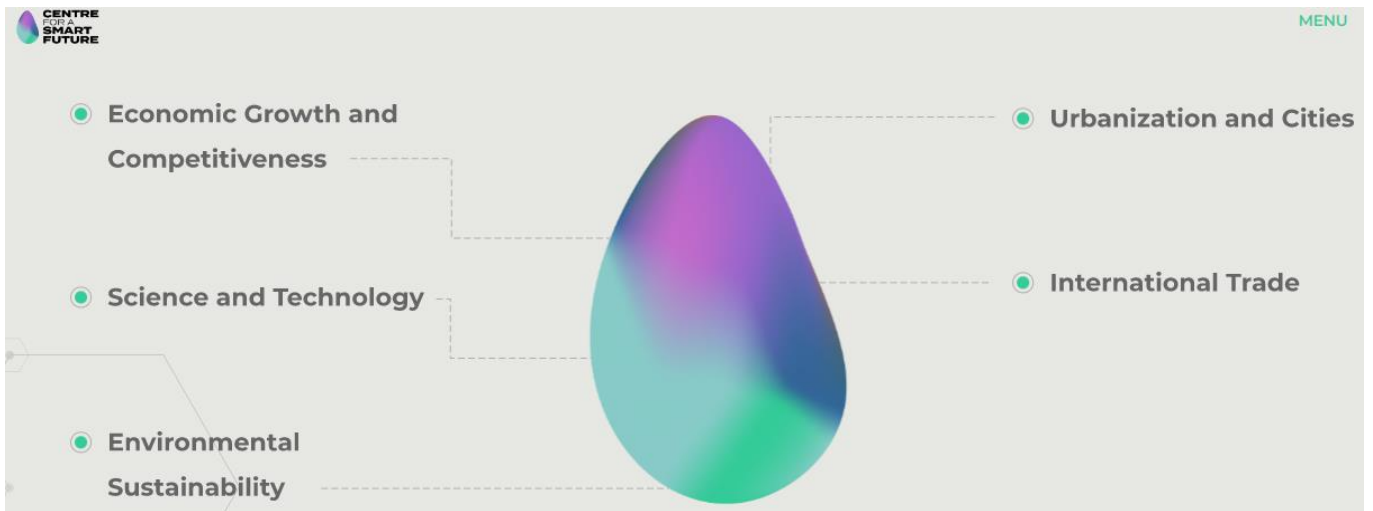
- Begin operations without fully understanding the market, including feasibility studies and other due diligence procedures
- Ignore the local market, especially for consumer products, but remember that significant marketing efforts may need to be made in order to capture this base

Sri Lanka is ranked 99 among 190 economies in the ease of doing business, according to the latest World Bank annual ratings.



CENTRE FOR A SMART FUTURE

<https://www.csf-asia.org/>



Iromi PERERA



Anushka WIJESINGA



COMMERCIAL IN CONFIDENCE

Sri Lanka's Challenging Path toward Economic Stability and Recovery

<https://www.internationalaffairs.org.au/australianoutlook/sri-lankas-challenging-path-toward-economic-stability-and-recovery/>

7 September 2022



Sri Lanka's economic crisis of 2022 has been over a decade in the making. The new government has a difficult recovery ahead.

Sri Lanka's economic crisis reached a tipping point in January 2022. The government decided to fully repay a maturing sovereign bond of US\$500 million while foreign reserves were wafer thin and essential imports could not be financed. Sri Lanka had never defaulted on its international commitments, and the government wanted to preserve this track record. Yet, the precipitous slide in economic conditions had gone too far, and the majority of citizens were suffering.

Between January and July 2022, Sri Lanka's foreign currency crisis worsened, with no ability to finance fuel, cooking gas, essential medicines, and many food items. Already imports of automobiles, consumer durables, and construction materials had been restricted or outright banned. Though economists saw this coming for years, it was only in April 2022, when the government announced a historic debt default, that the penny dropped and the economy collapsed. Public uprising against the government grew, eventually resulting in the ouster of President Gotabaya Rajapakse, Prime Minister Mahinda Rajapakse, and other Rajapakse family members who held Cabinet positions.

Growth Model in Question

Much of the recent media coverage and external commentary of the crisis has focussed on what has happened in the last couple years than long-term trends. Sri Lanka has experienced years of economic mismanagement and a flawed growth model pursued in the years after the civil war ended in 2009.

The post-war boom prioritised public debt-driven infrastructure spending, private investment in domestic non-tradable sectors like real estate and property development, and a lack of fiscal discipline. Many export-oriented sectors were consistently under-supported, and tourism was over-relied upon.

COMMERCIAL IN CONFIDENCE

Debt service payments racked up, and foreign revenue-earning sectors narrowed. Warnings by Sri Lankan economists and multilateral development banks about the underlying weakness went ignored for years. Politicians, their politicised public officials, and prominent industry leaders who were close to them dismissed any concerns as “fear mongering.”

Stability and Vulnerability

The groundwork for vulnerability had been laid, then new macro shocks came in quick succession: a constitutional coup in October 2018, Easter Sunday bombings in April 2019, the onset of the COVID-19 pandemic in 2020, and the Russia-Ukraine war in 2022. Sri Lanka’s economy contracted by 1.6% in the first quarter of 2022. Tourism earnings collapsed from US\$4.4 billion in 2018 to \$0.5 billion in 2021. Exports have remained buoyant, recovering to pre-COVID-19 levels, but the export basket has remained largely unchanged for 20 years. Usable foreign reserves dwindled to just US\$300 million by August 2022 and were reportedly less than US\$10 million on the day Sri Lanka announced the unilateral default.

Against this macroeconomic context, Sri Lankan households face severe socio-economic pressures. COVID-19 and the current crisis have led to severe malnutrition and other socio-economic issues. The reintroduction of a fuel pricing formula has increased fuel prices. Petrol and diesel prices increased 143% in July 2022 year-on-year. Cooking gas prices increased by 229% October 2021 and August 2022, while shortages have substantially eased. Increases to electricity tariffs have just been announced, and there are planned increases in water tariffs. Sri Lankans have not seen this kind of energy and utility prices revisions, all at the same time, in recent memory.

The government is yet to come up with a meaningful social safety net. It announced modest cash transfers and is doubling down on existing programmes like “Samurdhi,” a household welfare scheme that is widely acknowledged as politicised, incomplete, and poorly targeted.

Pathways for Recovery

President Ranil Wickramasinghe’s government plans to introduce reforms that had been postponed for over a decade. But unless he wins over the public, explains the rationale for the reforms and expected outcomes, and demonstrates genuine effort to respect the people’s struggle, he is likely to fail. Trust in politicians is at an all-time low. **There is much dismay that everyone in the new Cabinet of Ministers was part of the regime that oversaw the economic collapse.** Efforts to forge a multiparty unity government seem perfunctory at best, with two major opposition parties – the JVP and SJB – rejecting the president’s overtures toward this.

As the daunting work of restructuring public finances and stabilising the economy continues, the president needs to decide whether to retain the finance minister role, or hand it to a colleague in Cabinet or someone who might join under a multi-party arrangement. Sri Lanka has had seven finance ministers in as many years.

The immediate priority is to lock in International Monetary Fund (IMF) support for reforms, by way of an Extended Funding Facility programme. A Staff-level Agreement was forged in August 2022, but the IMF’s Executive Board still needs to approve the programme. For this it needs assurances that Sri Lanka has made reasonable progress in debt renegotiation with private and bilateral creditors. So far, Chinese authorities have been ambivalent about debt restructuring, but evidence from their approach in other countries suggests they would seek a bespoke and preferential arrangement rather than participating in a common restructuring programme.

President Wickremasinghe invited Japan to coordinate a meeting of bilateral creditors to forge an accelerated common approach. If this succeeds, it would greatly help secure an IMF bailout. Meanwhile, Sri Lanka has appointed international financial and legal advisors to negotiate with private creditors in parallel. Apart from one legal dispute filed in the District Court of New York, no further legal challenges are likely to get in the way of negotiating private commercial debt.

Following the IMF agreement, other multilateral and bilateral lenders, like the World Bank, Asian Development Bank, Japan, and the United States, are likely to come forward with financial support. These will be crucial to provide budgetary support for the government's welfare programmes to build a cushion for the socio-economic impacts on the poor. The sweeping policy reforms that are likely to be implemented would have sharp impacts on vulnerable groups.

Reforms for Private Sector-led Growth

While all these measures will provide some respite over the next two years, the accompanying austerity measures will no doubt affect growth. So, the government needs to stimulate economic activity by spurring private investment. Rather than focussing on tax incentives and concessionary rates, the government must seriously look at policy and regulatory bottlenecks that have held back private enterprise for decades. Improvements in trade facilitation at the border have been slow or stalled and must now be fast tracked. Archaic business regulatory laws need to be revised or removed and missing regulatory frameworks introduced. A steady and firm path of import tax rationalisation needs to be adopted, along with an overhaul of procedures, promotion, and facilitation of foreign direct investment.

Together, these reforms can spur entrepreneurship and private sector activity to compensate for the pull-back of public investment that has dominated economic activity since the end of the war. Without this, the Sri Lankan economy will be caught in a "low-equilibrium trap," moving precariously from one crisis to the next with lifelines from international partners like India and China thrown from time to time. Sri Lanka needs to use this crisis to reform the economy to ensure post-crisis growth is inclusive and sustainable.

Anushka Wijesinha (MoC 395) is an Economist based in Colombo and is Co-founder of the public policy think tank, Centre for a Smart Future (with Iromi Perera (MoC 401) iromip@gmail.com). He works with international development organisations on technical assistance projects in South and South East Asia. He was previously Advisor to the Minister of Development Strategies and International Trade, the Chief Economist of the Ceylon Chamber of Commerce, and an Asia Foundation Development Fellow at the Korea Development Institute. He was a member of the World Economic Forum's Global Future Council on Innovation Ecosystems, and the Monetary Policy Consultative Committee of the Central Bank of Sri Lanka.



Chief Economist at the Ceylon Chamber of Commerce, Anushka Wijesinha



EXPLORE SRI LANKAN EXPORTERS KEY EXPORT CATEGORIES



APPAREL & TEXTILES



BOAT AND SHIP BUILDING



CEYLON TEA



COCONUT & COCONUT BASED PRODUCTS



DIAMONDS, GEMS & JEWELLERY



FOOD, FEED & BEVERAGES



RUBBER & RUBBER BASED PRODUCTS



SPICES, ESSENTIAL OILS & OLEORESINS

MORE EXPORT CATEGORIES



AYURVEDIC & HERBAL PRODUCTS



CERAMICS & PORCELAIN PRODUCTS



CHEMICALS & PLASTIC PRODUCTS



CUT FLOWERS & FOLIAGE



ELECTRICAL AND ELECTRONIC PRODUCTS



ENGINEERING PRODUCTS



FISH & FISHERIES PRODUCTS



FOOTWEAR AND PARTS



FRUITS, NUTS AND VEGETABLES



GIFTWARE & TOYS



HANDLOOM PRODUCTS



LEATHER PRODUCTS



LIGHT ENGINEERING PRODUCTS



ORGANIC PRODUCTS



ORNAMENTAL FISH



OTHER EXPORT CROPS



OTHER MANUFACTURED PRODUCTS



PRINTING, PREPRESS AND PACKAGING PRODUCTS

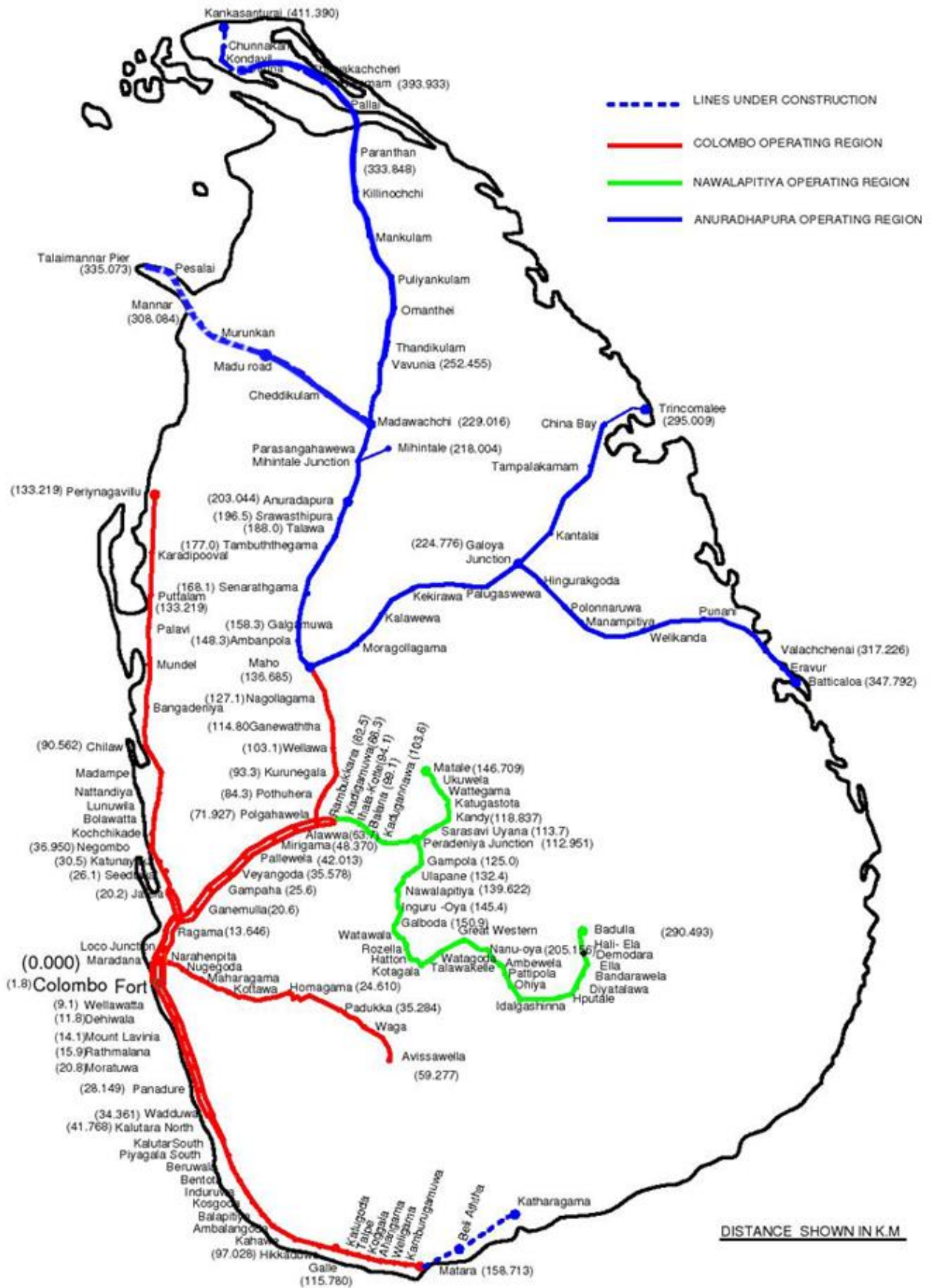


TOBACCO



WOOD & WOODEN PRODUCTS

RAILWAY NETWORK



Western Region Megapolis

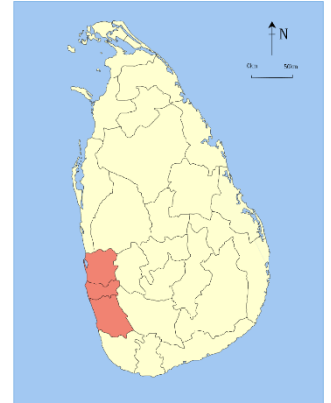
https://en.wikipedia.org/wiki/Western_Region_Megapolis

<http://www.slembassykorea.com/eng/download/Megapolis%20Master%20Plan.pdf>

<http://www.slembassykorea.com/eng/download/Megapolis%20Plan%20Summery.pdf>

The **Western Region Megapolis** is an urban planning, zoning, and development area stretching from Negombo in the north to Beruwala in the south. It is designed to create a megapolis in Sri Lanka's Western Province by 2030.

The plan was created by Surbana in cooperation with local experts. It hopes to create a Megacity that can match other economic hubs, such as Dubai, Singapore, Seoul and Tokyo, and solve the issues of traffic congestion, garbage, slums, and environmental pollution. The project aims to foster economic growth and prosperity, good governance, the creation of an efficient and well-planned region, social equity and harmony, and environmental sustainability. The project includes social infrastructure development such as housing, healthcare, education, spiritual development, safety and security, transportation and traffic management, airport and port development, water- and energy-related infrastructure development, and the development of SMEs, industries and tourism.



The Western Province where most of the Megapolis is situated.

History

The concept was initially mooted in 1991 by the then young Sri Lankan Industries' Science and Technology Minister Ranil Wickremesinghe. He presented the plan to the visiting Japanese Prime Minister Toshiki Kaifu, with the objective of getting Japanese assistance to implement the project. However, development of the concept came to a halt with the change of the government in 1994. In 2004, the Singaporean Housing and Development Board's design subsidiary CESMA created the Western Region Megapolis plan. When Wickremesinghe returned to power and the proposal was submitted to the Board of Investment (BOI), however, the end of the administration again stopped the project. His successor Mahinda Rajapaksa mostly abandoned the plan but implemented piecemeal sections of the project.

After returning to power in 2015, Wickremasinghe requested Surbana Jurong, the successor of CESMA, to revise the plan to suit the newer needs. The Megapolis plan was unveiled in a ceremony with Prime Minister Wickremesighe, President Maithripala Sirisena, and Megapolis and Western Province Development Minister Champika Ranawaka. In 2016 Siemens signed a MoU with the Ministry of Megapolis to provide solutions for smart cities.

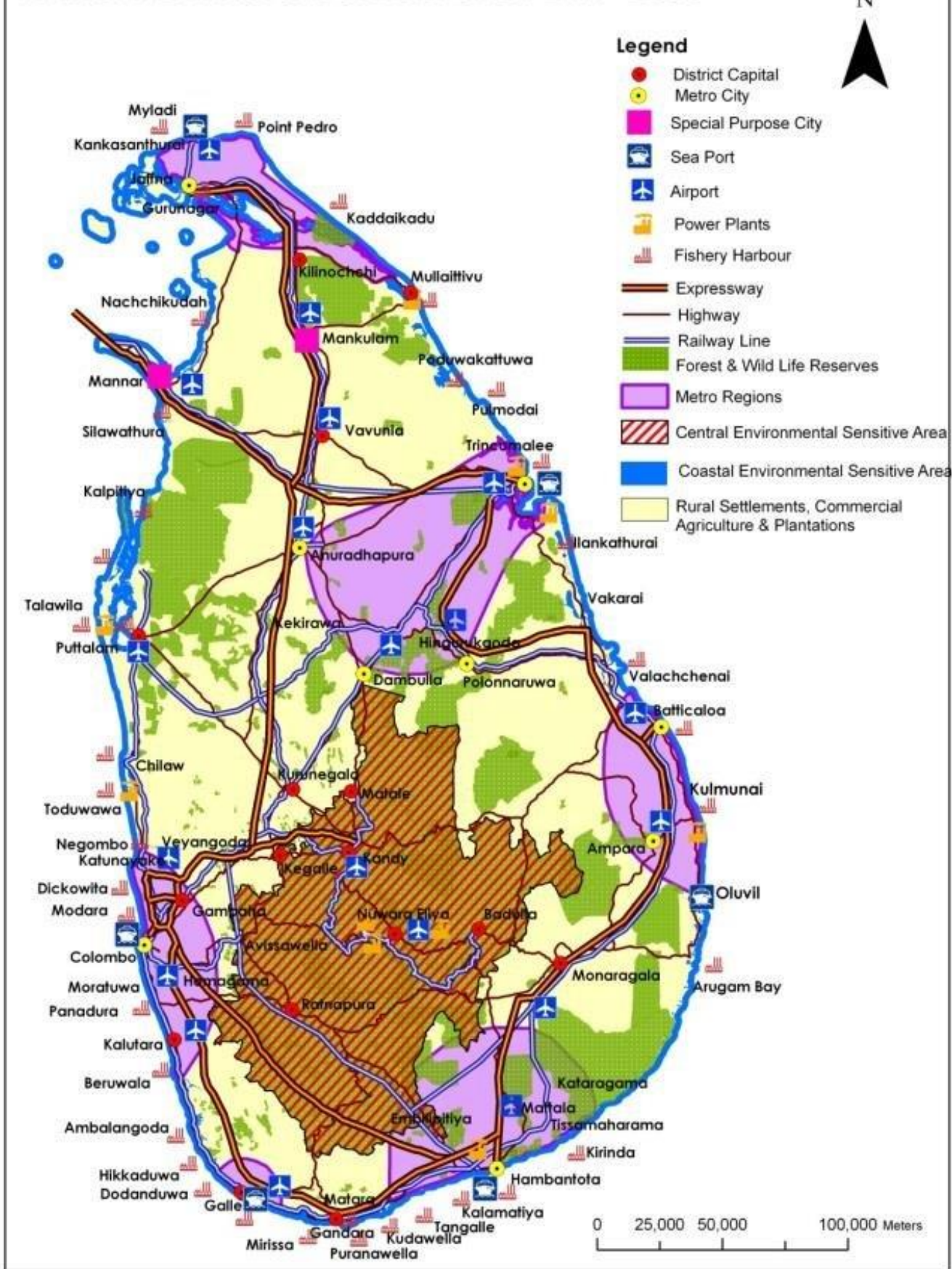
Notable Developments

Colombo International Financial City

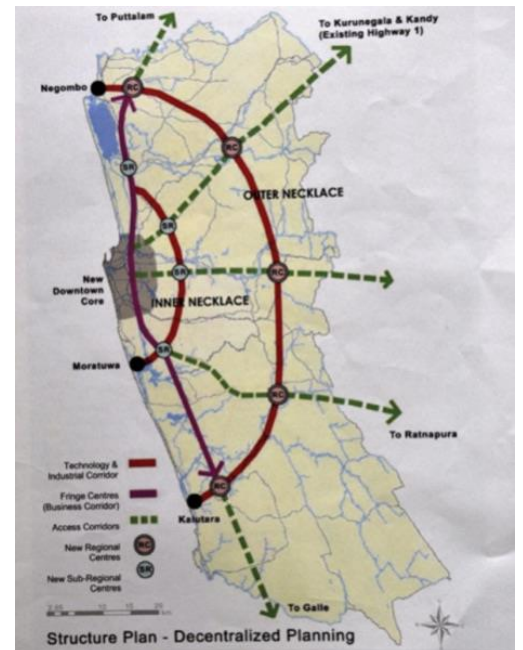
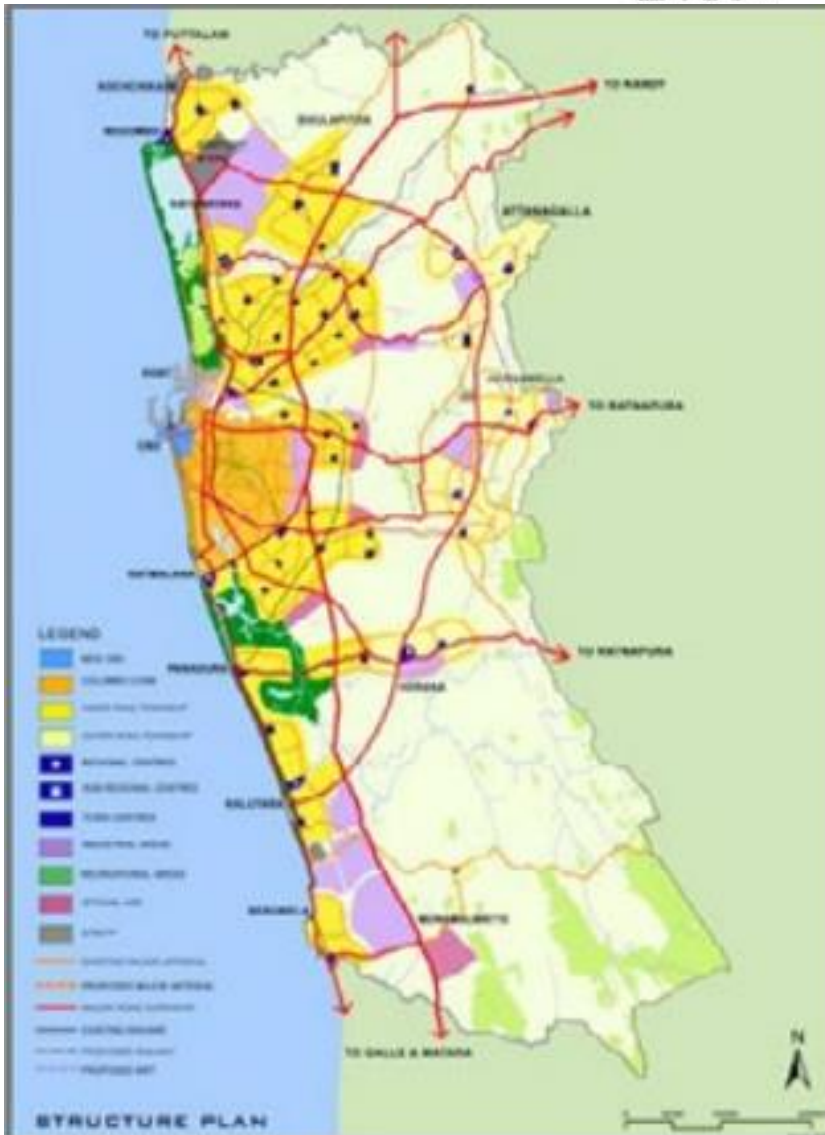
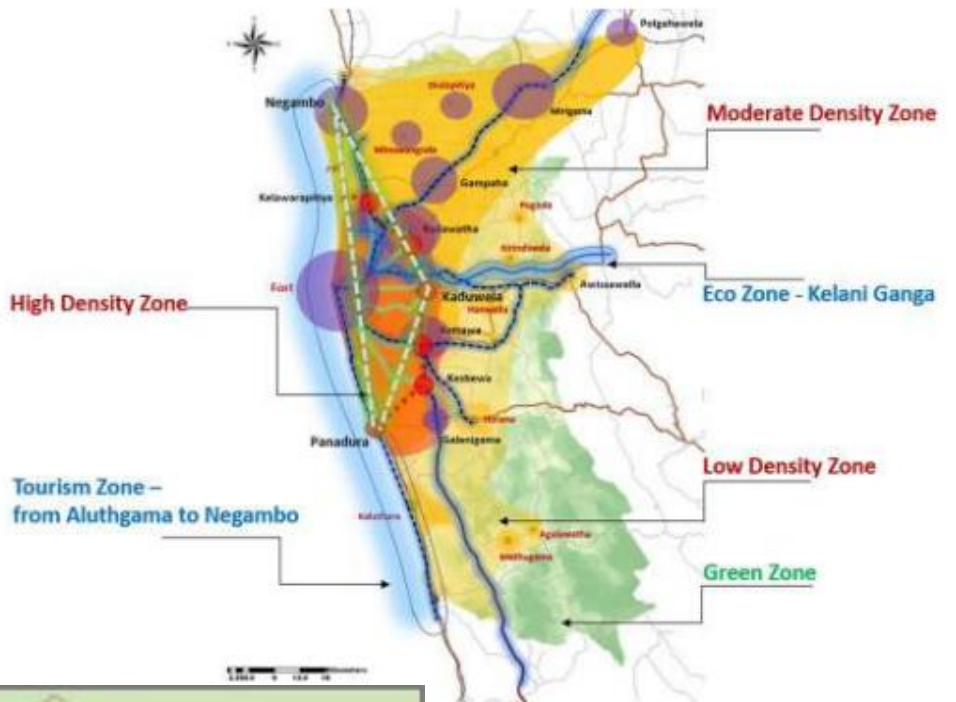
Main article: [Colombo International Financial City](#)

The Colombo International Financial City (CIFC) is a planned offshore city adjacent to Galle Face Green in Central Colombo that would be built on reclaimed land. It is touted as an international financial centre and is funded by Chinese investment; the city will have a separate legal and financial system which is likely to be governed by the Chinese firms that control the land, although the Supreme Court of Sri Lanka still has the final word on legal matters.

NATIONAL PHYSICAL STRUCTURE PLAN - 2030



Western Region Megapolis Project



Transport

The megapolis project has several transport development proposals. The Plans include modernised bus service, an electrified railway system, a modern rapid transit system, and an inland water transport system for a new boat/ferry service that uses Colombo's historic canal network, a new urban expressway system, and improvements to existing roadways. Transport-related projects identified by the master plan of Western Region Megapolis Planning Project are implemented under the Transport Development Project (TBD). The Western Region Megapolis Transport Masterplan has published the detailed plan.

A new rail-based Rapid Transit System will be introduced in the Greater Colombo area. Bus, taxi and school transport systems in the region will be restructured and modernised. Bus stations and terminals will be upgraded. A transport information and analysis centre is proposed in the project master plan.

Railways

See also: [Rail transport in Sri Lanka](#)

Upgrading stations, rail tracks and signalling, communication and ticketing systems, and the introduction of new rolling stock have been proposed. Electrification of existing lines and several new lines are also proposed in the project. The main lines to be modernised and electrified are:

1. Panadura – Veyangoda – Polgahawela (RL-M1) -110 km
2. Kelani Valley Line (RL-M3) -60 km
3. Ragama to Negombo line with additional new airport access (RL-M2) -26 km
4. Kottawa to Horana (RL-NR1) –22 km
5. Kelaniya to Kosgama via Biyagama and Dompe (RL-NR2) - 30 km (248 km)

The first three lines already exist while the last two are proposed to be added to the network in the future. The feasibility study on the Panadura–Veyangoda line has been proposed under the Colombo Suburban Railway Project under ADB assistance and in April 2016 the Ministry of Transport shortlisted the consultants for the feasibility study.

The introduction of maglev high-speed rail has been proposed by the High Speed Railway Corporation (HSRC). It would connect Negombo in the north to Kollupitiya in the south.

Rapid Transit

See also: [Colombo Light Rail](#)

The plan proposes a Light Rail Transit (LRT) system serving the designated Western Region Megapolis area within the Colombo District. The project will consist of seven elevated and surface-level tracks to cover major public institutions in the city and the suburbs. The Japan International Cooperation Agency agreed to fund the project and is assisting with the feasibility study. In 2017, various consulting services expressed interests in feasibility studies. In November 2017, the Ministry of Megapolis and Western Development signed with a South Korean company, Seoyoung Engineering, to begin a feasibility study of the project. The planned construction in Colombo and its suburbs began in late 2018.

The project is to be carried out in seven phases. The first phase would see the Light Rail system running from Malabe to Fort, with all seven phases covering a total distance of 75 km. The seven phases are listed below:

1. Green Line (RTS1) - 15 km - Fort – Kollupitiya – Bambalapitiya – Borella – Union Place – Maradana
2. Yellow Line (RTS2) - 11.5 km - Fort – Maradana – Mattakkuliya and Peliyagoda

3. Red Line (RTS3) - 10 km - Dematagoda – Borella – Narahenpita – Kirulapana – Havelock City – Bambalapitiya
4. Purple Line (RTS4) - 10 km - Borella – Rajagiriya – Battaramulla – Malabe
5. Pink Line (RTS5) - 9.6 km - Malabe to Kottawa
6. Olive Line (RTS6) - 6 km - Malabe to Kaduwela
7. Ash Line (RTS7) - 13 km - Peliyagoda to Kadawatha (75 km)

Bus

The plan envisions revising the route network to enhance efficiency and convenience, reform and restructure public bus service and institutions, initiate express bus services using intercity expressways, deploy smart bus service with low floor kneeling, air conditioning, and on-board IT, and improve facilities at suburban bus terminals and stands.

The Lotus Tower was touted as the modular hub for a citywide bus service during its construction, although the accompanying monorail service has been replaced with LRT and little information has been released about the future of the bus service.

Waterways

There will be new boat services to enhance west-west connectivity and to promote eco-tourism during night hours. Three main routes have been identified:

- Wellawatta – Battaramulla Line (IW1)
- Fort – Union Place (along Beire Lake) (IW2)
- Mattakkuliya – Hanwella (along the Kelani River) (IW3)

It is proposed to be launched as a public-private partnership. A boat service between Battaramulla and Nawala began in December 2016.

Roads

The roads plan involves expanding and extending existing key roadways, improving existing urban roads and intersections, and building elevated roadways from the New Kelani Bridge to Colombo Fort area, Colombo Port, and Battaramulla. Flyovers are also being built as an interim solution for traffic congestion.

Air

International Airport

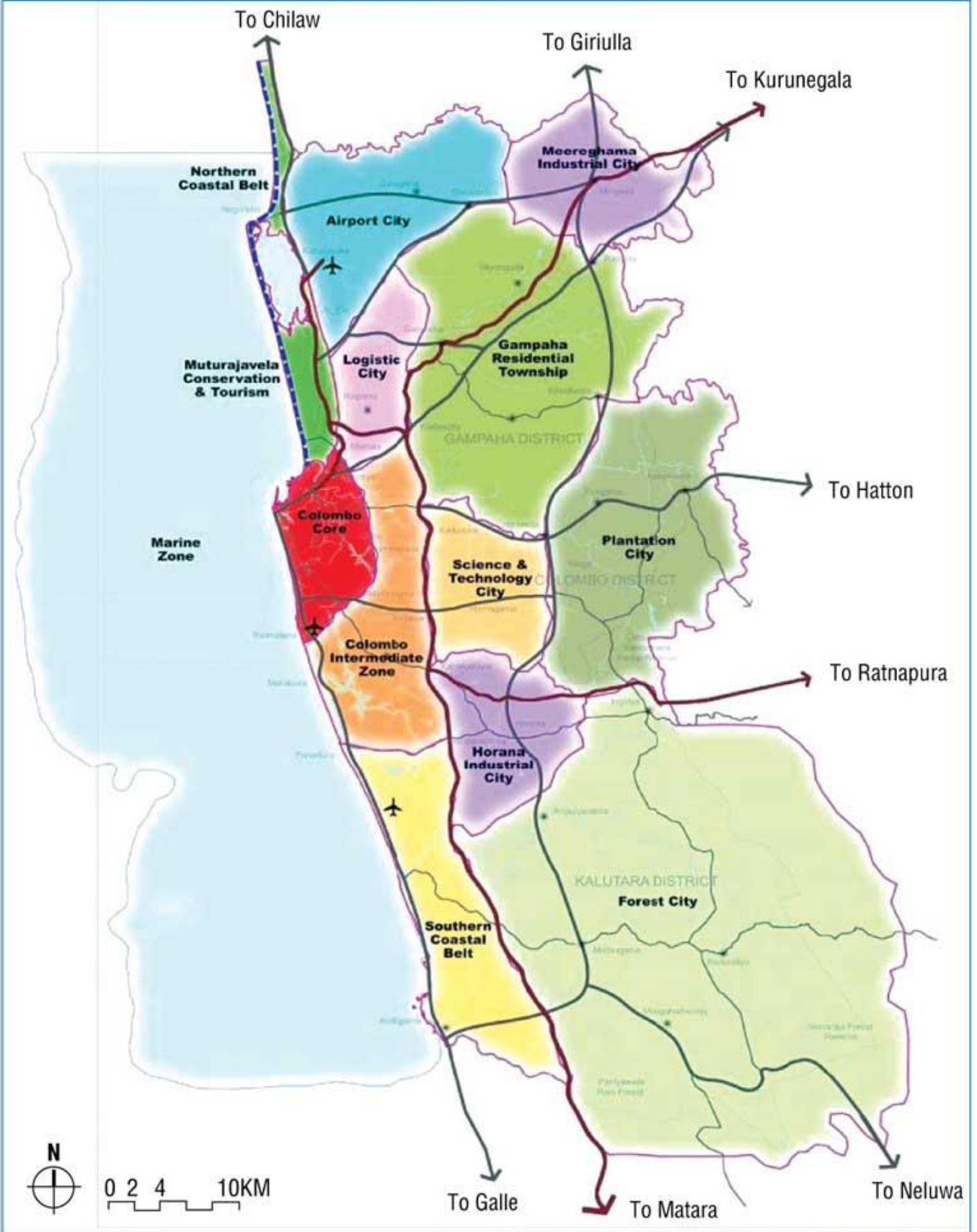
An expansion of the Colombo International Airport will see a new terminal built. Construction started in 2017.

Energy

The plan proposes the expansion and modernisation of the Sapugaskanda Refinery, new natural gas power plants, the conversion of existing petroleum based power plants to natural gas and overhead voltage lines to underground insulated cables, exploration of natural gas reserves in Mannar, and the development of clean energy such as solar power, wind power, and waste-to-energy power plants.

The first waste to energy plant under the Western Region Megapolis plan entered construction in 2017 as an investment by Aitken Spence Group's Western Power Company and was opened in 2021.

PLANNING AREA DIVISION PLAN



Planning areas

The project is divided into 11 planning areas in terms of geography and economic potential. Each has its own zoning rules and regulations:

1. Aero City Zone: Katunayake

The Aero City in Katunayake will involve development of airport infrastructure, including upgrading the aerodrome of the Colombo International Airport, a new passenger terminal, the Aero-City Business Park, an airport hotel, an international convention centre, a second runway, and the development of an Aero-City residential township in Minuwangoda.

2. Tourism and Environmental Corridor: Muthurajawela

The tourism and Environmental corridor will be in the Muthurajawela wetlands.

3. Industrial City: Mirigama

Situated in Mirigama, the industrial city aims to bolster industries such as pharmaceuticals, electronic products, manufactured edible products from cultivated agricultural products, ceramics, glassware from mineral products, cosmetic products, and providing locations for SMEs that will support such industries. The project aims to create a liveable city for migrants from rural areas to settle in Mirigama without moving to Colombo, which will attract real estate developers to develop quality housing, schools, healthcare facilities, and other social infrastructure.

4. Industrial City: Horana

The Horana industrial city will occupy approximately 85 km² of existing towns and scattered villages. It is planned to attract large scale industries in tires and tubes, electronic products, pharmaceuticals, and food. The area was selected due to land availability and connectivity via the north–south highway. New residential townships will be created to provide affordable housing for workers attracting real estate development.

5. Logistics City

The Logistics City is strategically located in close proximity to the Colombo Port and the airport and is expected to span across a region of 306 km². It will be linked to other areas of the project through multimodal connectivity, such as dedicated roads, expressways, and railway links for freight handling and transportation. Industrial clusters are proposed for facilities such as trans-shipment, dry port, warehousing, cold storage, vehicle repair, and cargo distribution. The first phase of the Logistics city was launched in January 2017 by Prime Minister Ranil Wickremesinghe and Minister Champika Ranawaka. The first investment is a joint venture between GAC Group and Hemas Logistics to build a modern integrated logistics facility with a state-of-the-art distribution centre, container yard and a warehouse facility.

6. Colombo Core Area

The core area is divided into two main segments: the Central Business District (CBD) and the Core Area, which overlaps with the boundaries of the Colombo and Gampaha Districts. The CBD project aims to develop the area for "work, life and play." A unique shopping district along Beira Lake is proposed alongside an entertainment district on the other side of the Beira Lake and the Fort and Pettah areas will be developed into a pedestrian friendly area.

7. The Outer Core Area

The Outer Core area has been identified just outside the core area. They serve the suburbs that are expected to have higher population and purchasing power in the long term and is expected to be a medium density residential and mixed commercial development area.

8. Plantation City: Avissawella

The Plantation City consists of 330 km² of plantation areas around Avissawella alongside pockets of residential development. The region's economy will be largely based on plantations and hopes to attract population from rural areas and to offer a different environment to live compared to densely populated Colombo and the surrounding areas.

9. Forest City

Occupying an area of approximately 1,050 km² in the southernmost part of the Western Region Megapolis, the Forest city contains a small population mostly engaged in agriculture and forest related activities. The area will be built upon farms, forests and heritage to improve quality of life while protecting the environment. The economy will be largely based on tourism, including eco- and agritourism.

10. Coastal and Marine Zone

11. Science and Technology City

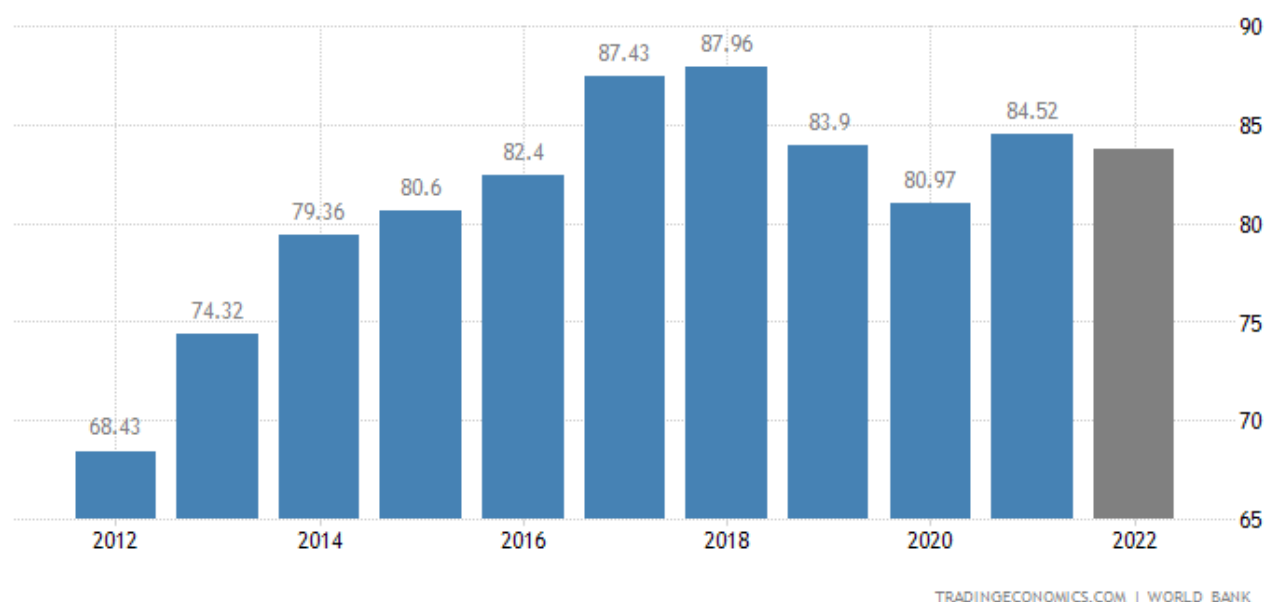
Also known as the "Techno City," the Ministry of Megapolis and Western Development envisions to build a Science and Technology City dedicated to knowledge services and research based education and training. It is planned to be located mainly around the town centres from Homagama to Kaduwela via Malabe. With a mission to utilise science and technology to increase the wealth of the community by promoting the culture of innovation and the competitiveness of associated businesses, industries and knowledge-based institutions, the project plans to contain high-tech research and development centres, incubation centres, and high-tech industries with all the requisite support services and facilities and a dedicated technological university.

The Science and Technology City is planned to primarily focus on nanotechnology, civil nuclear technology, space technology, information and communication technologies, electronic manufacturing and semiconductor technologies, robotics and automation, biotechnology, and gene technology. This project is expected to attract business park developers, software houses, and big players in advanced technology, bio-medical industries, and real estate developers.

The city will also contain shopping complexes, cinemas, schools, recreational areas, parking blocks, and a National Space Technology Hub, including Ground Station infrastructure for receiving and distribution of Earth Observation Satellite Data. The first phase of the project started in September 2016 with initial investments close to 20 billion Rupees by universities and the Arthur C. Clark Institution for Modern Technologies.

SRI LANKA Gross Domestic Product GDP:

The Gross Domestic Product (GDP) in Sri Lanka was worth US\$84.52 billion in 2021, according to official data from the World Bank.

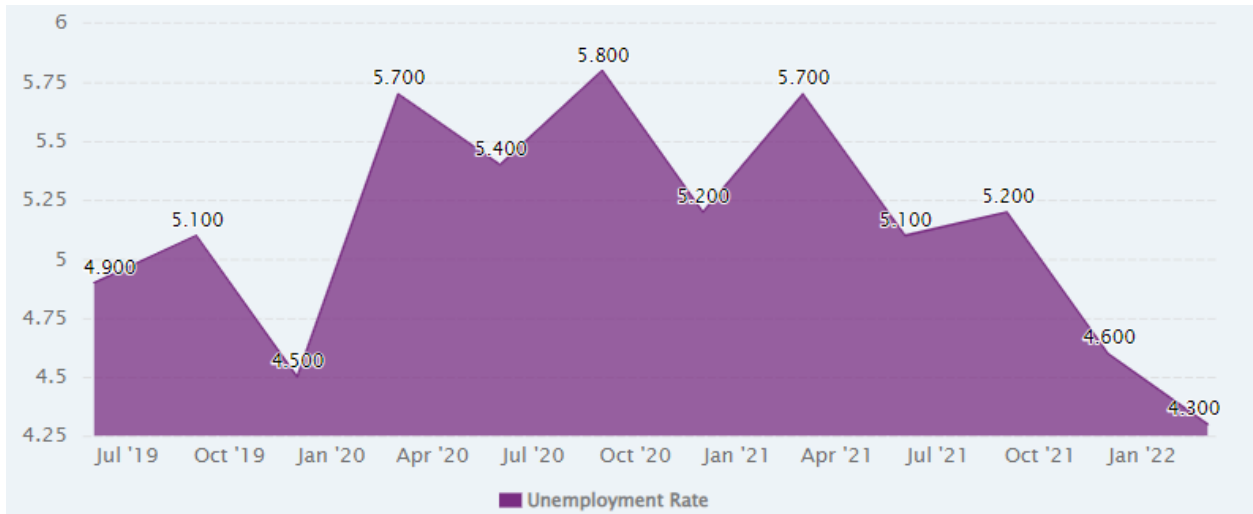


Related	Last	Previous	Unit	Reference
GDP	84.52	80.97	USD Billion	Dec 2021
GDP per Capita	4,156.97	4,053.73	USD	Dec 2021
GDP per Capita PPP	12,859.34	12,539.97	USD	Dec 2021

The economy of Sri Lanka contracted 1.6% year-on-year in the first quarter of 2022, compared to an upwardly revised 2% expansion in the previous three-month period amid high domestic inflation, foreign exchange devaluation and dollar deficit. Agricultural sector declined 6.8%, the worst among all sectors and posting the highest decline since 2015 as shortage of chemical fertilizers curbed agricultural productions, particularly rice, the country's staple food crop. Also, industrial production fell 4.7% as restrictions imposed on fuel import reduced production in all manufacturing industries, including the construction industry. Meanwhile, the services sector grew by a mild 0.7%, underpinned by accommodation, food and beverage service activities (25.2%); IT programming consultancy and related activities (12.3%); and telecommunication (7.9%). Meanwhile, the island is on talks with the IMF for a US\$3 billion bailout package.

Sri Lanka unemployment rate:

Sri Lanka Unemployment Rate dropped to 4.30% in Mar 2022, from the previously reported figure of 4.60% in Dec 2021.

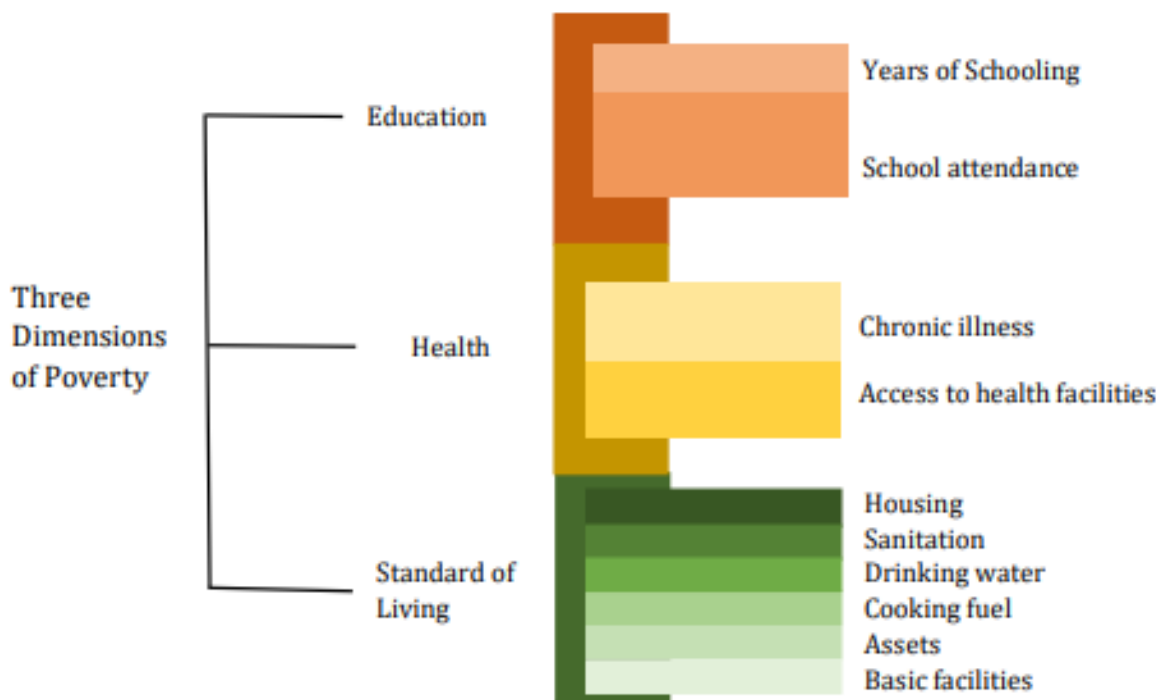


SRI KANKA MEDIAN INCOME – POVERTY

The poverty rate in Sri Lanka will witness further increase in 2022, as the country's economic crisis worsens. The World Bank (WB) in its Spring Update on the South Asian region said that the poverty rate in Sri Lanka would increase to **11.7%** in 2022.

The poverty rate in Sri Lanka will witness further increase in 2022, as the country's economic crisis worsens.

Structure of the National MPI in Sri Lanka



SL's average household income makes shocking revelation about poverty level
<https://www.dailymirror.lk/business-news/SLs-average-household-income-makes-shocking-revelation-about-poverty-level/273-238959>

13 June 2022

USD 1 = 360 LKR Sri Lankan Rupee

- **Poorest 40% families earn only Rs.26,931 (US\$75) per month, not enough even to put 3 meals on their table at current prices**

Sri Lanka's average monthly household income was estimated at Rs.76,414 (US\$212) prior to the country's economy fell deep into a recession and incomes deteriorated in the two years of the pandemic in 2020 and 2021, according to Department of Census and Statistics (DCS) data.

While the average household income was over Rs.75,000 (US\$208) and appeared attractive, this reflects the income for an average household comprising 3.7 people and there are also vast disparities between the three segments—urban, rural and estate.

The latest Household Income and Expenditure Survey 2019 results published by the Department of Census and Statistics recently showed that while the average income of an urban household was at Rs.116,670 (US\$324), the rural family generated an average of Rs.69,517 (US\$193) which has become even weaker for an estate sector family at Rs.46,865 (US\$130) per month.

While the results reflect the average income level when the country entered the pandemic, during the two years of the pandemic the country saw its incomes falling amid hyperinflation resulting in families losing 40% of the value of their nominal incomes within just one year through May 2022, based on the official consumer price indices.

The survey also found out that the poorest 20% of the households in Sri Lanka were generating only Rs.17,572 (US\$49) while the poorest 40% of the households generating Rs.26,931 (US\$75).

However, the richest 20% of the households in Sri Lanka on average earn Rs.196,289 (US\$545) per month, which may have grown in the last two years in nominal terms, although their purchasing power fell sharply in the last six months due to double-digit inflation, which accelerated into runaway prices from March onwards.

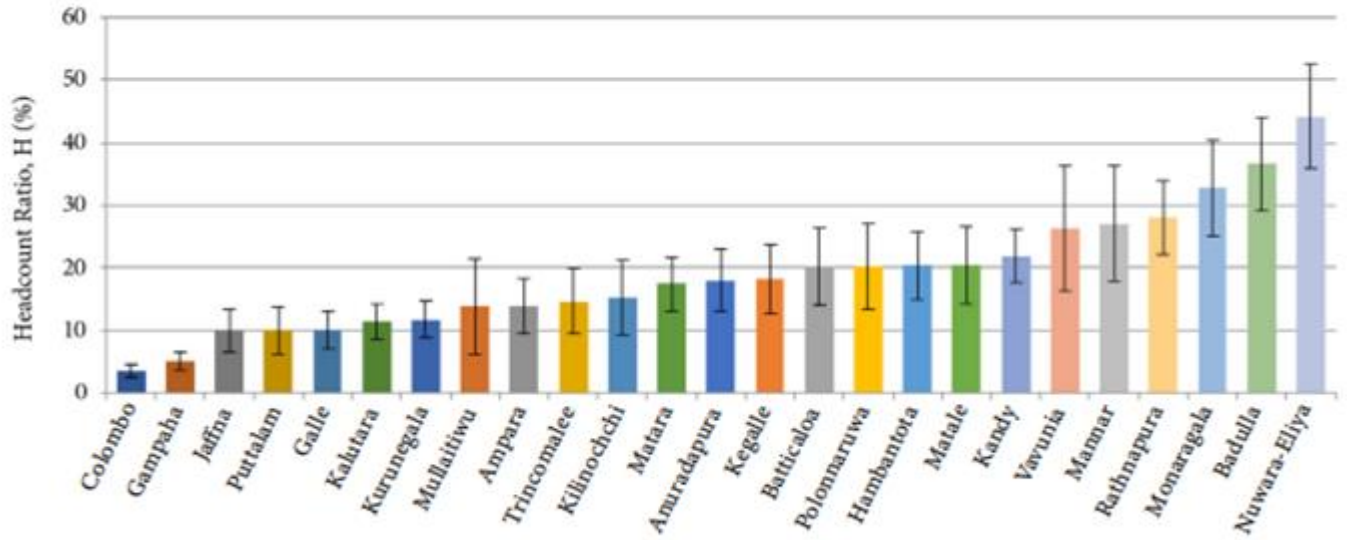
Meanwhile, the middle 60% of the households generated an average monthly income of Rs.56,079 (US\$156) for a family of 3.7 persons.

This reflects how badly the living standards of 80% of the households in Sri Lanka have been affected while the bottom 40% may have been plunged into dire poverty due to inflation which acts as an insidious tax on people's incomes.

However, inflation could help some people, provided they have the right attitude, to become more enterprising and productive to generate more income to a level which they can beat the price pressures in the medium term.

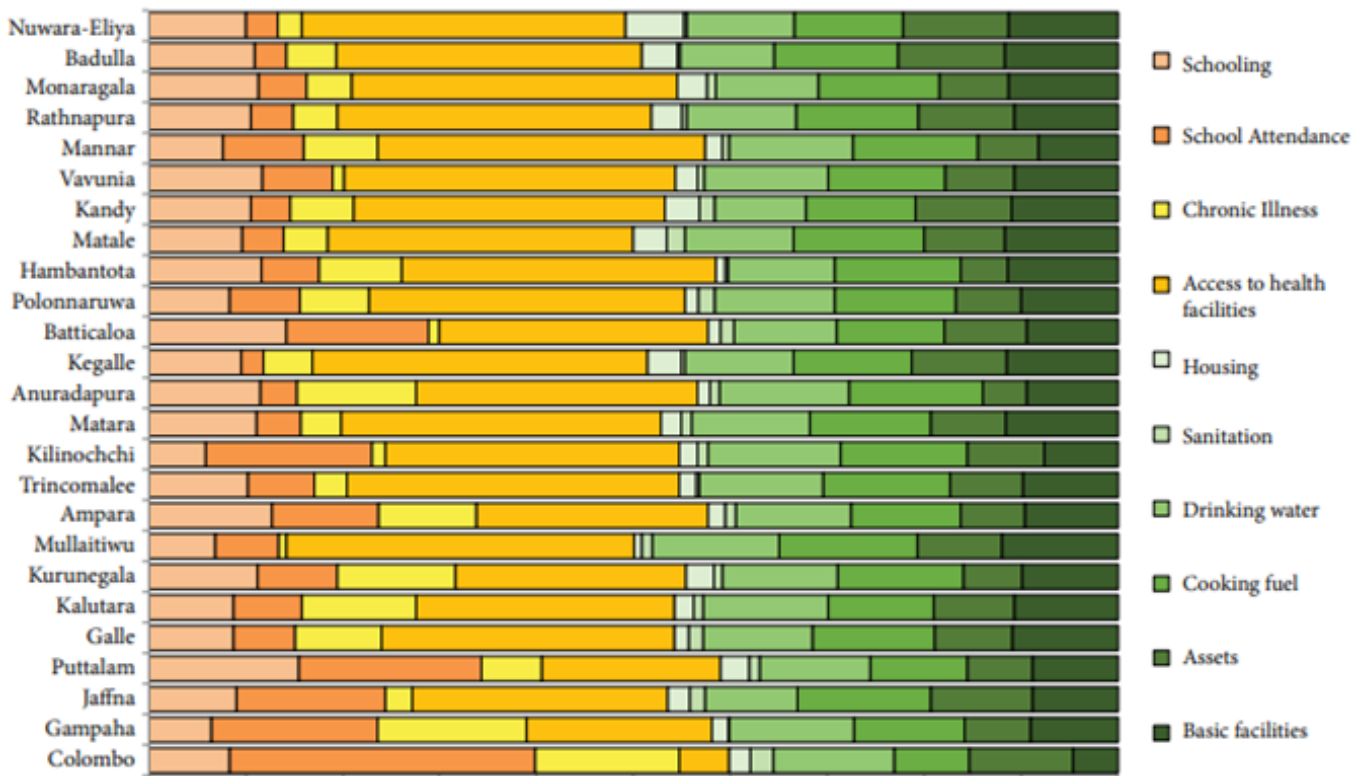
Oxford Poverty & Human Development Initiative (OPHI)

Incidence of multidimensional poverty by district



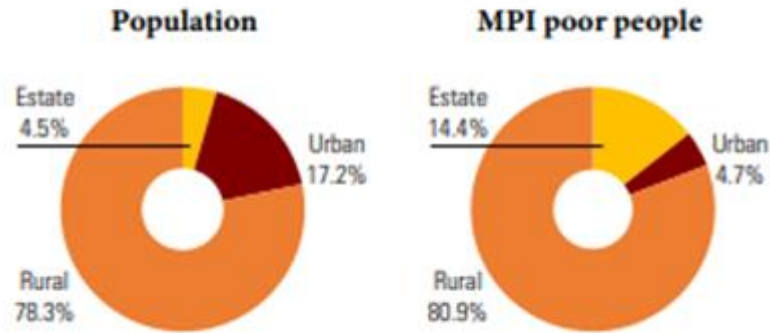
Source: Household Income and Expenditure Survey, 2019

Percentage contribution by indicator to MPI by district (ordered by MPI)



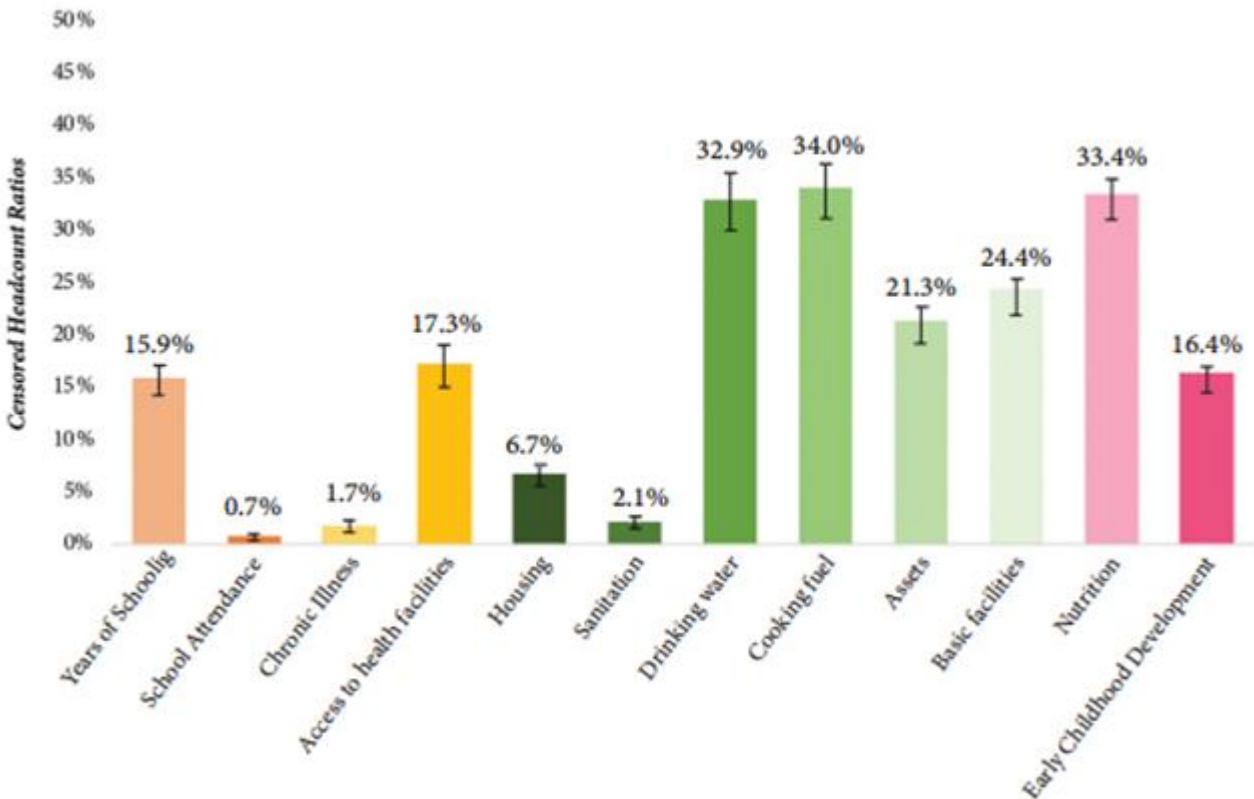
COMMERCIAL IN CONFIDENCE

Distribution of the population and those who are multidimensionally poor by urban, rural and estate areas



Source: Household Income and Expenditure Survey, 2019

Percentage of children 0-4 years old who are CMPI poor and deprived in each indicator in Sri Lanka



Multidimensional Poverty in Sri Lanka

https://ophi.org.uk/wp-content/uploads/MPI_in_Sri_Lanka_briefing_2021.pdf

Oxford Poverty & Human Development Initiative (OPHI)

A Multidimensional Poverty Index (MPI) creates a comprehensive picture of poverty. It reveals who the poor are and how they are poor by focusing on a set of interlinked deprivations that poor people experience.

National MPI:

- Approximately one out of every six (16.0%) people in Sri Lanka are multidimensionally poor.
- Estate areas are pockets of poverty that require policy attention as more than half (51.3%) of all people living in these areas are living in poverty.
- Rural areas are also a key focus point as more than eight out of every ten (80.9%) people who are poor live in rural areas.
- Poverty levels in districts vary significantly from a low of 3.5% in Colombo to 44.2% in Nuwara Eliya. Even for districts with similar MPI values, high-impact policies must consider the indicator composition of poverty, in order to plan the most cost-effective response.
- People aged 65 and older are the poorest age group in Sri Lanka, with the highest headcount ratio (17.9%) as well as intensity of poverty and MPI.
- Deprivations in health facilities, cooking fuel, drinking water, and basic facilities have the highest levels of deprivation.
- Deprivation patterns – and therefore policy and budgetary responses – vary by district and age.

Child MPI:

- Using the Child MPI, more than four out of every ten (42.2%) children under the age of five are multidimensionally poor.
- All the children poor by the National MPI are concurrently poor by individual level CMPI. In addition, the CMPI adds a fourth dimension comprising of child's nutrition and early childhood development.
- One third (33.4%) of children aged 0-4 years old are multidimensionally poor and either underweight or stunted.
- One sixth (16.4%) of children aged 0-4 years old are multidimensionally poor and deprived in early child development.
- Nearly half of children 0-11 months and 4 years old are poor, mainly due to undernutrition, and, for children who are 4 years old, not being in preschool.
- Encouragingly, there are no statistically significant differences between the poverty levels of young girls and boys in Sri Lanka.

Levels of Multidimensional Poverty in Sri Lanka

Sri Lanka has a National MPI of 0.067. This shows that poor people experience 6.7% of the total possible deprivations that could be experienced if everyone was deprived in everything.

Table 1: National multidimensional poverty statistics

	Value	Confidence Interval (95%)	
NMPI	0.067	0.062	0.071
Headcount ratio (H, %)	16.0	15.0	17.1
Intensity (A, %)	41.6	41.2	42.1

Source: Household Income and Expenditure Survey, 2019

According to the headcount ratio, nearly one out of every six (16.0%) people in Sri Lanka are multidimensionally poor. The intensity of poverty indicates that each poor person is, on average, deprived in 41.6% of the weighted indicators.

A key strength of the MPI method is that all statistics can be decomposed by area or district, identifying disparities within the country. As a result, high poverty places and groups can be targeted by appropriate poverty reduction or eradication interventions.

Estate Areas: Pockets of high poverty. The urban / rural / estate divide is a unique phenomenon to Sri Lanka. While poverty levels are higher in rural than in urban areas, they are highest in estate areas. The headcount ratio is 4.4% in urban areas, 16.6% in rural areas, and 51.3% in estate areas. The intensity is also highest in estate areas (46.1%), compared to rural areas (40.9%) and urban areas (40.6%). The National MPI is 0.018 in urban areas, 0.068 in rural areas, and 0.236 in estate areas. This highlights estate areas as pockets of poverty that require policy attention.

Rural Areas: 81% of the poor. Policy responses must also consider the number of poor. Only 4.5% of Sri Lankans live in estate areas, but these areas account for 14.4% of those living in poverty, making this a crucially important group. However, the large majority (80.9%) of poor people are living in rural areas. Therefore, rural areas must certainly be a priority.

Across Districts 3.5% to 44.2% of people are poor. At the district level, multidimensional poverty varies substantially. Colombo (3.5%) and Gampaha (5.1%) have the lowest incidence of poverty, while in Nuwara-Eliya, more than two-fifths (44.2%) of the population are living in poverty according to the NMPI. Any budgetary response or targeting of districts with the highest levels of poverty must also take into account the population shares in each of the districts. So while Colombo and Gampaha have the lowest incidence of poverty, their relatively large population size means that they have higher actual numbers of people living in poverty than districts such as Vavunia and Mannar that have a higher incidence of multidimensional poverty.

Persons 65 years and above: poorer. In addition to geographic location, the NMPI is disaggregated by other groups, which is useful for identifying priority groups. Those people aged 65 and older are the poorest – they have the highest headcount ratio (17.9%), intensity, and MPI of all age groups. Considering the range of possible values (the ‘confidence intervals’) this eldest age group is only statistically significantly poorer than children aged 0-4, who are the least poor group by the NMPI but are the focus of the special child study in Part II of this briefing.

Disaggregating NMPI by the gender of the household head to explore gender inequality finds that female-headed and male-headed households notably have no statistically significant differences in their level of multidimensional poverty.

How to Reduce Multidimensional Poverty in Sri Lanka

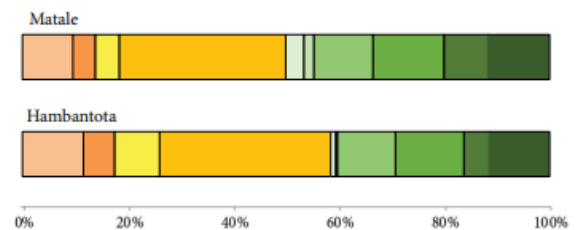
To plan how to reduce the NMPI, we first look at the percentage of people who are multidimensionally poor and deprived in each of the indicators of the index. These are known as the censored headcount ratios and reducing any of these reduces poverty.

High Deprivations: Cooking fuel, drinking water, basic facilities, health facilities. The highest deprivation is in cooking fuel, where 14.5% of the population are multidimensionally poor and deprived in that indicator. Providing clean energy alternatives to firewood, kerosene or sawdust / paddy husks for cooking will reduce this deprivation, which affects more than 3 million people in Sri Lanka. High levels of deprivation are also found in drinking water (13.5%), access to basic facilities (12.6%), and access to health facilities (11.9%).

How to use NMPI indicator composition to shape budget and policy. Deprivation patterns – and policy priorities – vary by district and age. To chart policy priorities and design high-impact policies, see above the percentage contributions of each of the weighted indicators to the MPI for each district. Districts are ranked from poorest to least poor. In the district with the lowest levels of multidimensional poverty, Colombo, school attendance has the largest contribution to the MPI. Years of Schooling also contributes most significantly in Puttalam, whereas access to health facilities contributes the most in all the other districts.

To use the percentage contributions for policy, consider the example of Matale and Hambantota (see Figure 6), which have nearly the same MPI value. One might think that anti-poverty policies would be the same. But both education indicators (reddish) and chronic illness (yellow) contribute more in Hambantota than Matale, whereas deprivations in housing, sanitation, and assets contribute more in Matale. In terms of policy this means that a uniform approach is not cost-effective, because the different composition of indicators in each district require different policy and budgetary responses.

Figure 6: Percentage contribution by indicator to MPI for Matale and Hambantota



The Child MPI for Sri Lanka

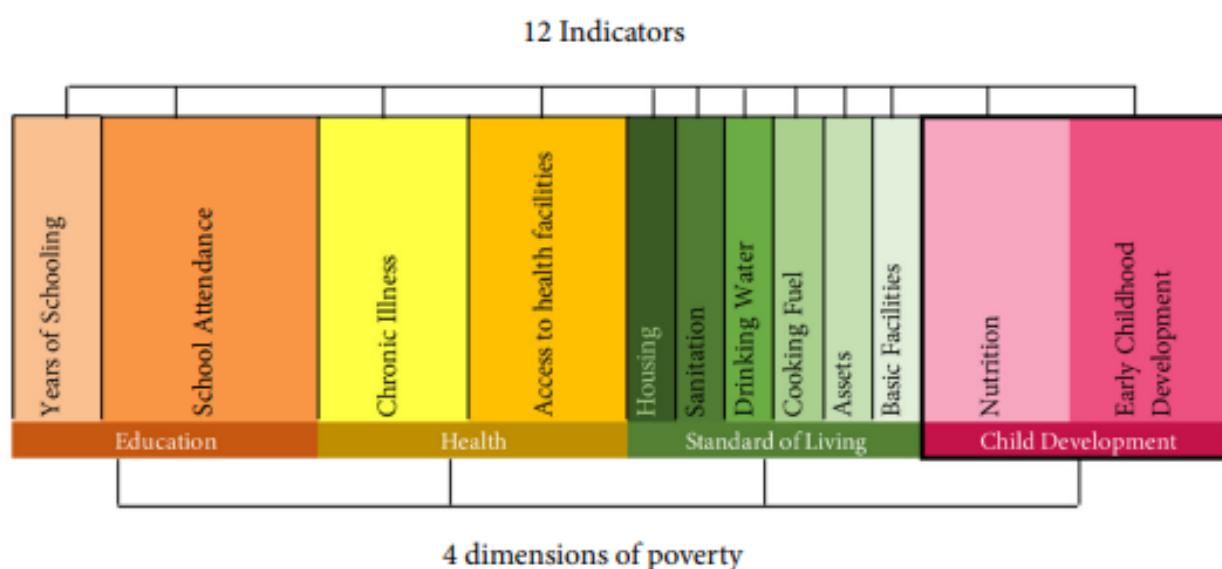
The Child Multidimensional Poverty Index or CMPI for Sri Lanka is a policy tool to direct action towards the population of children between 0-4 years of age who live in multidimensional poverty in Sri Lanka. It measures poverty among children aged 0-4 years old, by capturing the simultaneous deprivations that each child experiences in their household and also in that child's individual development. Analysing the CMPI shows the different deprivations that poor children experience and provides insights into the differences that exist across age groups and between girls and boys. Like the NMPI, the CMPI is built using the HIES 2019 dataset. In particular, two of the four waves included unique indicators for children 0-4.

The Child MPI is composed of four dimensions (education, health, standard of living, and child development) and twelve corresponding indicators (see Figure 7, and Appendix 02). The first three dimensions are identical to the National MPI of Sri Lanka and capture the deprivations of the household. The fourth-dimension Multidimensional Poverty in Sri Lanka measures two deprivations of early childhood: undernutrition (being underweight or stunted) and early childhood development. Early childhood development refers to age-specific deprivations that are likely to prevent the child from healthy physical and cognitive development. The early childhood development indicator is defined differently for children of different ages and has an increasing number of sub-indicators for older children.

- Children zero to five months old are deprived in the early childhood development indicator if they don't live with their respective biological parents or if they are left alone in the house for more than one hour.
- Children six to eleven months are deprived if any of the above conditions hold or if they don't have soft toys at home or if they don't receive support from adults on their respective activities.
- Children one to three years old are deprived if any of the above conditions hold except that to 'lack of soft toys' lack of books was added (if they lack soft toys and books).
- Children who are four years old are deprived if they lack any of the above conditions or if they are not attending preschool.

As with the National MPI, each dimension is equally weighted, and the two indicators within the child development dimension are equally weighted. A child 0-4 years old is identified as multidimensionally poor if s/he is deprived in one dimension or more, which corresponds to a poverty cut-off of 25%. This means that every child who was already poor by the National MPI is still poor by the Child MPI. In addition, a higher percentage of children are poor because they are also deprived in one or both of the two new indicators. The indicators tracked by the Child MPI have been chosen through extensive consultation with a wide range of government officials and international agencies, principally UNICEF, to ensure that they are representative of the context of Sri Lanka

Figure 7: Child MPI dimensions and indicators



Levels of Multidimensional Poverty for Children in Sri Lanka

The results reveal that 42.2% of the 0-4 years old children are multidimensionally poor by the CMPI, and they experience, on average, 35.1% of the weighted deprivations. The overall MPI is calculated by multiplying the percentage of children who are multidimensionally poor (the incidence, H) by the average share of weighted indicators in which poor children are deprived (the intensity, A). It is 0.148, showing that poor children experience 14.8% of all possible deprivations.

Understanding the composition of multidimensional poverty among the youngest children in the country is crucial to inform the development of child poverty policies. In this sense, the analysis of the percentage of children 0-4 years old who are multidimensionally poor and also deprived in each of the indicators (the censored headcount ratios) shows those indicators in which the CMPI poor children face the highest levels of deprivations (Figure 8). A reduction in any deprivation of any poor child (that is, of any censored headcount ratio) will reduce the Child MPI and improve the lives of children during their early stages of life.

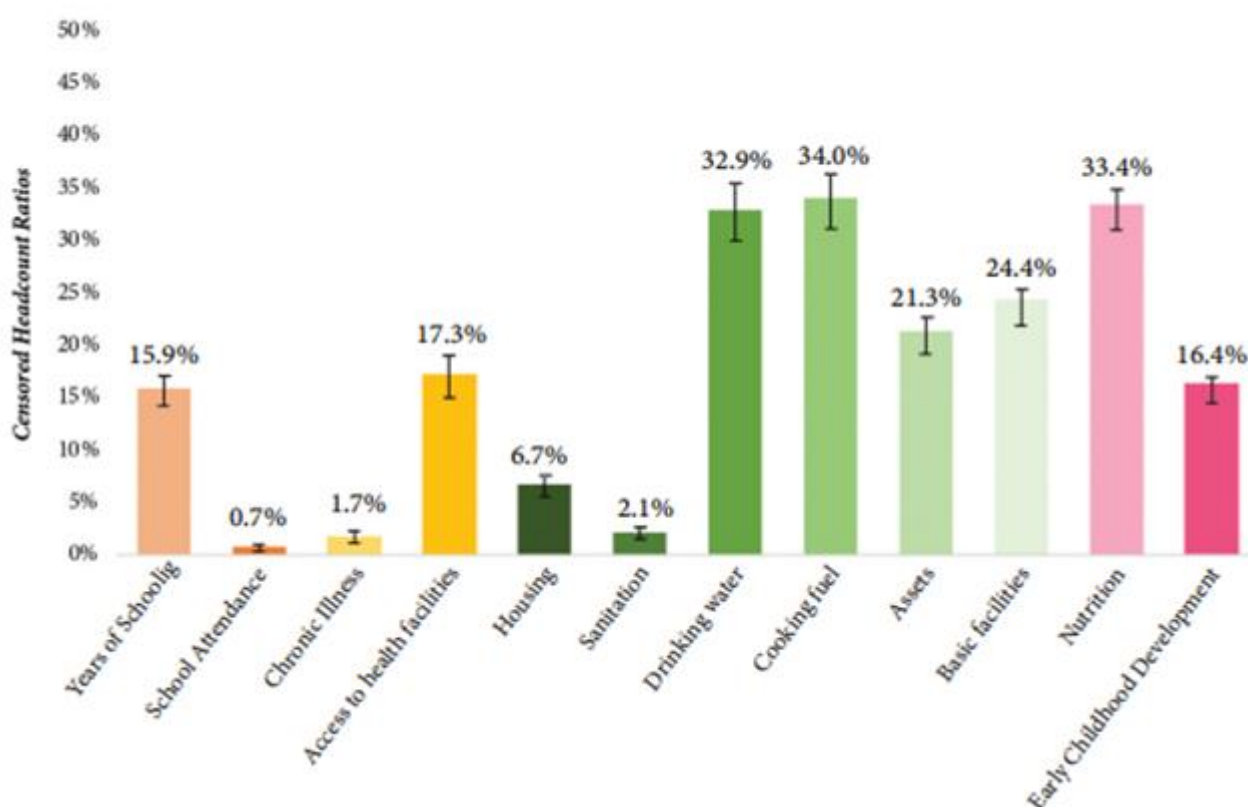
In Sri Lanka, a large percentage of children 0-4 years old are multidimensionally poor and also deprived in **clean cooking fuel** (34%). And one-third of the children aged 0-4 years old are multidimensionally poor and themselves personally underweight or stunted (33.4%). In addition, 32.9% of the children are multidimensionally poor and lack access to a safe source of drinking water; and 24.4% live in a household that is at least 15 minutes away from a bus stop or at least

30 minutes away from a primary or secondary school. Confronting these deprivations are top priorities for child poverty in Sri Lanka.

Looking closer at the early childhood development indicator, we find that one in six children are deprived in it (16.4%). A first observation is that 77% or more of the children who are deprived in each component are multidimensionally poor, so these deprivations are clearly poverty-related. Among the six sub-components, the highest deprivations faced by CMPI poor children come from not receiving support from adults on their activities (6.6%), and from being left alone at home for more than one hour (neglect, 3.5%). But among children aged 4, not going to preschool is the highest deprivation.

Given the findings from the Child MPI, it is essential to implement policies that address undernutrition, safe drinking water, access to basic facilities, and preschool deprivations in order to reduce poverty among young children.

Percentage of children 0-4 years old who are CMPI poor and deprived in each indicator in Sri Lanka



Reducing Multidimensional Poverty among Children in Sri Lanka

While 34.2% of the children of three years of age are multidimensionally poor, this percentage is highest among children aged 0-11 months (46.6%) and children aged 4 years old (47.5%), making these two age cohorts the poorest (and this finding is statistically significant). Intensity ranges from 34.0% in poor children of 0-11 months to 35.9% in poor four-year-old children.

In comparing policy responses across age cohorts, the confidence intervals are large, so comparisons are indicative. It seems likely that lack of access to health facilities contributes more to the overall multidimensional poverty of children aged two and three years old than to the other groups. The contribution of years of schooling is more significant for poor children aged one year old, and nutritional deprivations are highest among children under one year of age. The early childhood development

indicator contributes more to the overall poverty of four year-old children, in part due to children not attending preschool. The percentage contributions of the indicators in the standard of living dimension are very similar across age groups. The child development dimension contributes the most to multidimensional poverty in all four age groups.

A truly ‘successful’ part of this story is that there are no statistically significant differences between the poverty levels of the youngest girls and boys in Sri Lanka. The CMPI is not statistically different, (0.150 for girls and 0.146 for boys), and the composition of multidimensional poverty is very similar across boys and girls. This is actually a stellar accomplishment, because it reflects gender equity at that early stage in life that many countries lack.

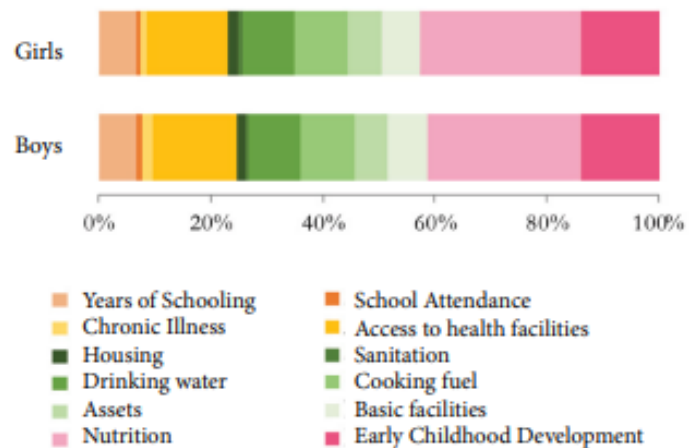
Conclusion

This briefing has provided a comprehensive and actionable snapshot of multidimensional poverty, using the new official Sri Lankan National MPI and Child MPI which were estimated from HIES 2019 data and will be reported as SDG indicator 1.2.2. Overall, **16.0% of people are poor by the National MPI**, but levels vary across Sri Lanka. Poverty is highest in estate areas, where over half the population are poor, and in rural areas, where over 80% of poor people live. Multidimensional poverty is highest in districts like Nuwara-Eliya, Badulla and Monaragala, and also higher among people aged 65+. Policy priorities vary across regions and groups. In general, deprivations tend to be low in chronic illness, housing and sanitation; and high in access to health facilities, drinking water, and clean energy. But the official NMPI and its associated information platform provide action-oriented profiles of interlinked deprivations that policy actors in each sector, district, or priority area can use strategically to design high-impact activities.

The new and pioneering individual Child MPI is an official companion statistic to the NMPI. Measured at the individual level and covering children aged 0-4, the Child MPI includes every indicator of the National MPI (all poor children by NMPI remain poor) and extends it to consider two pivotally important deprivations in Sri Lanka: undernutrition and early childhood development. By this linked Child MPI, **42.2% of children 0-4 years of age are MPI poor**, and an alarming **one-third of young children are themselves undernourished**. Shining a light on children, and profiling important gaps in preschool attendance and in active parental stimulation of cognitive development is vital because deprivations during childhood can last a lifetime. There are also positive findings, such as the fact that there are no statistically significant differences between the poverty levels of girls and boys in Sri Lanka.

The aim of the National and Child MPIs in Sri Lanka is to offer easy-to-understand, rigorous statistics that illuminate the level and shape of multidimensional poverty, provide relevant information on where to target, allocate budgetary resources, design multisectoral policies, and coordinate anti-poverty activities. While these data are before the pandemic, the next wave of data will show how the pandemic impacted the poor. In future, the National and Child MPIs will be used to monitor trends – a feature they are well able to do, because if any deprivation of any poor person is reduced, MPI will go down.

Figure 9: Percentage contribution by indicator to Child MPI by sex



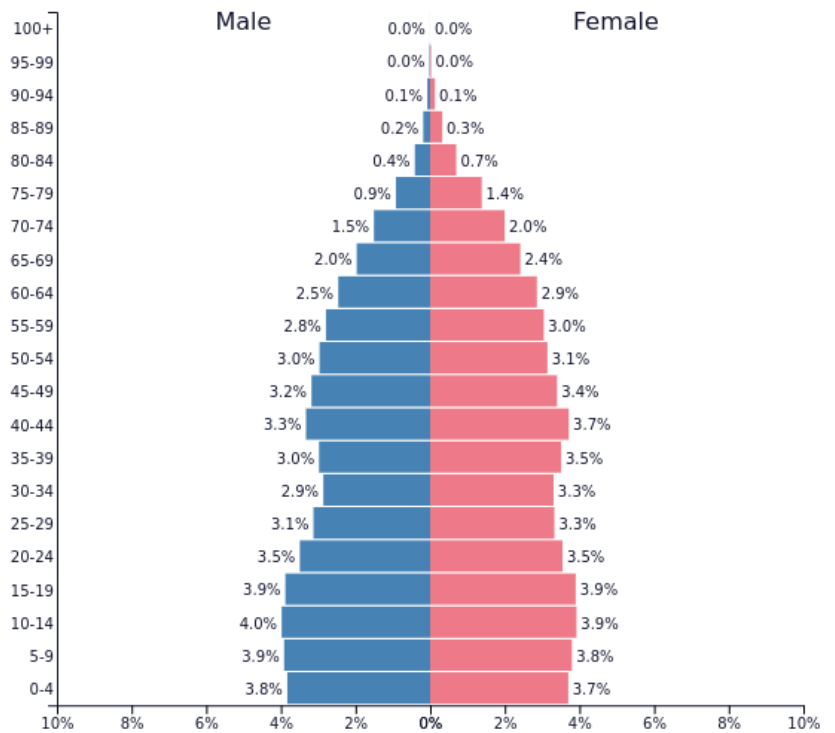
SRI LANKA POPULATION

September 2022 21.6 million.

The current population of Sri Lanka is **21,609,586** as of Sunday, September 11, 2022, based on Worldometer elaboration of the latest United Nations data.

The majority of population in Sri Lanka is in rural sector (77.4%). **Urban population share of the country is 18.2 percent while the estate population consists of 4.4 percent.** Thus, 81.8% of the population is rural with 4.4% of those being within estates.

Rural population (% of total population) in Sri Lanka was reported at **81.14 %** in 2021, according to the World Bank collection of development indicators, compiled from officially recognised sources.



PopulationPyramid.net

Sri Lanka - 2022
Population: **21,575,843**

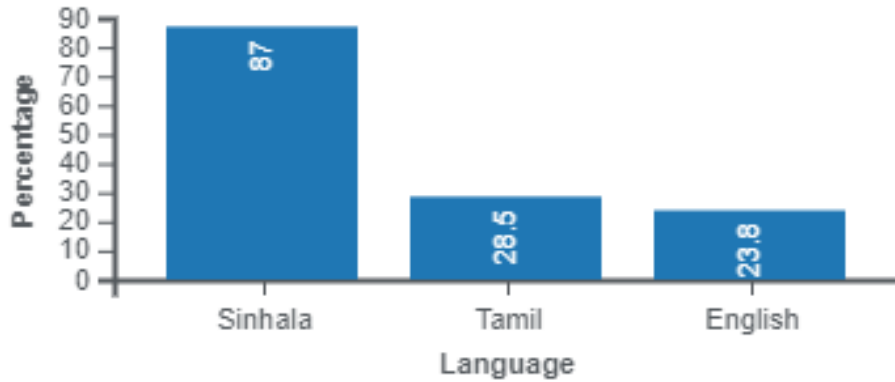
Sri Lanka Population Forecast

Year	Population
2020	21,413,249
2025	21,779,681
2030	22,023,016
2035	22,166,314
2040	22,186,241
2045	22,070,206
2050	21,813,968

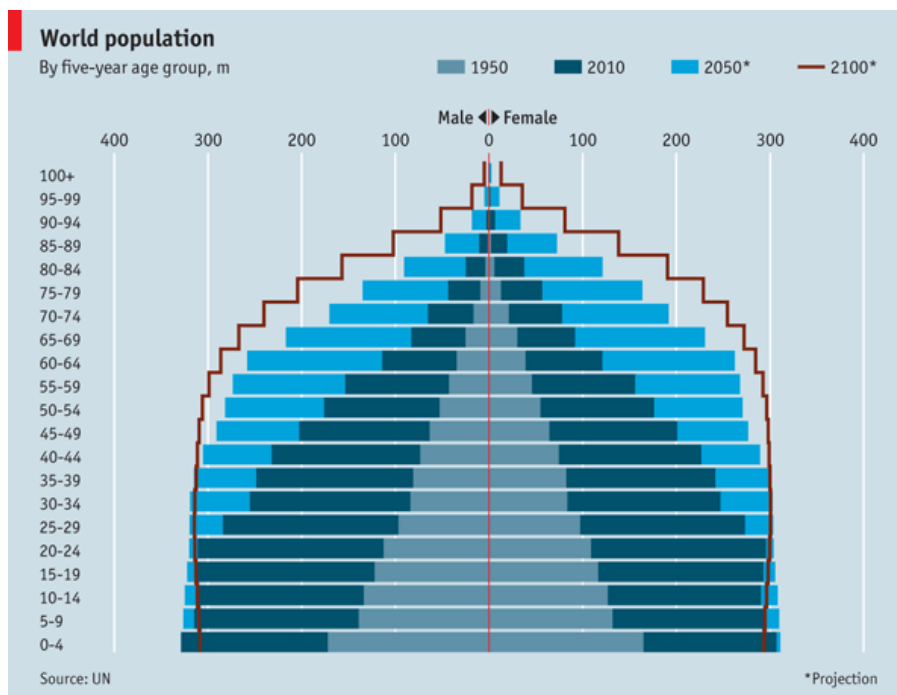


Languages of Sri Lanka

Several languages are spoken in Sri Lanka within the Indo-Aryan, Dravidian and Austronesian families. Sri Lanka accords de facto official status to Sinhala and Tamil, and English as a link language. The languages spoken on the island nation are deeply influenced by the various languages in India, Europe and Southeast Asia. Arab settlers and the colonial powers of Portugal, the Netherlands and Britain have also influenced the development of modern languages in Sri Lanka.



How many languages are spoken in Sri Lanka? There are **two official languages** in Sri Lanka. One is the Tamil language and the other is Sinhala. The Tamil language is very common in the eastern and northern areas of Sri Lanka. On the other hand, there are countless Sinhala speakers in the central and western portions of this island.



Children of Sri Lanka

Realising Children's Rights in Sri Lanka

<https://www.humanium.org/en/sri-lanka/>



Sri Lanka's record since the end of the 20th century through 2009 has been quite tragic: armed conflict has claimed the lives of nearly 100,000 people and displaced another 300,000 or so, plus there was a tsunami that claimed nearly 30,000 victims. Sri Lanka's children have suffered a great deal and have only barely begun to dream of a better future



Realisation of Children's Rights Index : 7.71 / 10
Orange level : Noticeable problems

Population: 22,1 million
Pop. ages 0-14: 24,6 %

Life expectancy: 77.1 years
Under-5 mortality rate: 8 ‰

Main problems faced by children in Sri Lanka:

Poverty

Nearly a quarter of the Sri Lankan population lives below the poverty line. This economic situation is the invariable result of decades of armed conflict. The war has taken a heavy toll on the finances of families who have found themselves without shelter or food, etc. The situation is improving little by little, but life remains difficult for certain households. Children are the most vulnerable and have seen many of their rights impeded by poor economic circumstances.

COMMERCIAL IN CONFIDENCE

Health



Health services have undergone some improvement, yet remain far from ideal in Sri Lanka. They are notably rare in rural regions. Consequently, children's access to care in such areas is limited.

The long civil war has put a considerable strain on health standards. One sees this at a material level, at a hygienic level and at a human level. Among the problems that remain worrisome for Sri Lanka is the fact that 17% of newborn children suffer from dietary deficiencies.

Armed Conflict

Children have not been spared from the bloody conflict that has engulfed Sri Lanka over the past decades. The war has affected their situation in more ways than one. Thousands of people have died or disappeared during these years, often leaving their children to carry on by themselves. Life for these orphans has proven difficult. Some of the more fortunate have been united with their families, but most of them remain abandoned, homeless and without access to any form of aid.

Children also figure among those people who have disappeared. The search for them still goes on, but no one really knows what has become of them. Other children have suffered considerable displacement from their place of birth. Progress has been made to establish who is responsible for them and to help them return home; however, not all of these children have been able to benefit from such aid.

Discrimination



Sri Lankan history took a tragic turn in the 1970s on account of discrimination and racism. Today, there has been some improvement in the situation; unfortunately, a certain amount of bigotry persists. Granted, it is more nuanced and hidden from view than in the past, but it remains very real.

Children are the primary victims of discriminatory practices. Those children who belong to Vedda, Muslim or Tamil communities find that their rights are not respected by everyone. A certain segment of the population views them with hostility and construes their religious identity as a refusal to become a part of Sri Lankan society. Consequently, a number of principles enunciated by the International Convention of Children's Rights have ended up being scorned.

Child Soldiers

During the conflict between the Sinhalese national army and rebel groups, it was a common practice for both sides to forcibly recruit children. Nor was it uncommon to find brothers obliged to fight each other on account of their having been recruited by opposing sides.

Since 2009, the conflict is officially over. Nevertheless, the problem of child soldiers persists. Despite the fact that they are no longer combatants, they still suffer from the repercussions of

past events. As a result of all the violence, torture, and cruelty they witnessed or were forced to take part in, they suffer from a variety of problems. Some of these are health-related, while others are related to the issue of moral development. In any event, their social rehabilitation and reintegration remain extremely difficult.

Education



In Sri Lanka, 30 years of war have also had an extremely negative impact on children's education. On the one hand, the services themselves have suffered considerably (vandalism, looting and wholesale destruction of buildings, closing of schools, etc.); on the other hand, the children have fallen considerably behind in their schooling.

Certain efforts have been made to improve the situation. However, the education sector has a long way to go before children's right to an education will be fully guaranteed for all young Sri Lankans.

Child Labour

It is estimated that in Sri Lanka, one out of every eight children is economically active. Often, it is poverty that prompts families to make their children work. As for the sectors that make use of child labour, these include tea plantations and household help for rich families.

Other children end up being exploited by traffickers who subject them to even worse forms of employment. Sexual exploitation is a serious cause for concern. The leaders of various criminal enterprises have on too many occasions persuaded minors to engage in prostitution.

Child Marriage



The number of child marriages has been on the decline in recent years. However, it remains a problem. It is estimated that 12% of young girls marry before the age of 18. Marriage at a young age often has a harmful effect on the children involved. They do not understand what such marriages entail and often end up suffering as a result.

Young girls do not always get to choose their future husbands. In rural regions, for example, marriages are heavily influenced by caste and the size of one's dowry. The man's age is also important; usually, he must be at least 5 or 6 years older than the bride.

Sri Lanka Needs New Water and Sanitation Policies to Unlock Investment Barriers

<https://www.worldbank.org/en/news/feature/2021/08/31/sri-lanka-needs-new-water-and-sanitation-policies-to-unlock-investment-barriers>

According to the Sri Lanka Demographic Health Survey (DHS), 90% of households have access to safe drinking water and sanitation coverage. However, there are strong spatial differences with only 36% of people having access to piped water and 2% to piped sewerage. Coverage also largely benefits urban populations with 57% of households in the estate sector not having access to improved water sources. In Nuwara Eliya, a district hosting a substantial share of the estate population, access to clean water stands at 54%. In contrast, Colombo has an access rate of 99.9%.

“To bridge decades of uneven progress and link water access with improved sanitation Sri Lanka needs an all-encompassing government policy. A data-led policy approach would establish specific goals, streamline service delivery, improve funding opportunities, embed climate resilience and support larger development targets,” said **World Bank Senior Economist George Joseph**.

Sanitation: The Forgotten Child

Public funding for water projects has increased in recent years; at around 1% of GDP. In 2018, about 50% or more of budget funds were allocated to drinking water projects with just 0.1% earmarked for sanitation by the relevant line ministry. Given Sri Lanka’s ongoing demographic and socioeconomic changes, and COVID-19, increased funding allocations for sanitation is urgently needed.

The financing gap for the sector is enormous and estimated at around 526% for [water supply and sanitation](#). Further, spending on wastewater and sewerage is also one of the lowest among the sub-sectors, and requires greater funding to improve service delivery in the sector.

Historically funding has flowed from foreign sources and revamping the sector would enable new avenues such as Public-Private Partnerships (PPPs) to be formed to ease budget pressures on State coffers while increasing and improving services to Sri Lankans. PPPs would also encourage knowledge transfer, stronger community involvement and enable the roll out of a larger number of projects. Involvement of multilateral funding agencies to support national bodies such as the NWSDB could facilitate capacity building, establish a pipeline of projects and address spending biases across provinces.

Fresh funding sources can also bridge service gaps. Coverage of piped water supply mirrors uneven spending with the Western Province having the highest coverage (67%) and Northern Province the lowest (12%). A detailed investigation into the apparent disparity in spending and service delivery in different regions would identify needs and improve service delivery potentially benefitting millions of people.

"Universal access to water supply and sanitation need to go hand in hand. When you increase access to water supply you have to increase sanitation because as people get more water, they also generate more wastewater. As Sri Lanka's population grows, becomes more urbanised and clean water resources become scarcer, it will be essential to have strong interconnected policies to protect, manage and utilise this precious resource," said **Senior Water and Sanitation Specialist Pratibha Mistry**.

Water-Related Challenge Costs

<https://wateractionhub.org/geos/country/205/d/sri-lanka/>

Total annual estimated cost to address all water-related challenges: US\$3,218,690,167

Share of total annual estimated cost to address each individual challenge (US\$2,015):

- **Access to Drinking Water:** \$477,459,869 - [15%]
- **Access to Sanitation:** \$373,659,793 - [12%]
- **Industrial Pollution:** \$314,393,151 - [10%]
- **Agricultural Pollution:** \$161,059,718 - [5%]
- **Water Scarcity:** \$1,355,669,275 - [42%]
- **Water Management:** \$536,448,361 - [17%]

For more about this data, see information on WRI's Achieving Abundance dataset [here](#).

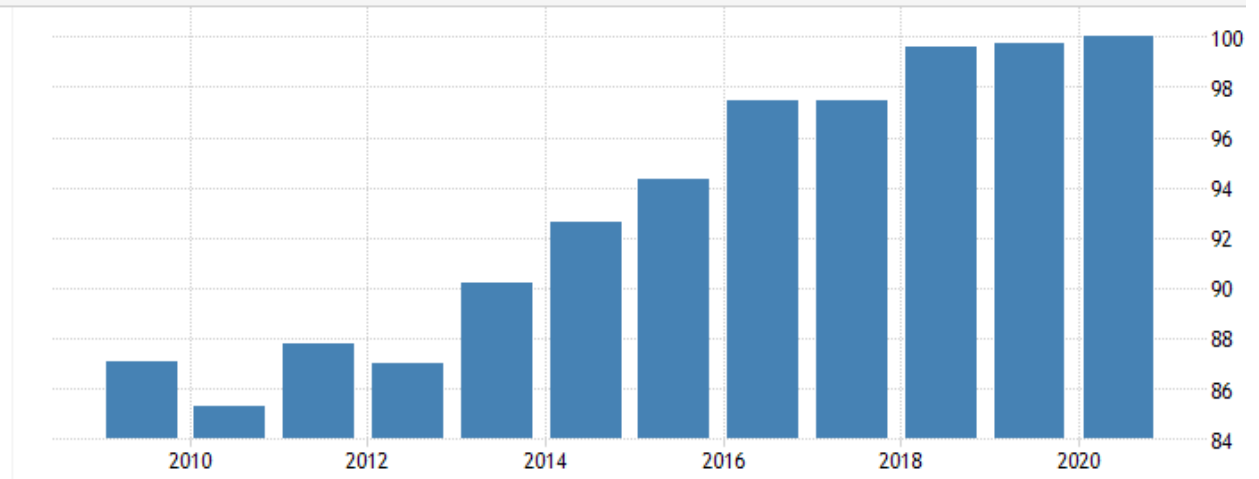
<https://wateractionhub.org/accounts/login/?next=/geos/about-wri-data/>

In Sri Lanka, only 57.7% of the population has access to a pipe borne water. Although the remaining population has access to basic water through other methods such as protected dug wells, rainwater harvesting systems and nearby public point sources, access to safe water continues to be a critical issue. Due to the many effects of climate change, Sri Lanka's Dry Zone, which covers 70% of the country's land area, has experienced some of the worst droughts in the island's history, with the 2016 drought continuing for almost two years.

Sri Lanka - Access To Electricity (% Of Population)

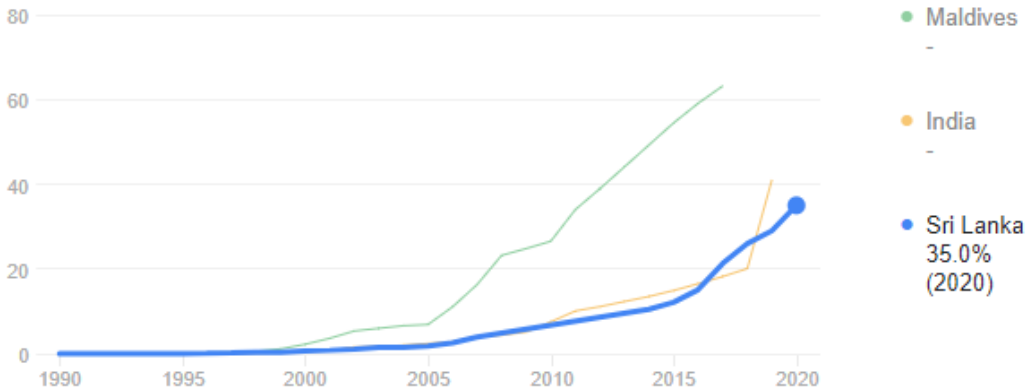
Access to electricity (% of population) in Sri Lanka was reported at 100 % in 2020, according to the World Bank collection of development indicators, compiled from officially recognised sources.

Sri Lanka - Access To Electricity (% Of Population)



Internet users in Sri Lanka:

35.0% of the population (2020)



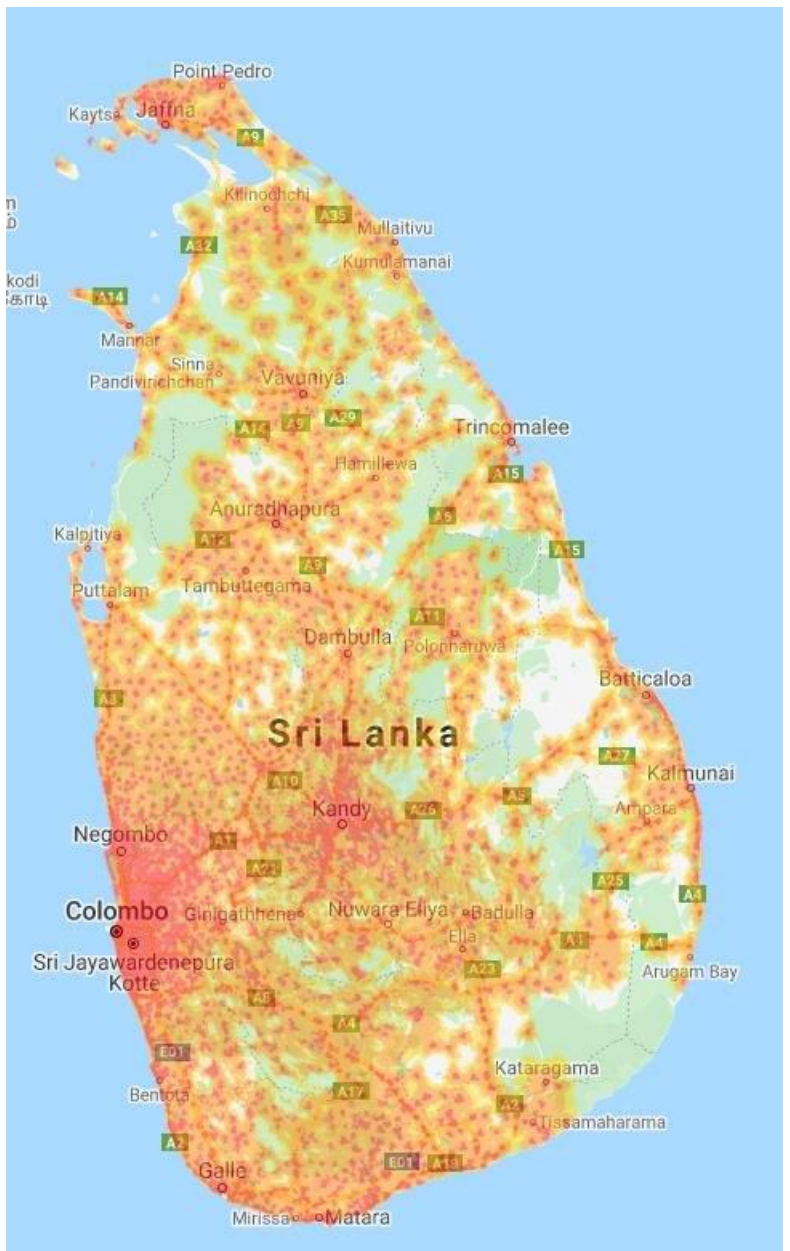
Internet use in Sri Lanka in 2022

There were **11.34 million** internet users in Sri Lanka in January 2022.

Sri Lanka's internet penetration rate stood at **52.6 percent** of the total population at the start of 2022.

Kepios analysis indicates that internet users in Sri Lanka **increased by 528 thousand** (+4.9 percent) between 2021 and 2022.

Sri Lanka's 4G mobile broadband coverage [2] Fig. 2 shows coverage map of 4G technology in Sri Lanka, indicating high signal strength areas in red colour, mid-strength signal areas in green colour and low strength signal areas in yellow colour.



Sri Lankan children make a dangerous climb for online school

<https://www.aljazeera.com/gallery/2021/7/13/sri-lankan-children-make-a-dangerous-climb-for-online-school>

13 July 2021

Teachers and schoolchildren trek for miles and climb a rock to access the only internet signal available in their remote village.

Sri Lankan children sit on tree branches as they access their online lessons from a forest reserve in their village in Bibila, Sri Lanka.

[Eranga Jayawardena/AP Photo]

Getting online school lessons for this remote Sri Lankan village requires a trek of more than three kilometres (about two miles) in dense bushes, sometimes visited by leopards and elephants.

The teachers and some 45 schoolchildren in Bohitiwaya then climb a rock to access the only internet signal available.



Information technology teacher Nimali Anuruddhika uses the signal to upload lessons for her students who have not been able to go to school because of the COVID-19 pandemic.

The students who also live in the village make the same journey to download online lessons sent to them by their teachers.

Not all have mobiles or laptops, with four or five children sharing one device.

Their parents, most of whom are farmers, often accompany their children. HM Pathmini Kumari, who accompanies his sixth-grade son, says the children climb the rock twice a day and their safety is a big concern for parents.

The village in the central-eastern part of the island country lacks basic amenities, and its children had been studying in a government school, now closed, that is some 16km (10 miles) away.

In the village of Lunugala, some 60km (37 miles) away, adults escort schoolchildren to a mountaintop treehouse in a forest reserve. It is about 30 feet high and has internet access. They take turns to upload their homework and download lesson plans.

Schools in Sri Lanka have been closed for the most part since March 2020.

Authorities say they make every effort to provide all children with access to education, but Joseph Stalin, who heads the Ceylon Teachers' Union, says **at most 40% of Sri Lanka's 4.3 million students can participate in online classes.** The majority lack access to devices or connectivity.



	Education	School/Level	Grades	Age	Years	Notes
	Primary	Primary	1–5	6–11	5	
	Middle	Junior Secondary	6–9	12–14	4	
	Secondary	Senior Secondary	10–11	15–16	2	G.C.E O/Ls - General Certificate of Education (G.C.E) Ordinary Level (O/Ls): Students who are pursuing tertiary education must pass the G.C.E O/Ls in order to enter the collegiate level to study for another 2 years (grades 12-13) to sit for the G.C.E Advanced Level. On successful completion of this exam, students can move on to tertiary education, there for the GCE A/Ls is the university entrance exam in Sri Lanka.
	Post-secondary	General Certificate of Education Advanced Level	12–13	17–18	2	The GCE A/Ls is the university entrance exam in Sri Lanka.
	Vocational	Vocational Diploma			2	Diploma from Technical Colleges leads to employment. Requires O-levels for admission.
	Tertiary	Bachelor			3–4	General Bachelor (Bachelor of Science, Arts, Bachelor of Commerce, Bachelor of Business Administration, Bachelor of Laws) degrees are 3 years. Special Bachelor (Bachelor of Engineering, Bachelor of Nursing, Bachelor of Pharmacy, Bachelor of Dentistry, BSc, BA)

	Education	School/Level	Grades	Age	Years	Notes
	Tertiary	Master			2	
	Tertiary	Doctorate			3–5	PhD

Primary Education

School education in Sri Lanka is compulsory through to age 14, when students may disengage in favour of an apprenticeship or job. The first 5 years are spent in primary school. At the end of this there is an optional *scholarship examination* that may permit access to a superior grade of school.

Middle Education

Four years of middle school follow to complete the compulsory education phase. The curriculum comprises pre-determined academic subjects with little or no choice allowed.

Secondary Education

Grades 10 and 11 prepare secondary school students who wish to attempt their GCE O-Levels. However they must continue at collegiate levels for a similar period, and complete their A-Levels too, if they wish to subsequently enter university to study further.

Vocational Education

The state provides a number of vocational and technical training centres, and programs for apprenticeship training too. These take place within a system of seven levels of qualifications, of which the upper one is rated equivalent to degree level.

Tertiary Education



There are a variety of tertiary academic institutions where programs may be followed that range from one-year certificates through to doctorates. The most venerable of these is the University of Colombo, which is also the largest institution on the island and is illustrated here.

It was established in 1921 in affiliation with the University of London. Today its students study in independent faculties that include medicine, science, law, education, arts, management and finance, graduate studies, and computing.

Sri Lanka's Education System Needs an Overhaul

MINOLIDE SOYSA 24 JANUARY 2021

<https://groundviews.org/2021/01/24/sri-lankas-education-system-needs-an-overhaul/>

Also consider: [Education System of Sri Lanka: Strengths and Weaknesses](https://www.ide.go.jp/library/Japanese/Publish/Reports/InterimReport/2013/pdf/C02_ch7.pdf)

https://www.ide.go.jp/library/Japanese/Publish/Reports/InterimReport/2013/pdf/C02_ch7.pdf

Achieving a 92% literacy rate, universal primary education, gender parity and free education including at the tertiary level, Sri Lanka should have literate, numerate and confident young people ready to take on the world.

But despite these impressive statistics, the fact remains that 15% of the over 300,000 students who enter school each year drop out before they sit for their O'Levels and only 60% of the original 300,000 plus pass their O'Levels and go on to do A'Levels, according to statistics presented in the 2020 Report of the Presidential Taskforce on Educational Affairs. Only 19% of those eligible to enter university actually got in.

There is a **huge disparity between popular schools, which are mostly in the cities, and other schools:** On paper, all schools get essentially the same facilities. All children get free textbooks. On average, there is one teacher for every 16.4 students and 48% of the teachers are trained. Yet, student to teacher ratios in less popular, smaller schools are as low as 4.5% (teachers trained), according to the Education Ministry's School Census of 2019. Popular schools benefit from well-to-do parents and old girls or old boys who bring additional resources and more oversight.

The 30-year war dealt a severe blow to education by destroying infrastructure, displacing pupils and teachers and diverting much needed funds for weapons and fighting. Today, 11 years after the war has ended, the budget allocation for the Defence sector far exceeds that of education.

“The present education system faces several major challenges related to poor quality, mismatch of curriculum with existing labour market demands, lack of training for school teachers and inefficient administration,” wrote I. M. Kamala Liyanage in a study on the strengths and weaknesses of the education system of Sri Lanka.

The ongoing Covid-19 pandemic has dealt a further blow by disrupting classroom teaching, demoralising pupils, putting exams on hold and creating a general air of anxiety and uncertainty. Affluent students in city schools were able to get on their devices and access online lessons while out in the villages pupils had to climb hills or walk many kilometres to catch a signal.

Education in Sri Lanka has a long history that has been recorded since the time of Vijaya who, according to the Mahavansa, came to the island with scholars who began teaching the local inhabitants in the Brahmanical tradition. Later King Asoka sent monks to spread Buddhism, establishing the first schools in monasteries, where education began when a child was five years old.

By the time the British came to colonise the country, literacy was widespread. In 1845 William Knighton wrote, “It is rare to see a Ceylonese, even of the poorest class, who cannot read and write his own language.” Christian missionaries became involved in education but in 1836, a standard system of colonial schools was set up based on the recommendations of the Colebrooke Commission. This is regarded as the beginning of the government's school system.

In 1938 the education system was made formally free following the granting of universal franchise in 1931. After independence, the number of schools and the literacy rate increased by 50% in 40 years and the number of students by 300%. By 1964, Sri Lanka had achieved universal primary education.

While the Constitution does not provide free education as a fundamental right, it says “The complete eradication of illiteracy and the assurance to all persons of the right to universal and equal access to education at all levels”.

Provincial schools make up a majority of the **10,165 government schools** and are funded and controlled by **local governments**. **They are in need of financial support and more teachers.**

“One of the biggest issues remains the need for education to be decentralised. A minister sitting in Colombo does not know how provincial schools function. The provincial schools should be able to make their own decisions,” said Dr. Sujata Gamage, Senior Research Fellow, LIRNEAsia and Co-Coordinator, Education Forum Sri Lanka, adding that the central government should stick to making policy and monitoring the overall process.

She pointed out that the line ministry has issued a fixed set of criteria for Grade One admission for all schools but entrance requirements would differ for schools with less than 500 pupils to schools with over 3,000 pupils. In the time of the pandemic, smaller schools could function by adhering to safety precautions such as social distancing and regular hand washing.

She believed that the majority of students left school without learning the basics of maths, language, science and digital literacy. “School education should be improved”, she said but added that education funding was skewed to higher education, which meant that there was less spent at the primary and secondary level.

The whole education system was stuck in a time warp. While many countries have moved on to progressive teaching methods that enable students to think and make independent decisions, **children here still learn by rote and regurgitate at exams.**

Dr. Gamage felt that only core subjects should be tested and the rest assessed through assignment work so that memorising facts would not be the sole method of judging a student’s ability. “School education should include social emotional learning and personality development. If children learn to manage their inner selves, they will become reasonable people in their own communities,” she pointed out.

In many public schools, learning during the pandemic occurred online with teachers sending large volumes of material as PDF documents to students on WhatsApp and Viber. However, a survey by LIRNEAsia indicated that in 2018, only 48% of households with school-aged children owned a smartphone or computer and only 34% had an internet connection, primarily via mobile phones. This meant that less than half of all households could benefit from e-learning.

There has also been limited use of other distance education channels, such as television and radio, to which students in rural areas have relatively more access.

In order to overcome the challenges posed by the pandemic, Dr. Gamage advocated a system of blended learning where even rural students without personal smart phones or computers could access teaching materials and teachers through offline content and the use of TVs and cell phones. Blended learning is when a teacher supplements direct student-teacher interactions with digital learning materials which students follow on their own.

“Lessons can be downloaded on flash drives and watched when the student wants to. Teachers can record lessons on videos that can be played on TV and later, through a WhatsApp call, teachers can discuss the content with students. Dialog has introduced a service where a teacher can have a discussion with a group of students even if students don’t have smartphones,” she explained.

SRI LANKA
EDUCATION INEQUALITY
and
INEFFECTUALNESS



The Learning Pyramid

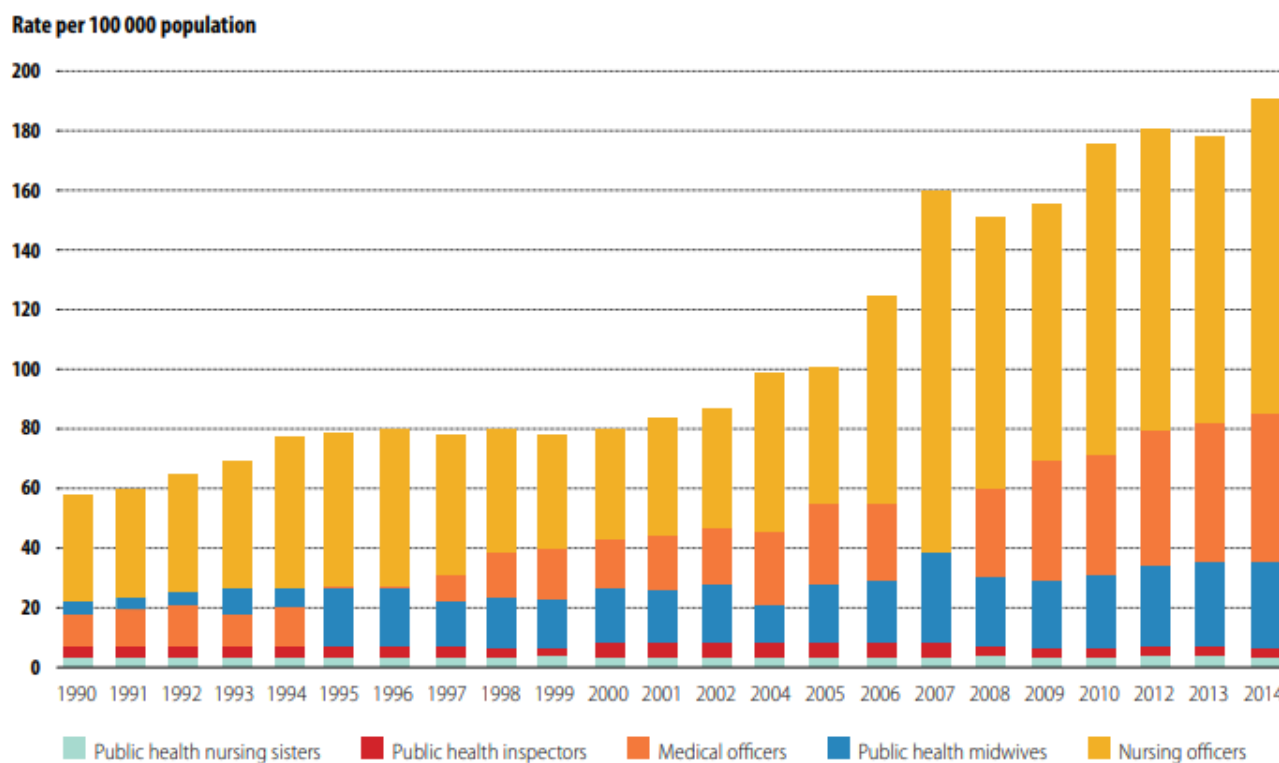


100% retention is **Natural Self Expression**

Sri Lanka Health System Review

<https://apps.who.int/iris/handle/10665/342323>

Figure 4. Availability of key health staff categories in the allopathic public sector, 1990–2014



Sri Lanka is a country with a population of 22.1 million which is ageing rapidly and is in the late stages of both demographic and epidemiological transitions. It has achieved strong health outcomes over and above what is commensurate with its income level. Equity and efficiency of these outcomes are largely credited to the strong state health care system.

Significant gains have been made in neonatal, infant, under-5 and maternal mortality. Life expectancy at birth has increased steadily for both sexes, and women currently live 6.7 years longer than men. The country has been able to eliminate malaria, filariasis, polio and neonatal tetanus and is set to eliminate other vaccine-preventable diseases such as measles and congenital rubella syndrome and other infectious diseases such as lymphatic filariasis and leprosy. These gains may be attributed to the socio-political milieu of the country from early on and the widespread health services which have been free at the point of delivery, which acted as drivers of demand.

Although much has been achieved in eliminating or reducing morbidity and mortality, communicable diseases such as dengue, leptospirosis, pandemic influenza and tuberculosis still remain important causes of morbidity. Noncommunicable diseases (NCDs), injuries and mental illness form the bulk of the current disease burden, while ischaemic heart disease, cardiovascular diseases and diabetes constitute the leading causes of disability-adjusted life years (DALYs) lost. It is estimated that nearly 75% of deaths in the country are due to NCDs. The prevalence of risk factors for NCDs is significantly high.

The health system constitutes of both curative and preventive services. Preventive healthcare is provided through 354 geographically defined areas covering the whole island. Each area is served by a medical

COMMERCIAL IN CONFIDENCE

officer of health (MOH) and a team of community-based professionals who provide a well defined package of preventive services. A key strength of the MOH system is the strong supportive supervision backed by monitoring mechanisms that have evolved and been fine-tuned over the years. Curative care encompasses different levels, ranging from outpatient-only facilities and primary care institutions to tertiary-care institutions and specialised hospitals organised into a hierarchical network. They provide a comprehensive range of health care services but not an explicit package of benefits. All state provided services are free of charge at the point of delivery and covers about 95% of inpatient care and 50% of total ambulatory care in the country. There is also a free community ambulance service, which provides increased health-care access in an emergency. The state also provides the required medicines and investigations free of charge to the patient.

Although there is no explicit targeting of the poor within the Sri Lankan health system, utilisation patterns suggest that there is implicit targeting of the poor due to the better off segments of the population opting out of the public sector where waiting times are longer, choice of provider is limited and service hours not very convenient. Studies suggest that the quality of care across public and private sectors is comparable.

The State health services function under a Cabinet Minister. The Ministry of Health, Nutrition and Indigenous Medicine (MoHNIM) is responsible for stewardship functions such as policy formulation and health legislation, program monitoring and technical oversight, management of health technologies, human resources and tertiary and other selected hospitals. Following the 13th amendment to the constitution, health became a partially devolved subject and the primary and secondary levels of curative care and preventive services came under the nine Provincial Ministries.

Government revenue and out of pocket spending are the two main sources of health financing. Government spending as a share of gross domestic product has remained around 1.7% during the period 2013 to 2016. The household contribution to current health expenditure (CHE) is significant and is largely from out-of-pocket expenditure (OOPE) but households reporting catastrophic health expenditure is low mainly because most of the OOPE is incurred by the rich and the fact that the government remains the key provider of inpatient care. The need for increased fiscal space for health is recognised. However, within the present budgetary constraints better health outcomes are being targeted through reorganisation and retooling.

Although the organisation of the state sector curative care facilities is conducive to the implementation of a referral system, there are no clear referral policies and clearly demarcated catchment areas for institutions. Individuals are free to access services at any state sector institution without a proper referral. This has enhanced equity within the system to a certain degree but poses problems in the continuity of care needed particularly in dealing with NCDs. The phenomenon of bypassing has been shown to be based on people's perceptions of better facilities, availability of medicines, and better quality of care and provider competency. The MoHNIM response to this problem until recently has been to enhance resource allocation to secondary- and tertiary-care institutions. However, the focus has recently shifted to reorganising primary care services so as to make available quality services close to patient homes ensuring continuity of care and referral when needed. The implementation of reforms acceptable to providers and the recipients while maintaining equity poses a major challenge.

In response to these challenges, a policy on health-care delivery for universal health coverage (UHC) (MoHNIM, 2018b) has been launched and many supportive policies towards promoting health have been formulated in recent years. The establishment of the National Authority on Tobacco and Alcohol (NATA), National Policy and Strategic Framework for Prevention and Control of Chronic Non-communicable Diseases, National Migration Health Policy, establishment of the National Medicines

Regulatory Authority (NMRA), National Policy on Health Information, and Policy on Health Service delivery for UHC are some of these. However, implementation gaps have been identified and these highlight the need for strengthening these new agencies to fulfil their mandates.

Even though there have been many developments in recent times, information management remains a weak point in the health system. Some of the issues that have been identified as needing rectification are compartmentalisation of information governance, inadequate coordination and limited data sharing between existing systems and weaknesses in the quality of data collected.

The health system of the country has not transformed to address the demands of the demographic, epidemiological transitions and the changing expectations of a society undergoing social evolution. Addressing the risk factors of NCDs will need rational needs analysis and innovative approaches to ensure adequate numbers of appropriately skilled staff. Health workforce cadres as well as the optimal skill mix to match evolving health care needs of the reform process are areas that need attention. Human Resources (HR) planning, management and periodic audits will have to be institutionalised, as well as continuing processes to anticipate and respond to emerging health needs. Ensuring retention of HR in primary health care settings and equitable distribution across the country also pose challenges.

The MoHNM has identified reorganisation of services with special emphasis on primary health care services while retaining the current strengths of the system as a means of addressing the challenges and enhancing UHC. These changes will necessitate increased government spending on the health sector and addressing the social determinants of health, ensuring equity in social, environmental, and economic policies. It will also need a concentrated and transformative effort to engage individuals and communities to adopt healthy behaviours and lifestyles and take responsibility for their own health.

Overview:

Sri Lanka Religion, Economy and Politics

The Sinhalese are predominantly Buddhist, and thus it is the major religion in the country, followed by Hinduism, which is actively practiced by the Tamils. The next most popular religion is Christianity, especially among the Burgher population.

The World Happiness Report gives some insight into the quality of life, as well as a couple additional features of living that some might not often think about. Overall, Sri Lanka rates life quality at 4.4, ranking at 116th in comparison to the countries of the world.

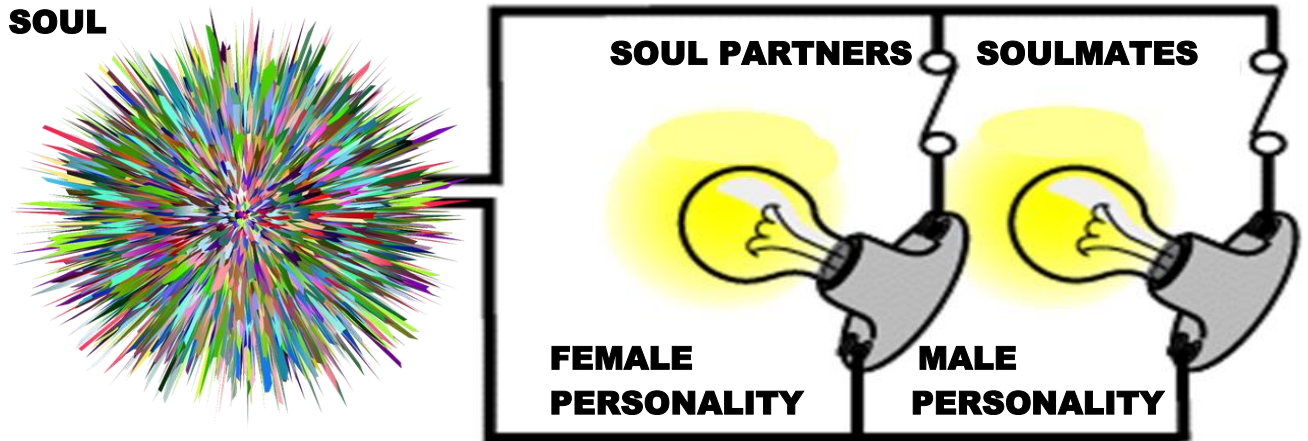
In terms of improved drinking water and sanitation access, 95.6% of the population has improved access to drinking water and 95.1% have improved access to sanitation facilities.

The national expenditure of 3.5% GDP on healthcare results in a physician density of .88 per 1,000 individuals and 3.6 beds per 1,000 residents in terms of hospital bed availability.

Health of all of Our Bodies

SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!

**Two separate personalities on parallel ‘circuits’ having the same soul.
What impacts one personality does not impact the other personality.**

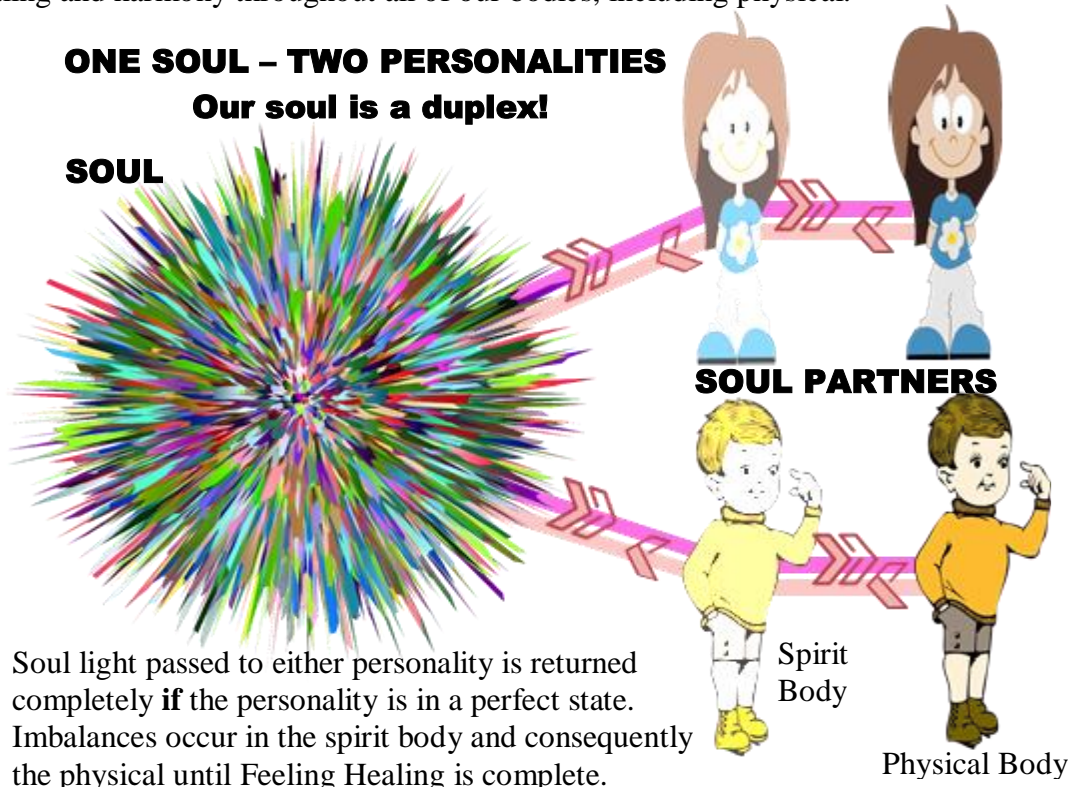


The elephant in the room is our Childhood Suppression, from conception through to age six years. This impedes the circulating flow of soul light thus bringing about imbalances throughout our spirit and physical bodies. This manifests as discomfort, pain, illness and disease throughout our lives. All 10,000 identified diseases are of the consequence of Childhood Suppression in its numerous formats.

We are to express our feelings, both good and bad, to a companion who is open to hear what is coming to surface for us. We are to long to know the truth behind those feelings. What enters us emotionally is to be expressed emotionally. This is our Feeling Healing. This is the one and only pathway to bring about healing and harmony throughout all of our bodies, including physical.

ONE SOUL – TWO PERSONALITIES
Our soul is a duplex!

SOUL



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

COMMERCIAL IN CONFIDENCE

NOTHING IS FORGOTTEN



The moment of our conception will ultimately be remembered as a most stressful and damaging experience. We are literally continuously fire hosed with our parents' emotional injuries and erroneous beliefs – and they do not even know we have arrived!



We, as parents, may tell ourselves that our children 'will get over it', 'they will forget about it!' That is a gross lie and

error – we each do not forget ANYTHING!

We are each to heal ourselves of the hurt and harm imposed upon us by expressing what we feel, both good and bad, and long to understand the truth behind what our feelings are drawing our attention to.



It is through these corruptions (errors of belief, emotional injuries, events that we have not been allowed to complete, our will being imposed upon, controls imposed upon us by others trying to make us be who we are not, etc.) that our energy flows back to our soul are degraded and that ultimately damages our physical and spirit bodies bringing about discomfort, pain, illness and disease. It is the imbalance of the flow of energy from our soul and that which we return that is the underlying cause of all identified illnesses, maybe all 10,000 or more so far catalogued.

In our senior years, many of us are said to be losing our memory and awareness of what may be unfolding around us. Nevertheless, we each will remember everything that is imposed upon us and what unfolds for us. This is recorded within our spirit body and soul's memory. Everything throughout every moment of our life is recorded, never to be lost.



It is only when we heal our erroneous beliefs and emotional injuries through our personal Feeling Healing that we will 'forget' the pain and suffering that we have had imposed upon us throughout our life, from conception to death, by those who sort to control us and impose their will upon each of us and our ongoing repression of our childhood suppression.

NOTHING IS EVER FORGOTTEN

COMMERCIAL IN CONFIDENCE

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

How religious groups should respond to Sri Lanka's crisis

By [Rebecca L. Root](#) //

16 August 2022

<https://www.devex.com/news/how-religious-groups-should-respond-to-sri-lanka-s-crisis-103441>

As Sri Lanka's economy crumbles — taking with it, access to food, fuel, and medicine — religious groups and leaders have a role to play in supporting the citizens, development professionals said.

At this time, there's a lot of stress and anger, said Dr. Vinya Ariyaratne, general secretary of Sri Lanka's largest local NGO, [Sarvodaya](#), which could manifest itself in destructive behaviour, such as robberies or violence. Religious leaders, however, can help to mitigate the psychosocial effects of the current crisis by providing guidance and collective meditations while also providing support in the form of food distribution, he said.

A failure to import food, fuel, and medicines began earlier this year when the country's dwindling supply of foreign currency ran to some of its lowest levels. The shortages contributed to soaring food inflation, which climbed to 90% in July, making essentials unaffordable for many.

Around 70% of households have been forced to reduce their food, and 6.7 million are in need of humanitarian assistance. In June, the United Nations launched a Humanitarian Needs and Priorities Plan that aims to provide US\$47.2 million in humanitarian aid to 1.7 million people by September.

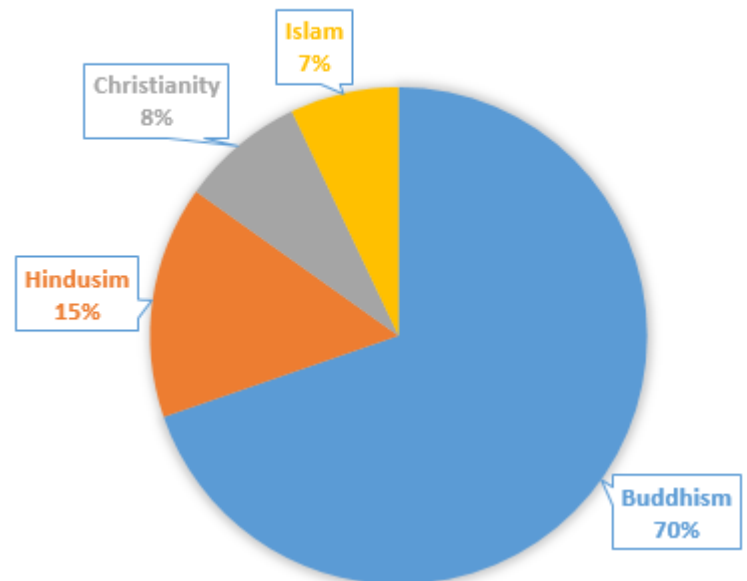
"The country, which was once the granary of the East, is now in a sad state of bankruptcy and humiliating beggary," Middeniye Dhammika Thera, a Buddhist monk and former assistant lecturer at the Buddhist and Pali University of Sri Lanka, said in an email.

While the government blamed COVID-19 and the subsequent crash of the tourist trade — which contributed US\$4.66 billion to Sri Lanka's economy in 2019 — others, including some Buddhist monks, have pointed to economic mismanagement as the reason for the current crisis.

Countrywide protests have taken place since March, and in July, after fleeing the country, amid protests and public pressure, President Gotabaya Rajapaksa agreed to resign. He was replaced with six-time Prime Minister Ranil Wickremesinghe, another controversial figure. Days into his new role, Wickremesinghe had security forces remove protestors from their makeshift camp at the Galle Face protest site in Colombo. "Go Home Ranil" remains spray painted on several Colombo buildings.

With the situation likely "to get worse," Ariyaratne said religious leaders and groups need to play "a positive role."

MAJOR RELIGIONS IN SRI LANKA



Over 70% of Sri Lanka’s population identifies as Buddhist, according to 2012 data. But it is also made up of many minority religious groups, Faisal Nazir, social media manager at Muslim Hands, highlighted in an email. These groups include Muslims, Christians, and Hindus “who all peacefully coexist within tight-knit communities.”

That hasn’t always been the case for the Sinhalese Buddhist majority and the minority Hindu Tamil population though. The two groups were engaged in a violent civil war spanning 1983 to 2009. Today, there are still reports of repression and violence against marginalised Tamil communities.

By facilitating a network of religious leaders and encouraging open dialogue between them, Ariyaratne said, Sarvodaya — an organisation inspired by Buddhism — is working to prevent any form of ethnic tension or ethnic or religious violence from arising out of the current political instability.

Religious groups can help provide hope during this difficult time, Nazir wrote, “reminding others to also care for those around them and to most importantly, stick together.”

Supporting the food crisis

Religious leaders have also been encouraging temples and churches to donate to the government, helping to run public kitchen initiatives, and urging those in power to penalise the hoarding of rice.

“Community kitchens are coming up and I know temples are a place of refuge as well as other religious spaces in this country,” said Chanchala Gunewardena, founder of Colombo-based agri-business Kimbula Kitchen.

Young Buddhist monks, in particular, are engaging in issues of food security and economic development, said Manju Nishshanka, founder of Sri Lankan think tank Singularity. For example, in Colombo, Buddhist monks are working with Singularity, Sarvodaya, and other faith leaders to disseminate family food packs in urban areas as part of a community kitchen project to address the food crisis. “They know exactly who would be the most suitable people to receive these meals in the communities,” he said.

Nazir said Muslim Hands has been providing a “humanitarian response well rooted in long-term development, which is vital when the country is facing both economic and political turmoil.” It is rolling out projects across the country on education, access to clean water, and livelihood support.

“We don’t want to just help them for a day or a week, but ensure they have both the skills and tools to transform not only their lives, but also the ones of those around them,” he said.

World Vision has also launched a response focusing on food security, livelihood recovery, and psychosocial support for “500,000 of the most vulnerable individuals in the communities” it works with.

“A lot of people are seeing, in this economic crisis, that religion was used to distract them from corrupt behaviour, politics, and unfair practices.”
— Chanchala Gunewardena, founder, Kimbula Kitchen

The Diocese of Colombo is also providing ration packs to 250 families within tea plantation communities while offering nutritional and educational support to 1,000 children. Farmers of tea and other products have experienced a significant decline in income since the government introduced a sudden yet short-lived fertilizer ban last year that diminished crop yields by around 50%.

A political stance

Aside from offering support amid the food crisis, some religious leaders are being vocal about the current political situation, Ariyaratne said, while others have recommended certain changes to the constitution and the governance. “Hindu leaders have been less vocal, but certainly Buddhist, Christian, Islam religious leaders have come forward,” he said.

In March, senior prelates wrote a letter to former President Rajapaksa, calling for a dedicated plan and development projects to help those impacted by the crisis. “Restructure public debt, reduce the cost of living, provide relief to low-income earners, formulate a sustainable plan to prevent waste, corruption, and misuse of resources,” they wrote. In July, bishops from the Church of Ceylon called for the prime minister and president’s resignation, criticising the lack of a plan of action for recovery. Others have taken part in the anti-government demonstrations.

Some Buddhist monks, however, have sided with the government, said Somboon Chungprampree, Thai activist and executive secretary of the International Network of Engaged Buddhists.

Militant Buddhism and monks contributing to religious nationalism in Sri Lanka, as well as Myanmar, are a big concern, said Katherine Marshall, senior fellow at the Berkley Center for Religion, Peace, and World Affairs at Georgetown University and executive director of the World Faiths Development Dialogue. She explained that, historically, **Buddhist monks have fuelled “some of the most bitter conflicts in the region.”**

Monks were accused of inciting some of the violence against the Tamil and Muslim minorities during the civil war.

Today, Gunewardena, who practices Buddhism but has a family of mixed religious beliefs, believes politics and religion “should stay in different homes.”

“I cherish the teachings and learnings that I have got from [Buddhism], but I don’t find that there’s a need for those teachings or learnings to go beyond my personal development or to have to inform anybody else’s place or view on the world,” she said. “In Sri Lanka ... it has been used to inform how other people should live or how other people are viewed or treated and that’s not the Buddhism to which I have great respect and fondness for.”

There has also been more of a conversation, Gunewardena said, about the right to criticise monks becoming political. “A lot of people are seeing, in this economic crisis, that religion was used to distract them from corrupt behaviour, politics, and unfair practices,” she said.

Amid this crisis, so far, Ariyaratne said extremist religious leaders haven’t been given a voice in the media or played a destructive role. But that could change as new political leadership settles in. “They can still elevate fears and mobilise people along a very destructive [path],” he said.

But many families, Nazir said, are not focused on the political climate. “They just want basic human rights such as the ability to go to the toilet, drink clean water, have a safe home and attain an education for their children.”

The whole human race is suffering from repressed childhood and mind control.

At the moment just prior to conception, we are in a pristine condition, our soul is in a perfect natural love state and our now forming embryo is also in a perfect physical state. Conception takes place and the fire hosing of our parents' emotional injuries and erroneous beliefs begins unloading upon us. Incarnation takes place 16 days later when the foetus begins pumping blood.

By the time we are six years of age, just prior to the arrival of our Indwelling Spirit, our soul condition is reflecting the level at which our parents are at. If our parents' soul conditions are different, then we will be reflecting the level of one or the other parent. This is easily ascertained by using kinesiology muscle testing in the manner that Dr David R Hawkins has published, in conjunction with his Map of Consciousness (MoC).

This is how humanity remains stagnant for generation after generation. We become the level at which our parents are at and then we go on and do the same thing to our own children.

Suppression of our true personality throughout our early childhood forming years by our parents is possibly the greatest crime of all. We now can abandon this entrapment by Living Feelings First and then also embracing Feeling Healing, and in particular Soul Healing with Divine Love.

Presently, our life is one continuous suppression of our true personality by:

1. Our physical parents and carers throughout our early childhood.
2. Schooling, our teachers through pre-school, primary, high school and higher education.
3. Our spiritual and religious teachers of all denominations.
4. Our employers in all forms. None more severe than military service.
5. Our government at all levels; local, state and federal.

The people of Sri Lanka presently calibrate overall at **165** on Dr David R Hawkins' Map of Consciousness. While they continue in this manner, as they have done so in the past, this may remain their state for the coming centuries.

It is now possible to introduce a pathway to vibrancy, spontaneity and truth – this is the agenda herein!

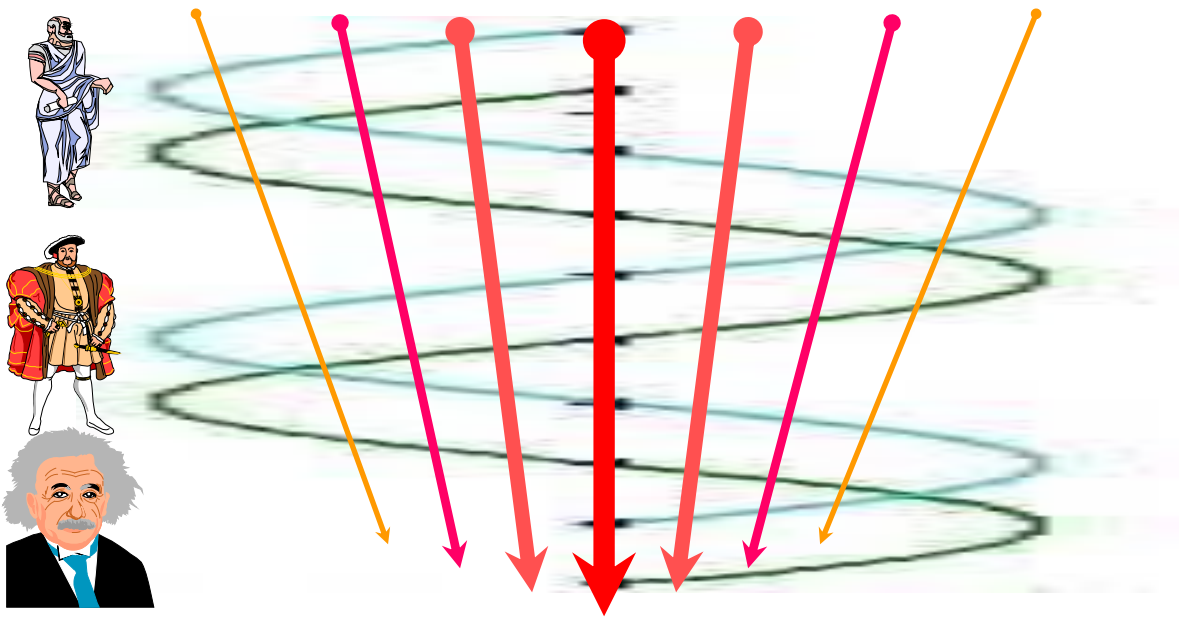
Sri Lanka life expectancy: 77.4 years (2022)

According to the latest WHO data published in 2020 life expectancy in Sri Lanka is: Male 73.8, female 79.8 and total life expectancy is 76.9 which gives Sri Lanka a World Life Expectancy ranking of 54.

Sri Lanka median age: 34.0 years

generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.



To assist baby, as well as our self, work and pray to express our blocked emotions.

Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.

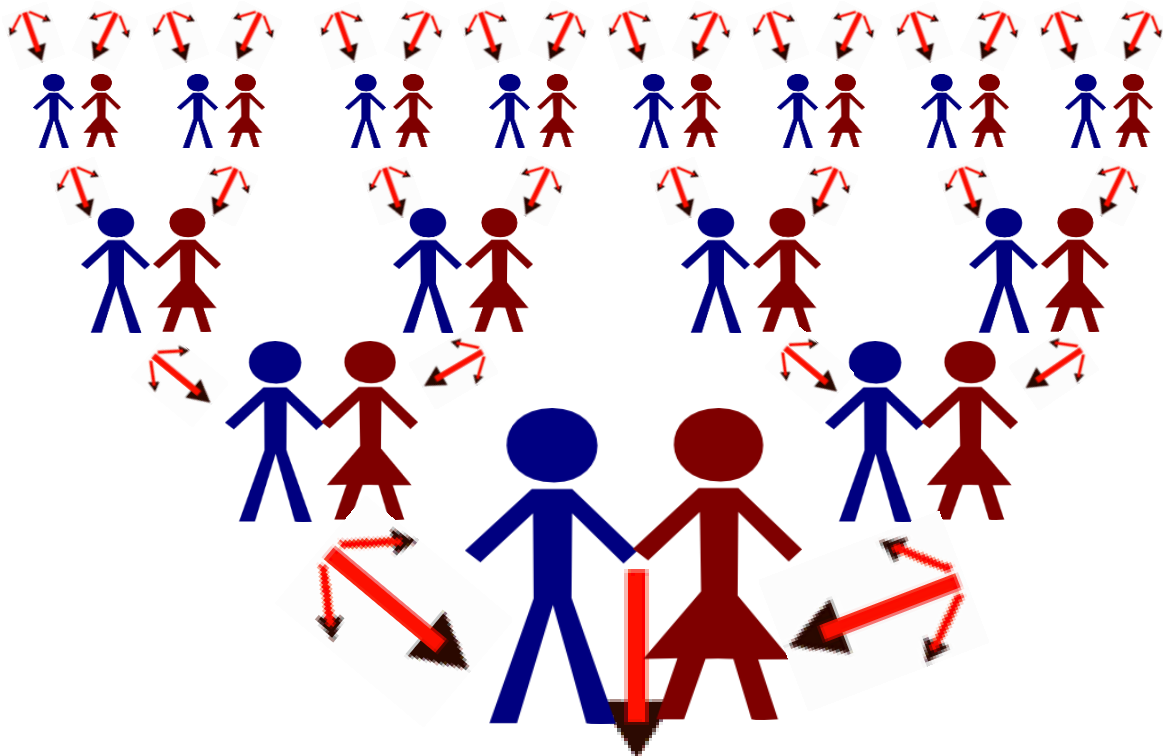
Baby’s body, when conceived, is always perfect. Their soul condition is also perfect.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us through our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood suppression and ongoing repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

In turn, we are a reflection of our parents' soul condition, and their parents' soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and expressing our fears and blockages while seeking truth.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly thereafter. It is the accumulation and combination of issues held by past generations that insidiously manifest as life-threatening illness episodes within unborn and newborn babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within ourselves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents' emotional issues.



COMMERCIAL IN CONFIDENCE

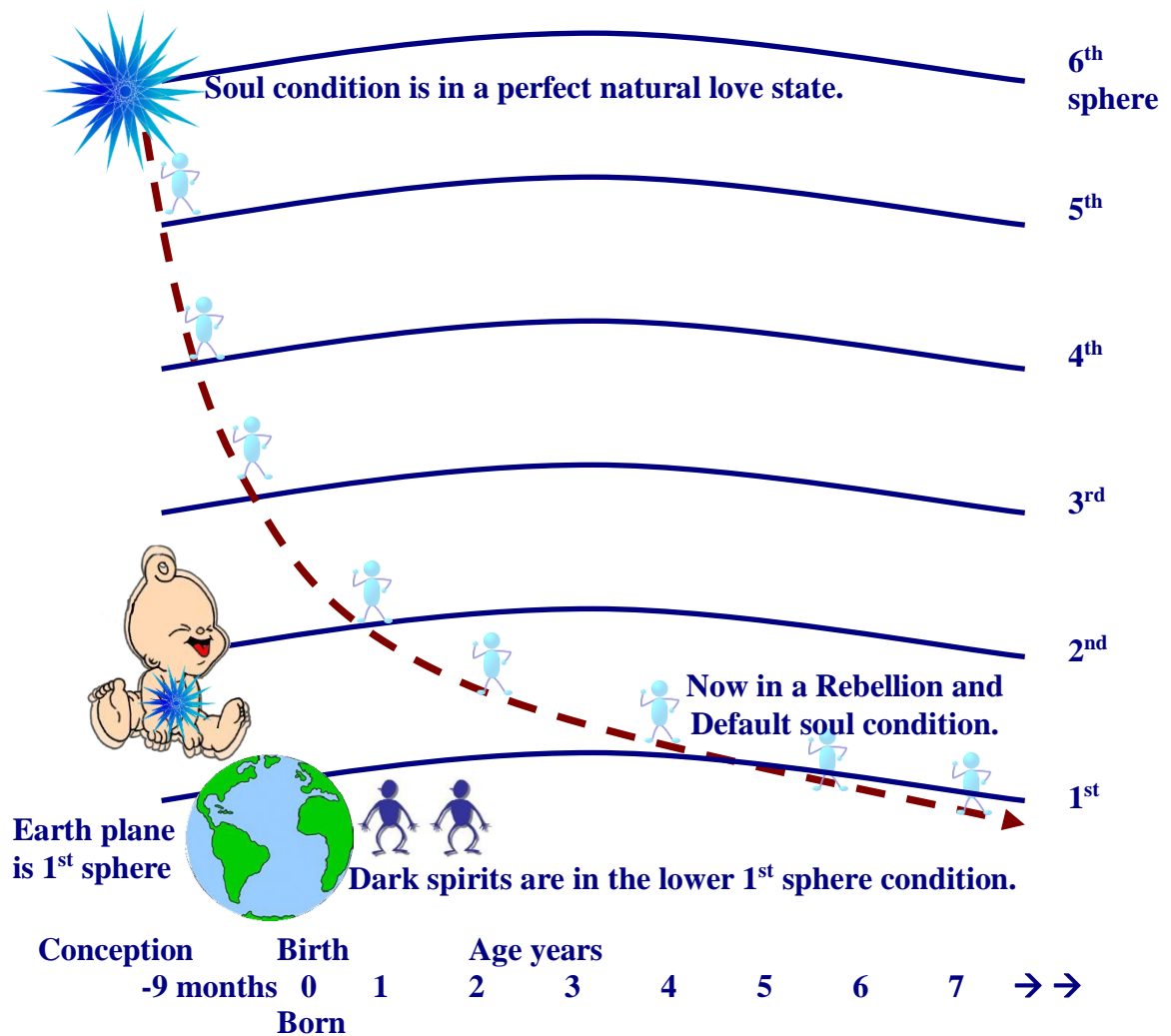
SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

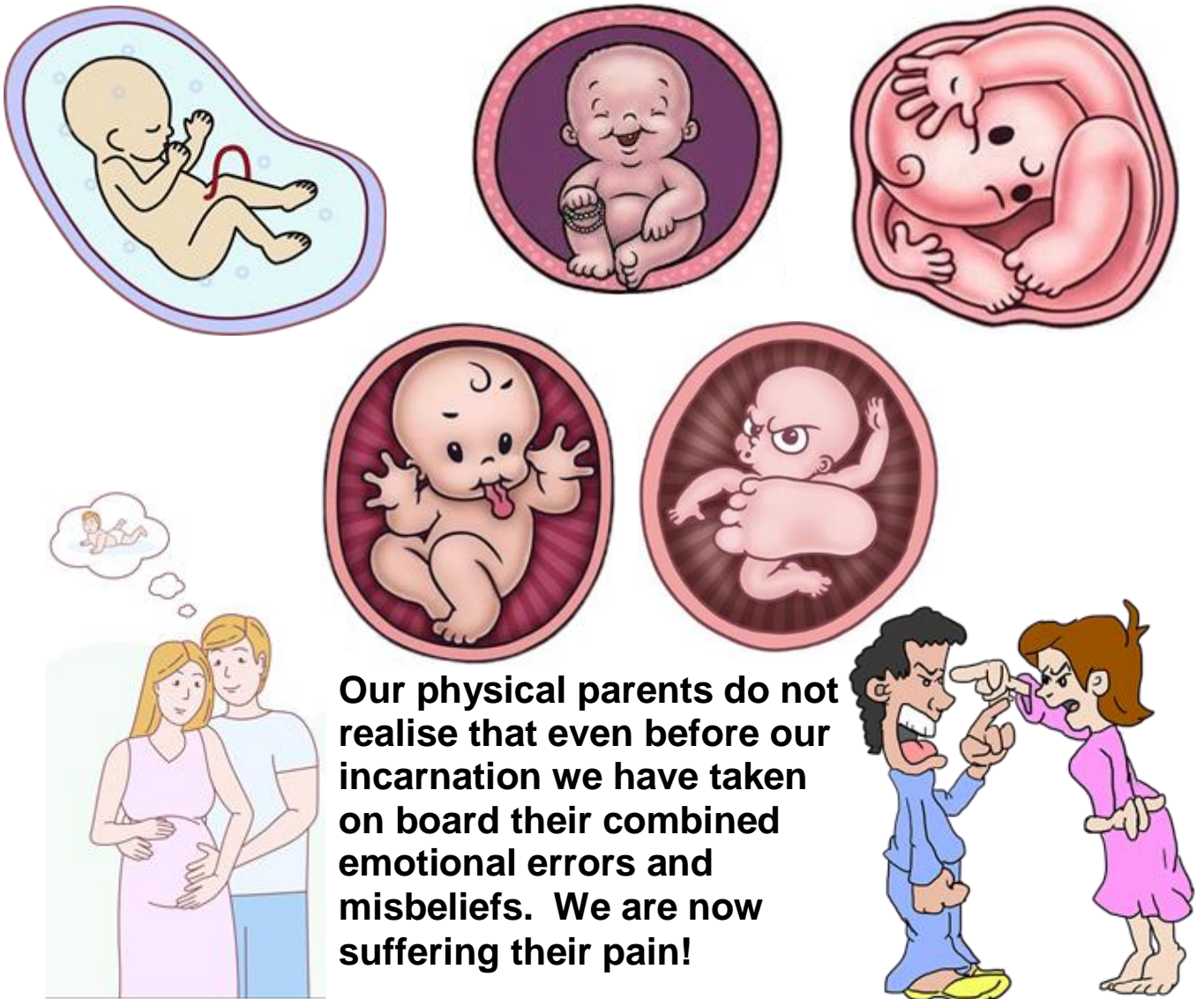
Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



OUR INDUCTION into PHYSICAL LIFE:

At our conception, we are welcomed by a relentless infusion of errors and injuries, unknowingly, carried by our parents and carers!



Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!

We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 50 million miscarriages occur annually.

Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.

COMMERCIAL IN CONFIDENCE

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion. Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

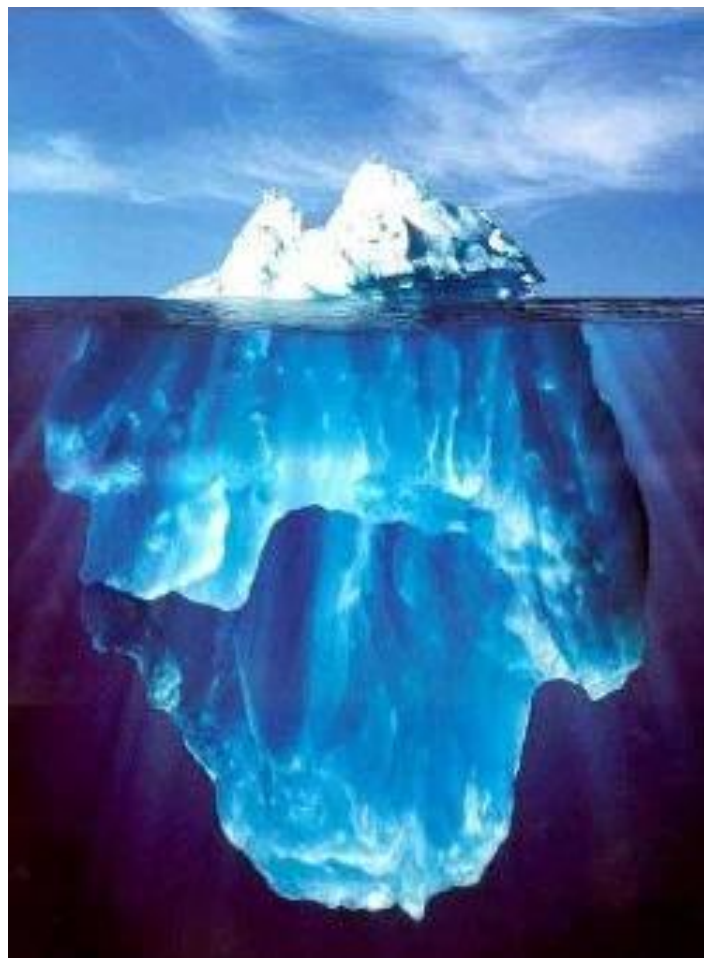
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

If a girl spends only 2 years at school, she is likely to have more than 7 children. If she spends 6 years at school, she is likely to have around 4 children. If she spends 12 years at school then she will have only 2 children. World poverty is best averted by the tool of education in the first instance.



Symbolically, the iceberg is a good representation of the undiscovered potential in all of us.

How many nurses are needed?

<https://www.qualtrics.com/au/experience-management/industry/nursing-shortages/?rid=ip&prevsite=en&newsite=au&geo=AU&geomatch=au>

The International Council of Nurses estimates there is a [current global shortage of 5.9 million nurses](#), with the potential for the number to [rise to 13 million by 2030](#). In the US alone, the Bureau of Labour Statistics expects to see nearly 200,000 vacancies for registered nurses each year as the industry faces mass resignation.

Why is there a nursing shortage?

The reasons for the nursing shortage are complex and multifaceted. In this post, we'll focus on 5 of the main factors affecting the nursing shortage:

- Lack of nursing education resources for training new nurses
- A record number of nurses getting ready to retire in the next decade
- Burnout and stress related to the pandemic and general working conditions
- Staff nurses transitioning to more lucrative travel nurse roles
- Nurses feel their jobs are changing rapidly and often for the worse

Lack of educational resources

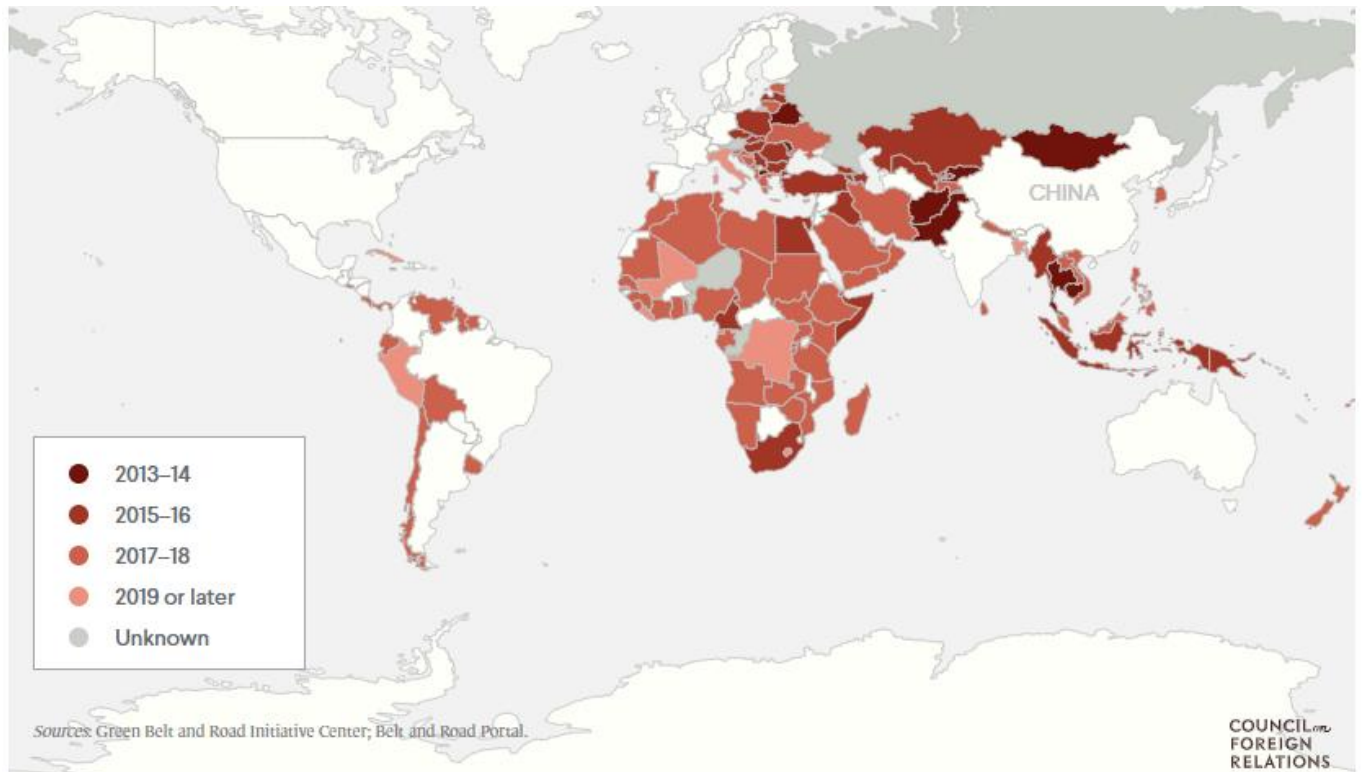
Potential nurses run into roadblocks before they even enter the workforce. Schools are citing a lack of qualified nurse faculty and budget constraints as primary reasons for turning away aspiring nurses. In 2019, US nursing schools turned away over [80,000 qualified applicants](#) due to nurse faculty shortages and insufficient resources.

The [American Nurses Association estimates](#) that more registered nursing jobs will be available in 2022 than any other profession in the United States. At this point, nursing schools are not keeping pace to meet the demand. That problem will only worsen in upcoming years as the nursing shortages intensify.

Additionally, schools do not seem to be preparing nurses properly for entry into the workforce, with some estimates reporting that between [30-57% of nurses quit](#) their jobs within their first two years of employment. New nurses often cite workload, scheduling, and lack of resources to meet their patients' needs as reasons for leaving.

High turnover rates among new registered nurses, combined with a lack of resources for prospective nursing school enrolment, lead to the current situation where there are not nearly enough nurses entering the workforce.

CHINA – BELT and ROAD INITIATIVE



Did China's Belt and Road Initiative destroy Sri Lanka?

<https://www.rfa.org/english/commentaries/china-srilanka-07182022103112.html>

A veteran Chinese economist based in the United States analyses media coverage of China's role in Sri Lanka.

A commentary by He Qinglian

18 July 2022

On 9 July 2022, hundreds of thousands of anti-government protesters came out on the streets of Colombo and occupied the official residence and offices of Sri Lanka's then president, who tendered his resignation after fleeing overseas.

Two things are closely associated in my mind with the current political turmoil in Sri Lanka: the Chinese debt trap and green agriculture.

Much of the Chinese-language reporting outside of mainland China and its state-controlled media blame the Chinese debt trap, while English-language media consistently lay the blame with green agriculture.

According to data from the Ministry of External Resources of Sri Lanka, as of 21 April 2021, Sri Lanka's foreign debt totalled **US\$57 billion**, 47% of which was international capital market borrowings, 13% of which is owed to the Asian Development Bank, 10% to China, another 10% to Japan, 9% to the World Bank, 2% to India and the remaining 9% to other creditors.

Sri Lanka's GDP ranks between 60th and 70th in the world, but it gets more international media coverage than a lot of higher-ranking countries simply because of its geographical location as the "Pearl of the Indian Ocean."

It is also a key site of China's global infrastructure and supply-chain initiative, known as Belt and Road.

At the end of 2017, the Sri Lankan government announced it would formally transfer a 70% stake in Hambantota Port to the China Merchants Group, as well as allowing China to lease the port and its surrounding land for 99 years.

This is where the idea that Sri Lanka is in a Chinese debt trap originates from.

The deal was widely reported by Western mainstream media.

A 29 July 2017 report from the Associated Press reflects the Western media's take nicely.

"Sri Lanka's government on Saturday signed a long-delayed agreement to sell a 70% stake in a \$1.5 billion port to China in a bid to recover from the heavy burden of repaying a Chinese loan obtained to build the facility," the report reads.

"The document was signed between the government-run Sri Lanka Ports Authority and the state-run China Merchants Port Holding Co. in the capital, Colombo, in the presence of senior government officials from Sri Lanka and China. According to the agreement, the Chinese company will invest \$1.12 billion in the port, which sits close to busy east-west shipping lanes," it says.

"Two local companies whose shares will be split between the Chinese enterprise and the Sri Lanka Ports Authority will be set up to handle the port's operations, security and services. The Chinese company will be responsible for commercial operations while the Sri Lanka Ports Authority will handle security. The lease period is 99 years."



A container ship arrives at a port in Colombo on July 16, 2022. Credit: AFP

'String of pearls'

Two things are important in this report. The first is that the equity transferred in the deal was actually a debt-to-equity swap, as Rajapaksa built the Hambantota port with a loan from China.

The port opened in 2011 and was criticised by opposition parties during

2015 presidential election campaign. Soon after, Sri Lankan authorities sought help from China because the port had lost US\$304 million by 2016, and Sri Lanka couldn't afford the heavy burden of loan repayments of ... US\$59 million annually.

The second is that the port was funded by Beijing as part of its "string of pearls" projects in the Indian Ocean.

The phrase was coined by Indian politicians to describe concerns over China's potential plans to wield influence in the region via a slew of civil and military infrastructure projects from Port Sudan in the Horn of Africa through Sri Lanka, along the coasts of Pakistan, Bangladesh, to the Maldives and the Straits of Malacca, Hormuz and Lombok.

Many Indian commentators believe that both the 'string of pearls' strategy and the China-Pakistan Economic Corridor will threaten India's national security.

Beijing was able to include Sri Lanka in this plan because Rajapaksa relied heavily on Chinese infrastructure projects.

China made massive investments in Sri Lanka's ports, airports, highways and power plants during his time in office, becoming largest foreign investor in the country.

On June 27, 2018, The New York Times published an article titled "How China Got Sri Lanka to Cough Up a Port," which argued that the Chinese government knew all along that the port could never turn a profit. The whole purpose [of funding it] was to take the port for China when Sri Lanka came to the point of not being able to repay the debt.

By 2022, China had been laying the groundwork, seeding global public opinion, to counter the Western media narrative of a Chinese debt trap.

Now, influential foreign affairs think pieces in the United States are barely mentioning it at all.

Instead, articles about Sri Lanka's green farming crisis have been on display since last year, including a 7 December 2021 piece in The New York Times titled "Sri Lanka's Plunge Into Organic Farming Brings Disaster."

A July 2019 survey by Colombo-based analytics firm Verité Research found that three-quarters of Sri



Lankan farmers rely heavily on fertilizers, while only 10% do not. For important cash crops like rice, rubber and tea, the dependence is 90% or more.

Sri Lankan President Mahinda Rajapaksa, in white, walks with Chinese President Xi Jinping after officially launching a project to build a US\$1.4 billion port city on an artificial island off Colombo, Sri Lanka, 17 September 2014. Credit: AP

Organic farming push

Both the Sri Lankan government and environmental groups believe the excessive use of fertilizers will cause growing problems with water pollution, and scientists have found that excessive exposure to nitrates increases the risk of colon, kidney and stomach cancers.

So Rajapaksa pledged in his 2019 election campaign to convert the country's farming industry to organic farming within 10 years, rushing to deliver on the plan by banning imports of synthetic fertilizer and pesticides ... prompting soaring food shortage and price rises.

Rice production fell by 20% in the first six months of 2022 alone. Rice prices have risen by nearly one third compared with a year ago, and the price of tomatoes and carrots has risen fivefold.

Sri Lanka, once self-sufficient in rice production, was forced to import US\$450 million worth of rice, while the bans also damaged the country's tea crop, its main export and source of foreign exchange.

A 5 March 2022 article in Foreign Policy by Ted Nordhaus -- co-author of the "Ecomodernist Manifesto" -- and food and agriculture analyst Saloni Shah titled "In Sri Lanka, Organic Farming Went Catastrophically Wrong" argues that what led to the Sri Lankan crisis was a "farrago of magical thinking, technocratic hubris, ideological delusion, self-dealing, and sheer short-sightedness" by the country's political leadership and environmental advocates.

"Having handed its agricultural policy over to organic true believers, many of them involved in businesses that would stand to benefit from the fertilizer ban, the false economy of banning imported fertilizer hurt the Sri Lankan people dearly," the article says.

Meanwhile, Sri Lankan scholars have argued that the main threat to their country has come from a combination of neoliberal economics and global financial capitalism.

This is similar to a theory proposed by Egypt's Samir Amin about the relations between the centre and the periphery, which ignores the specifics of processes, and attributes all misfortune to the influence of Western capitalism.



The above is a summary of the ins and outs of Sri Lanka's 2022 crisis, based on past knowledge, and reading tens of thousands of words of the latest data.

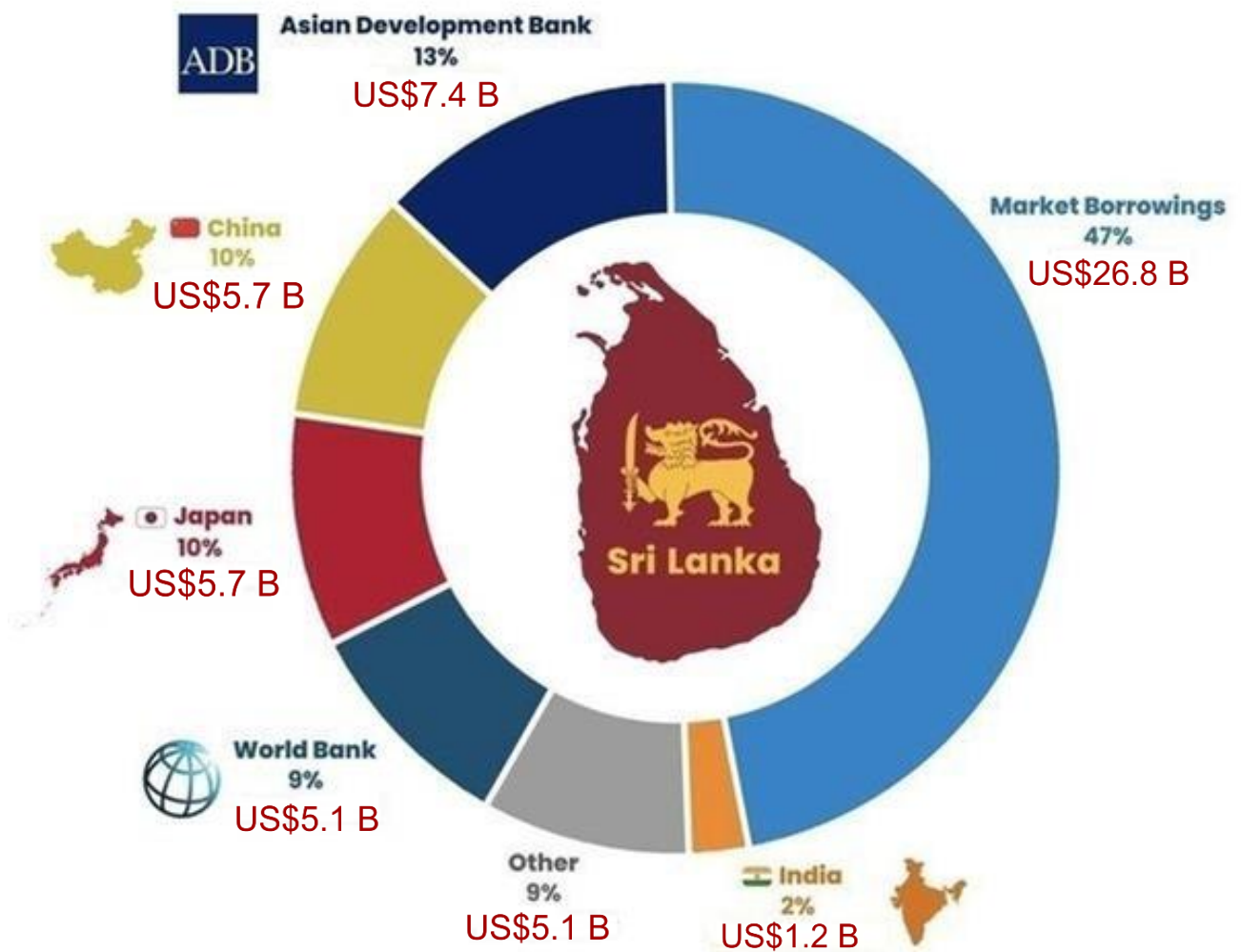
I have always believed that facts are more important than positions. If Sri Lanka wants to return to normal, it must also correctly understand the root cause of the crisis.

Tea pickers remove weeds at an organic tea plantation in the southern district of Ratnapura, Sri Lanka, 31 July 2021. Credit: AFP

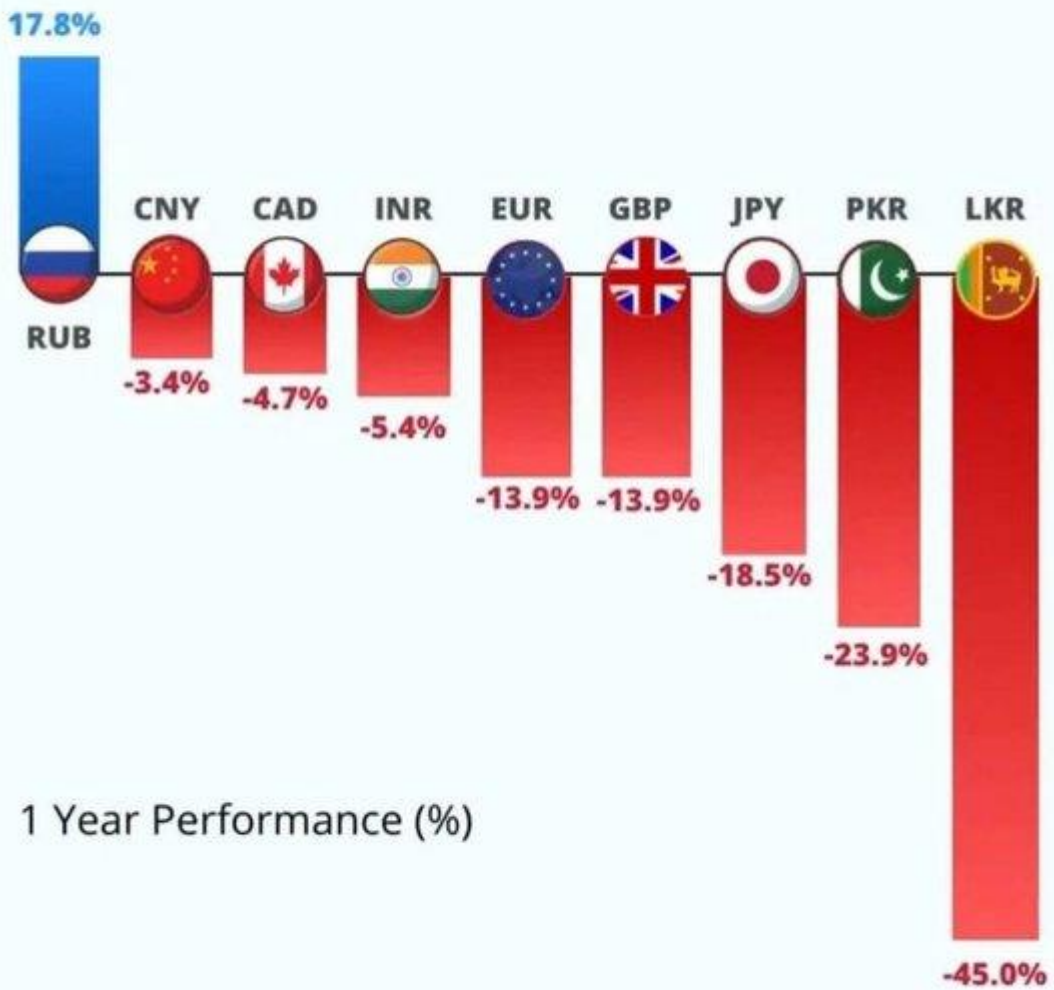
According to data from the Ministry of External Resources of Sri Lanka, as of 21 April 2021, Sri Lanka's foreign debt total led **US\$57 billion**, 47% of which was international capital market borrowings, 13% of which is owed to the Asian Development Bank, 10% to China, another 10% to Japan, 9% to the World Bank, 2% to India and the remaining 9% to other creditors.

Sri Lanka's Foreign Debt

By Major Lenders **US\$57.0 billion**
April 2021



WORLD CURRENCIES VS US DOLLAR



1 Year Performance (%)

Sri Lanka's China backed project puts reclaimed land on the market for services FDI



Did China push Sri Lanka into spiralling debt, chaos with Belt and Road Initiative?...

<https://www.onmanorama.com/news/world/2022/04/11/china-belt-and-road-initiative-sri-lanka-debt.html>

11 April 2022

China's One Belt One Road (OBOR), now known as the Belt and Road Initiative (BRI), was announced in 2013 and it seems it has one purpose only – subjugation of the economically fragile nations on the way to becoming a great power by the time the Chinese Communist Party (CCP) celebrates 100 years (1 July 2021).

There are numerous examples of countries, developed and developing, which are economically fragile that have become even more fragile, courtesy the OBOR. The recent situation in Pakistan and Sri Lanka is a case in point. The Centre for Global Development in a 2018 study of countries hosting OBOR projects found 223 of them in a state of debt distress.

Sri Lanka has taken loans from China, at lending rates in the range of 3% to 6% against the 1% to 3% offered by the World Bank and International Monetary and (IMF). As a result, Sri Lanka has had to request China for a debt-to-equity swap, selling their own equity to Chinese companies as they have not been able to pay back their loans.

China's investment of an estimated US\$1.4 billion in Sri Lanka's Colombo Port City project is the largest single foreign investment in the island nation's history. Dubbed as a Public-Private Partnership (PPP) between the government of Sri Lanka and the CHEC Port City Colombo (CPCC) Pvt Ltd, the project has been much publicised for the employment opportunities and huge revenues which it would generate for the Sri Lankans.

What is seldom spoken about is the fact that of the 269 hectares of reclaimed land, 43% will be controlled by the CPCC through a 99-year lease agreement. This is reminiscent of the not too long-ago takeover of the Hambantota Port on a 99-year lease by China Merchant Port Holdings (CMPH). The port is now operated 'jointly' by the Sri Lanka Ports Authority and CMPH, with the latter holding 80% stake in the port and exercising near total control over its operations. Sri Lanka is just one example of how China uses its economic power to ensnare unsuspecting, and sometimes complicit governments in an intricate web of debt and dependencies.

The BRI is the garb to entice nations into futile and ineffectual projects which are extravagant compared to more realistic challenges being faced. The projects are promoted as one of its kind infrastructure development project with fictitious prospects; however they are of significance and benefit primarily to China.

The projects in Sri Lanka like the US\$104 million Lotus tower which never got commissioned or the US\$209 million Mattala Airport which is the 'World's Emptiest Airport', though presumed to be funded by China had all its costs recovered through execution by Chinese entities, using equipment / machinery / material from China including significant proportion of labour / top management.

In effect, whilst Sri Lanka paid for the projects, it filled Chinese treasury for a requirement which was not essential. Further, due to the confidentiality of project being pursued by the government the actual cost of the projects are also largely exaggerated. The Chinese approach in Sri Lanka has been outright capitalist where in the Sri Lankan economy is flooded with cheap Chinese goods so as to kill the local economy and extract as much Strategic advantage by trapping the Government of the day in frivolous infrastructure projects.

WHAT ARE ALL THE FACETS OF A LOAN / CONSTRUCTION DEAL?

<https://www.quora.com/>

[Why do many countries prefer to loan from China and not the World Bank or IMF even if the Chinese loans are often more expensive?](#)

On the face of it, interest rates on Chinese loans were typically around 1-2% with a five year grace period and a term of up to 20 years. The World Bank offers loans to developing countries at a fixed interest rate of 1.54%, with a grace period of 10 years and a maturity of 40 years.

But this has to be seen in the aggregate. China's foreign loans are generally for infrastructure, and these infrastructure projects are usually arranged for Chinese companies to carry out.

Here an interesting thing arises, because Chinese companies build efficiently and quickly, so the result is lower construction costs.

For example, for the same railway, if China goes to build it, the price might be US\$50 million per kilometre, whereas if Japan goes to build it, the price might be US\$100 million. If Europe were to build it, it might cost US\$200 million.



So let's think about it, if it's a railway like this and it's built for 200 kilometres. To get a loan from China, it would only cost US\$10 billion. Get a loan from Japan, it would cost US\$20 billion. And to get a loan from Europe, it would cost US\$ 40 billion.

Well, here's the question. Do you think it is better to ask China for a loan of US\$10 billion? Or is it better to borrow US\$20 billion from Japan? Or would it be better to borrow US\$40 billion from Europe?

This does not include the time taken to build the project.

It is possible that a project that can be built by a Chinese company in 3 years will take 5 years in Japan and 10 years in Europe. This construction time is well documented.

Which is more appropriate?

Think about it, borrow \$100 from China and then in 3 years you can start to have income and repay the loan.

Borrow \$20 billion from Japan and then in 5 years you can start to have income and repay the loan.

Borrow \$40 billion from Europe and then in 10 years you can start to have an income and repay the loan.

Even if the interest rates in China were twice as high, it would still be more cost effective – if the quality of the construction is equal to the best!

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915

Adolf Hitler calibrated at 430 MoC throughout his early political career. Adolph Hitler assembled the greatest military machine the world had ever seen. On the simple level of force, his military was unbeatable; yet he could not defeat a tiny island nation across the English Channel because the power expressed by Winston Churchill, who unified the will of his people through principles of freedom and selfless sacrifice. Churchill stood for power, Hitler for force. When the two meet, power always eventually succeeds; in the long run, if it is deeply founded in the will of the people, power is immune to force. Winston Churchill calibrated at 510 MoC. When Hitler suicided at the end of World War II, his consciousness level had degraded to 40 MoC. (Truth vs Falsehood and Power vs Force, both by Dr David R Hawkins).

Interestingly, similar circumstances are unfolding now, in March 2022, with President Vladimir Putin (MoC 360), having commenced invasion of Ukraine on 24 February 2022, is applying force upon the people of Ukraine which is led by President Volodymyr Zelenskyy (MoC 400) who is responding through his people with power. Interestingly, research of a number of wars and the leadership of both sides, it has been the leader calibrating the highest that has always prevailed – eventually!

There are two areas that humanity is not to go:

- 1: Weapons of mass destruction - particularly nuclear.**
- 2. Modifying genes - both of human and of nature.**

SRI LANKA'S ORPHANAGES HELPLESS AS ORPHANS THEMSELVES

<https://ceylontoday.lk/2022/04/17/sri-lankas-orphanages-helpless-as-orphans-themselves%EF%BF%BC/>
By Eunice Ruth 17 April 2022

In Sri Lanka, institutional care is the fate of many children who have been abandoned by their parents due to various reasons and at present, the economical crisis has led many more families to abandon their children at children's homes and orphanages. According to the United Nations International Children's Emergency Fund (UNICEF), out of over **21,000 children in orphanages** in Sri Lanka, one or both parents of over 19,000 of them are still alive. In most cases it is a family member who leaves the child at an orphanage, UNICEF says.

Deputy Commissioner of the Department of Probation and Childcare Services, H.W. Sudheera Nilanga Vithana stated that currently, there are **379 children's homes in Sri Lanka including 44 Government established ones and voluntary organisations**. Western Province has a large number of children in orphanages. According to the 2019 data from the Department of Social Welfare, Probation and Child Care Services, more than 10,600 children live in orphanages and are taken care of till they are 18 years old. All needs of children including education, clothes, food, and other essential needs are being fulfilled by the home.

Standard Meal Pattern and Current Status

Meals provided for children should be balanced, nutritious and in proper quantities according to their age and health. Diet plans should be prepared according to age categories. A registry should be maintained to record foods and quantities provided on daily basis and the menu for the week should be displayed in a suitable place. Vegetables are required for at least three days and rice, coconut, sugar, flour, and spices required for at least a week should be available at any given time. Different menus should be prepared depending on the preference of the children. An additional meal should be prepared and given for schooling children to be taken to school.

However, with the current price hikes in the country, many children's homes have been affected financially where they have no proper food to provide for the children. Commenting on the impact of the current price hikes on children's homes, most people said their plight is similar to all other poor people in the country; that they have also been affected severely where the children in orphanages are forced to survive on plain tea.

Many children's homes do not even have sufficient basic facilities such as beds, clean water or adequate sanitation facilities. Amidst all, the current economic situation has hit children's homes harder than we expected and sadly orphans are often ignored by the authorities.

Tikiri Sewana State Adoption Children's Home

An official of the Tikiri Sewana State Adoption Children's Home in Kandy noted that at present, they have around 52 children including children below 1-year-old. "When comparing food with the other essential needs of children, food plays a huge role in the growth of children and we need to focus on providing nutritious and healthy food for them.

The prices of essential commodities such as milk powder, sugar, vegetables, gram, gas, and many others have increased rapidly in the recent past. With the current situation in the country, we are facing many shortages in buying needed items and providing food for the children at the home”.

He further said that before the Covid-19 pandemic, they used to receive donations from various people and the donations reduced after the pandemic. “Even before recovering from that loss, the country forced us to face another major loss by reducing our donations. Earlier, we used to receive donations in both food and cash. But, we have not received food, medicines, or cash donations recently.

“The Government supports us in a very small scale which is not enough. Even though we want to provide a full proper and healthy meal to our children, we are not in a position to do so and are managing to provide what we can without letting the children starve.

“We don’t know what will happen in the future, but can assure you that we will provide all three meals a day for each and every child without affecting anyone,” he said.

Sri Jinananda Children’s Home

Director of Sri Jinananda Children’s Home, Chandrani Perera Hettigoda noted that it has been 35 years since the orphanage was established and they are currently running it with 61 children including babies who are above two years. “We take care of all their needs including food. However, with the current situation, we find it difficult to manage the home with the required food.”



While commenting about the recent price hikes, she said that they are facing many difficulties in finding needed food items and are facing a shortage in almost everything. “Gas distribution has been reduced drastically in the past few days and we are given one or two gas cylinders. Though it is not enough, we are trying our maximum and managing to provide food for the children. Also, we don’t provide chicken and fish daily to the children due to the price increase, but still we provide each and every child with an egg with their daily food.

Earlier, around Rs 33,000 (US\$92) was allocated for all three meals a day. At present, unfortunately, it has exceeded Rs 45,000 (US\$125). We need 30 kg of rice and 1 kg of milk powder to provide food and milk or tea to the children. Currently, we are buying chicken for Rs 900, dhal for Rs 475, and an egg for Rs 30 whereas we previously bought an egg for Rs 20 and Rs 22. Due to this, we are unable to provide and follow a fixed nutritious meal plan and now we provide food to make sure that the child is given healthy food. We hope that we will be forced to face a huge risk in the future if the country follows the same price hikes,” said Hettigoda.

Meanwhile, as a result of the country’s current situation, the donations we receive from outsiders have reduced drastically. Earlier, we used the cash donations to buy the essential needs for the children and we have spent some portion of the donation to give special meals for the children. However, everything has changed and now we are facing many difficulties in providing food for the children”.

She further pointed out that the Government has not supported them even during the Covid-19 period and have still not received support in anyway.

Shilpa Development Home

An official of Shilpa Development Home noted that the amount of food they purchase has been reduced drastically in the past few days and face many shortages in purchasing essential food items including rice, sugar, among others. “Previously, we used to buy and stock food items to use regularly. However, with the current situation, we are unable to do that and we purchase the needed items on daily basis. We balance our menus by using substitute food items to enrich the growth of the children. In addition, we greatly consider the nutrition and health of the children and decided to provide an egg on a daily basis for each and every child at the home.

“Our children are suffering without milk or milk tea for the past one month and they have been given plain tea. However, we cannot do that to the babies and we try our maximum to get milk powder packets to feed them,” she said.

“We have 23 children at our home and the Department of Social Welfare, Probation, and Child Care Services provides us with Rs 40 (US\$0.10) per child for three meals. However, earlier we have allocated Rs 10,000 to 12,000 (US\$28 to US\$33) for daily food expenses and now it has increased up to Rs 20,000 (US\$55)” she further said.

Government Intervention

Vithana further said Provincial Councils have the authority over the children’s homes and they have been advised to look after their needs. “We support the homes financially and also decisions regarding the children will be taken by the Department.

“We understand the country’s current situation and are trying our maximum to fulfil the needs of children’s homes in the country. Last year, we increased money allocation for a single child to Rs 100 (US\$0.28). However, it has not been implemented till today and many homes in the country are not allocating Rs 100 for the child’s food expenses. However, we will try to provide the same soon with the support of Provincial Councils”.

ORPHANAGES

<https://theconversation.com/orphanage-trips-by-aussie-schools-are-doing-more-harm-than-good-38035>

It's important to understand what it is like for a child to grow up in an orphanage. Decades of research have proven that children need to be loved and cared for by a limited number of people who are dedicated to them and able to respond to their needs. This sort of care is very difficult to provide in an orphanage.



Schools and students think they're being charitable, but children aren't tourist attractions made to make you feel warm and fuzzy. Kim Tyo-Dickerson/Flickr, CC BY

The need to look after many children generally results in a regimented existence, with each child having many caregivers. Children are cared for as a group rather than as individuals. As a result children who have been raised in orphanages experience delays across all areas of development, as well as psychological damage.

Although Australia no longer has orphanages, some other wealthy nations do. Even in these well-resourced institutions, the same problems exist.

The lack of someone who loves and is committed to a child makes them vulnerable to exploitation. Rates of physical and sexual abuse (perpetrated by adults and other children) are high in orphanages, wherever they are located. It is unfortunately not surprising that 30% of the reports of sexual abuse made to the Australian Royal Commission into Institutional Responses to Child Sexual Abuse have been made by people who were abused in orphanages.

Knowledge of the harms of orphanage care closed all orphanages in Australia decades ago.

Orphanage voluntourism takes children from their families

The majority of children living in orphanages have at least one living parent. As recently reported, orphanage voluntourism is actually removing children from their families. Unscrupulous individuals are persuading families to give up their children (sometimes with a cash payment) in order to make money for themselves from donations from wealthy foreign voluntourists.

They are literally creating orphans, for financial gain.

In some countries this has led to an explosion in the number of orphanages. In Cambodia the number of orphanages has doubled in the last five years, while the number of orphans has decreased.

Even when intentions are pure, the building and resourcing of orphanages results in the removal of children from their families. In the wake of the Indian Ocean Tsunami in Aceh, Indonesia, 17 new orphanages were built for "tsunami orphans". However, 98% of the children in these orphanages had families and had been placed in these institutions in order to gain an education.

Community support for education would have prevented these children from being exposed to harm in orphanages. Reputable aid organisations will not build orphanages, but instead work to support families and communities.

This is a much more caring and cost-effective model. Keeping children in orphanages is very expensive: five to ten times more expensive than supporting them in their families.

Orphanages are never good places

Much of the psychological harm suffered by children in orphanages is caused by having multiple caregivers who come and go, rather than just one (or a few) who can be relied upon. Short-term orphanage volunteers who pay attention to, play with and care for children may feel they are doing good, but they are just adding to this harm. They increase the number of caregivers a child experiences and are just more people who abandon them.

Children who live in orphanages often become adept at gaining adult attention by being cute and by engaging with strangers – something that psychologists call “indiscriminate affection”. School students often mistake this behaviour for genuine friendliness and happiness.

Young people who undertake these tours come home with an idealised view of orphanages and with aspirations to support them into the future. This was the experience of ex-orphanage voluntourists, now successful entrepreneurs Rob and Paul Falkan, who donate business profits to build orphanages all over the world. Schools who help foster the view that orphanages are good may inadvertently harm children into the future.

FEELINGS GIVE RISE TO THE TRUTH!

The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003

Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.** To be completely unconditionally accepted for all that it is. Then it feels loved.

The extent of our unloving parenting that we all have had to endure as children is now killing us, which is the truth of how bad it is. It is killing us because we refuse to understand what is happening, we refuse to connect to our pain, we refuse to accept the truth!

Parenting – unable to love our children due to lack of truth in what we are provided with.

We don't truly love ourselves; so we can't truly love our children. We can believe we love ourselves; as we believe we love our children. And so do our children truly love us?

What is the name of a person who takes care of orphans?

A saint. Orphaned children need a lot more than shelter and nutritious food. They need to feel that they are truly loved. Creating that feeling usually requires huge, continuous effort.

What are the psychological effects of orphans?

It is hard to categorise all orphans at once. Depending on why they were orphaned, and their age, the psychological effects vary greatly.

For example, a 5 year old child who was left at an orphanage because their parents died will have much different psychological trauma than a 12 year old child who was beaten or sold by their parents and then rescued. Or the 2 year old who gets put at an orphanage and never knows why, or whether or not they still have parents. To give all of these children the same psychological treatment would be a mistake, because they will all have different individual needs, and will all process these events differently from one another. I recommend individual professional diagnosis's and help if you are caring for any of these types of children. This isn't always possible, but it is ideal. It still is all about talking it out!

Common effects that I see in the younger children I work with (3 and under) are being much more clingy, desperate for affection and attention, and being willing to do anything to get that attention. This can lead to screaming uncontrollably, hitting you/other kids, or even hurting themselves to get you to look at them and take care of them. They may not care if it is positive or negative attention, which makes it important to teach them that if they want your attention, they do not need to act out. Be looking to encourage them and give them positive attention, and try not to give them more attention than is needed when they do inappropriate things. This can help them learn that if they want attention, behaving is the best way to get their desired result.

For our elementary aged children that just come in, they generally aren't as clingy. To be able to get close to them, you need to earn more trust. If you are new to their lives, they are likely not to try to get to know you, because they may be used to being abandoned (but this, none of us ever heal fully – talking it out, and then more talking it out. Getting close to someone, to them, may mean having one more person who can hurt you. If you aren't going to be constantly in their lives, it is probably best to leave them alone. If you are, then make that clear. Get to know their interests, allow them to ask you questions about anything. Be a friend that will not disappear. This may be the best thing you can do for them.

As for high-schoolers who have been abandoned, it is likely that this is not their first time being dropped off on someone's door step. They may not seem to be as sad at first, or not as affected by their losses, but that is probably a safety mechanism. They have shut themselves off from caring, because they are tired of being hurt. They also know that whoever is taking care of them is likely only temporarily in their lives, because even if they spend the rest of their years as a minor with them, that isn't very long. It is alright to give these kids their space. They have earned it. However, you can be an encouragement to them! Let them know that you are willing to help if they need anything. Show them they don't have to spend the rest of their lives with the cards they have been dealt. They can make something amazing out of their lives. They can do anything they put their mind to. Encourage them to apply themselves and pursue their interests. If you can, help them do so.

Lastly, almost all kids who have been abandoned or orphaned in any way are going to ask the question, "Am I valuable?" Show them that they are. Show them they are loved, respected, and that their ideas and accomplishments are important to you, and to others. Help them realise the impact they have on other

people. Help them learn that there are other people in the world that have it worse than they do, and that they can do something about it.

We all need to know we are valued and we have purpose. These children especially.

Which countries have the most orphans in need of adoption?

The countries with the most orphans are as follows...

India (31 million), China (20.6 million), Nigeria (12 million), Bangladesh (4.8 million), Ethiopia (4.8 million), Indonesia (4.8 million), Democratic Republic of Congo (4.2 million), Brazil (4.2 million), South Africa (3.7 million).

What kind of help could be done to a children orphanage?

In my overseas experience (in the Philippines), orphanages tend to be understaffed and underfunded. Those are the two biggest needs.

Orphanages often need more full-time staff, and more volunteers to come help care for the children, do repairs, make meals, etc. Often they will only have three or four workers for more than 50 kids.

I once volunteered at an orphanage that had only one person to care for all of the infants – and infants are high maintenance! She would have to take them out of their crib in shifts (there were about 15 infants), feed them, play with them, and then return them to their crib to take the next batch out. It just wasn't possible to give them all of the attention and exercise they needed with that kind of ratio. Which is sad for the children, and for the workers who are trying their best.

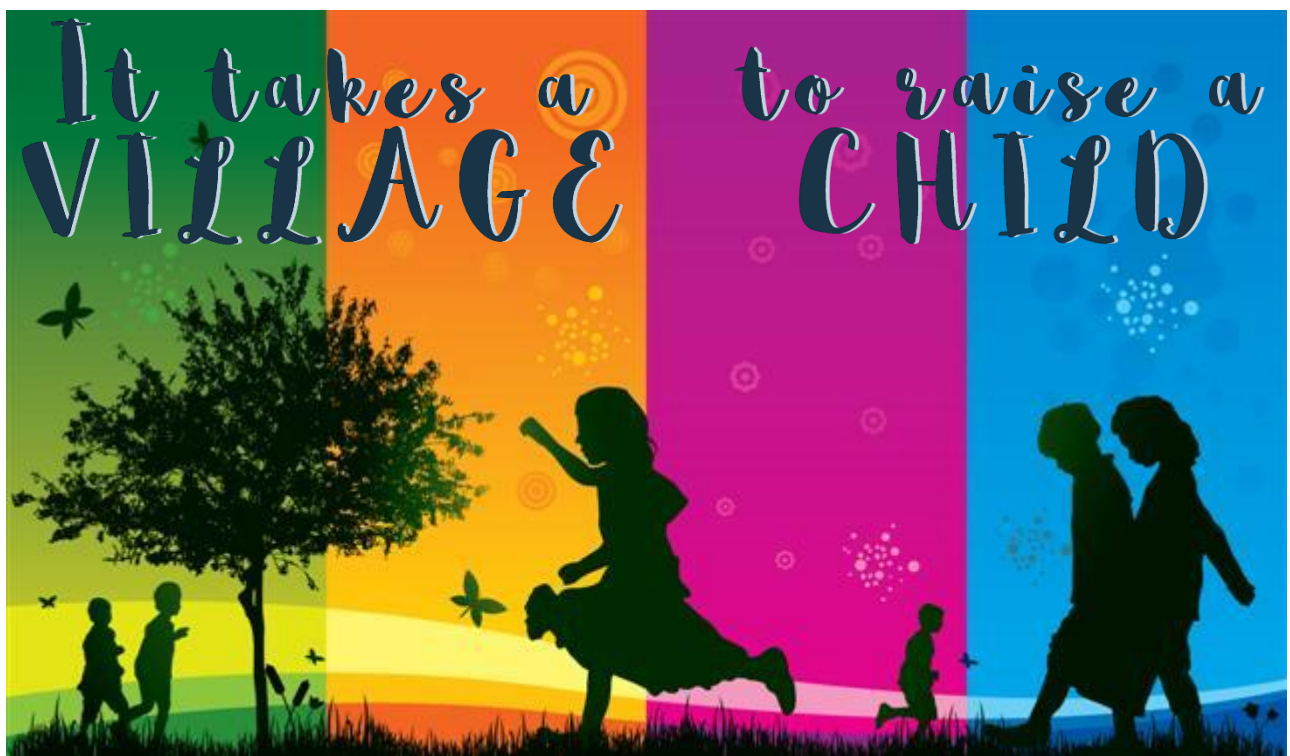
Orphanages often rely on meagre government funding and need extra support from private benefactors in order to provide everything for the children. This includes food, clothes, supervision, and quality education. Additionally they often need things like sports and play equipment, toys, books, furniture, bedding, and repairs/maintenance.

If you choose to help out an orphanage, chances are they'll accept whatever you're willing to help with. I've personally helped build a playhouse, cared for infants, and played games with the older children.

Pascas Foundation may consider:

- Each child is a lifelong engagement, certainly interaction is ongoing to age 28 years.
- The child is to be listened to, to be encouraged to ‘talk it out’, to express itself.
- Carers are to have long term association with the child – as long as possible.
- Consideration of support in physical and financial ways is to be equally available to the carer(s) as well as the children.
- The child is a unique personality and it is that personality that is to be nurtured and allowed to bloom.
- We are not to impose our will upon the child, we are to allow the child to discover and teach us who they truly are.
- We are each on a never ending journey of learning and being educated – mostly through our experiences.
- Thus, education opportunities are to be supported throughout each and every facet of the child’s life.
- The comforts and conditions of lodgings for the child is to be representative of what we expect and embrace within our own homes. Lodgings are to be warm and secure with all the appropriate comforts that enable a child to experience and for them to express themselves as we would welcome.
- All that we would desire for ourselves is to be available for the children and their carers, with all the security and potentials that we embrace.
- Fresh is best – home cooked meals are always the benchmark when it comes to our own nutrition.
- These hallmarks of support may be impossible to quantify as every child is different, every situation is different, every environment is different and the carers who bring their love, time, energy and support are as equally different. This is how it is within every family.

So, as institutions open to the possibilities of The New Way through engaging with Pascas Foundation then we will all discover what is required, what is involved and how this may unfold.



COMMERCIAL IN CONFIDENCE

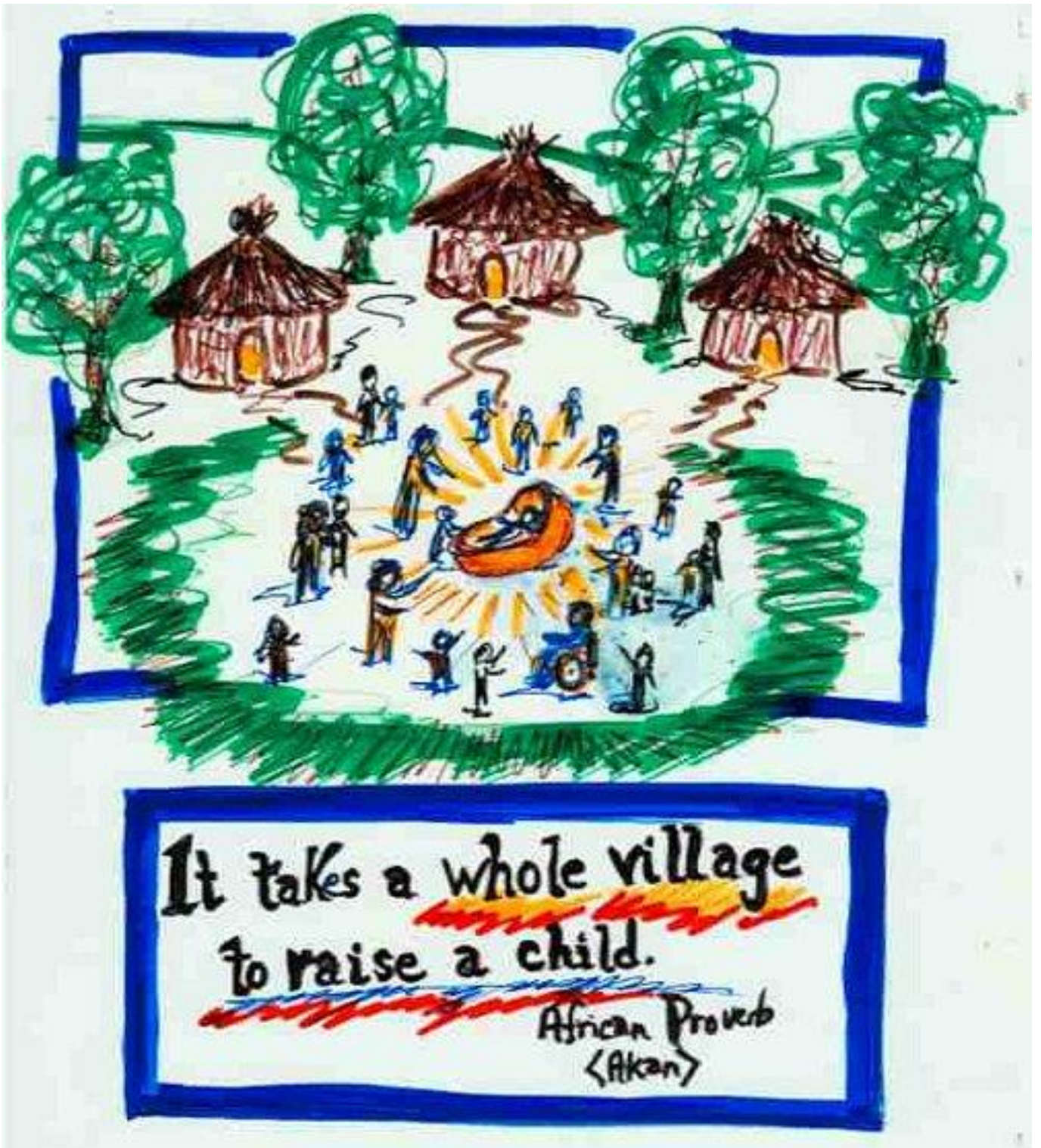
VILLAGE RAISING of a CHILD vs Corporate CHILD CARE

Governments may perceive that income generated (and their taxes) by parents while having their children ensconced in a corporate child care centre is beneficial for the nation. Please consider this:

- The child and children, when at child care centres, are being deprived of their direct interaction with a parent or both parents in the time of its life it needs them the most.
- Ask yourself, who hurt me the most when I was a child? Being abandoned is lifelong harm.
- Being abandoned is a crisis for a child that NEVER heals! Five minutes lost in a supermarket barely matches the trauma of being left all day amongst strangers at a child care centre.
- We say, the child will get over it – we even tell the child to get over it! It does not and WE do not.
- By suppressing the child's personality we are entombing it into a lifetime of trauma. We brush all this off because that is what our own parents did. Our life long dramas are consequently repeated by the child in its adult life. We are fixing our children to never ending treadmills of our making.
- Until we personally begin to heal ourselves of our own childhood suppression then we are ensuring our errors and injuries are absorbed and repeated by our own children.
- We are to express our feelings – both good and bad. Yet we ignore our children when they wish to talk and express their feelings. Many of us were told to be seen and not heard.
- We are to listen to our children – not hide them in child care centres.
- We are to listen to our neighbours, to our community – and they to us. We are to express our feelings to each other – that is how we begin to heal our childhood suppression.
- Consider the vast array of distractions we each have accumulated – TVs, laptops, mobile phones, movies – look at how most of these do not involve interaction and communication with people.
- We pass these all onto our children – so they do not even communicate with each other.
- Suddenly, all of humanity is awash with mental illness.
- What is mental illness? It is the imbalance of light returning from our physical being back to our soul thus bringing about distortion in our overall light energy. Should we begin to express our feelings, both good and bad, and long for the truth behind our feelings, then we will begin to bring that light back into balance and heal ourselves – and our children at the same time!
- The Village Community way of bringing a child up is also a healing way of living. We are to collaborate as a community and in collaboration we are to dialogue, discuss and express our feelings between each other. We are to be true to ourselves. In this way we are healing ourselves and bringing up our children appropriately in a village format – a small community.
- Should a Child Care setting be part of a small community / village arrangement then every child in the care of the centre should personally know, each day, at least one of the adult supervisors due to the child's extended family interactions prior to attending child care.
- An appropriate Child Care setting may be seen as having one parent of say five children in attendance each day. That is, during a five day week, even though the attending parents are rotating, the child may have a close relationship with one of the supervising adults each day.
- In this way, the governments will find their long term national medical costs being reduced as healing of the community unfolds and mental health issues abate. This will extend into the policing, courts and prison systems as well as all aspects of social service.

Corporate child care systems have become long term problematic for all of humanity.

COMMERCIAL IN CONFIDENCE



ADDRESSING HOMELESSNESS IN SRI LANKA

<https://borgenproject.org/homelessness-in-sri-lanka/>

Nestled off the southeastern coast of India, Sri Lanka is a beautiful island country. It has long beaches, beautiful greenery and a rich cultural history, making it a popular tourist destination. Sri Lanka has a population of almost 22 million people and the country boasts a relatively low crime rate. Yet, inside Colombo city and across the country, Sri Lanka has many homeless individuals. Though exact numbers of the homeless population in Sri Lanka are unavailable, 1.5 million Sri Lankans do not own land, a factor that certainly impacts homelessness. The homeless inhabit bus shelters and street corners around Colombo city and are often located in rural regions. Homelessness in Sri Lanka remains one of the most visible forms of poverty in the country.



Poverty and Homelessness

Sri Lanka, a country that was traded between colonial powers like the Dutch and the British, only gained its independence in 1948. Agriculture remains the largest industry, employing anywhere from 25% to more than 35% of the entire population, according to varying estimates. In addition, 80% of the population lives in rural areas, making Sri Lanka one of the top five least urbanised countries. The Sri Lankan Civil War, which lasted from 1983 to 2009, has had a lasting impact on poverty and land ownership in the country. The conflict displaced thousands of Sri Lankans, many of whom still feel the impacts of the war today.

Land is a valuable resource to those who have it, a fact that more than 1.5 million Sri Lankans living and working without land are well aware of. Legally, those who do not own land lack many basic human rights. **Without an address, Sri Lankans cannot claim state welfare assistance. They also cannot send their children to school or vote in national and local elections.** Restrictions are placed on activities in homes controlled by landlords, largely because landlords do not have a lot of oversight. The homeless in Sri Lanka, especially the elderly, remain the most vulnerable. Unfortunately, the COVID-19 pandemic has only exacerbated this crisis.

The Good News

In response to the COVID-19 pandemic, Sri Lankan government officials are ensuring the protection of the homeless living in the capital city of Colombo. When the government implemented a curfew in March 2020, many of the homeless remained living on the streets. With the help of local police, more than 300 homeless individuals living in Colombo have been housed in quarantine shelters with food and basic necessities provided for them. Senior deputy inspector general of police for Western Province, Deshabandu Tennakoon, notes that it is not safe for people to be living on the streets with a respiratory virus circulating the globe.

Homelessness in Sri Lanka is a persistent issue that impacts the country. While the COVID-19 pandemic has prompted more awareness, there is a long way to go to eradicate homelessness. Moving forward, the government of Sri Lanka and other humanitarian organisations must make homelessness in Sri Lanka a priority.

Some 800,000 Sri Lankans still homeless

<https://www.asianews.it/news-en/Some-800,000-Sri-Lankans-still-homeless-54211.html>

10 May 2021

A group of NGOs highlighted the issue on World Habitat Day, noting that poverty and land seizures are a main factor. “About 800 families still live in IDP camps,” laments the Rural Labour Society of Jaffna.



*IDPs at Mullikulam are still living with BROKEN PROMISES in Marichchikattu jungle
Pix-Melani Manel Perera - Asia News/Sri Lanka - 10012014*

Colombo (*AsiaNews*) – Sri Lanka yesterday marked World Habitat Day, whose main theme was “Accelerating urban action for a carbon-free world”.

However, urban development is impossible if the government does not take care of homeless people, lament civil society groups.

In Sri Lanka, at least 800,000 people do not have a home of their own and are considered homeless by the government, this according to Habitat for Humanity, whose director, Yu Hwa Li, spoke yesterday at an online event organised by a group of Sri Lankan NGOs via zoom.

“It is up to the government to find a solution to this problem,” Yu said. “None of the previous governments has ever drawn up plans to address the question.”

In Sri Lanka, low-income families who cannot afford their own home have to share often poor housing.

Usually, such a situation is due to “low-income earners who face economic hardships,” said Subadra Kumari, a member of the Negombo People's United Organisation.

“When three, four families, about 10-15 people, live in the same house a host of other problems arise, affecting relationships and personal freedoms,” Kumari added.

According to the Negombo People's United Organisation, founded more than 40 years ago to address the problem of homelessness in Sri Lanka, something has been done over the years, but hundreds of thousands of people still do not have a home of their own.

Nilanthi Sagarika, a woman who lives in Ja-Ela, explained that women can only rely on the head of the family because they do not receive any assistance from the government.

“I have a 19-year-old son who doesn't have the background to study and express his talent since we live without a permanent address,” she explained.

What is more, “About 800 families still live in IDP[*] camps,” noted Imbanayagam, president of the Rural Labour Society of Jaffna.

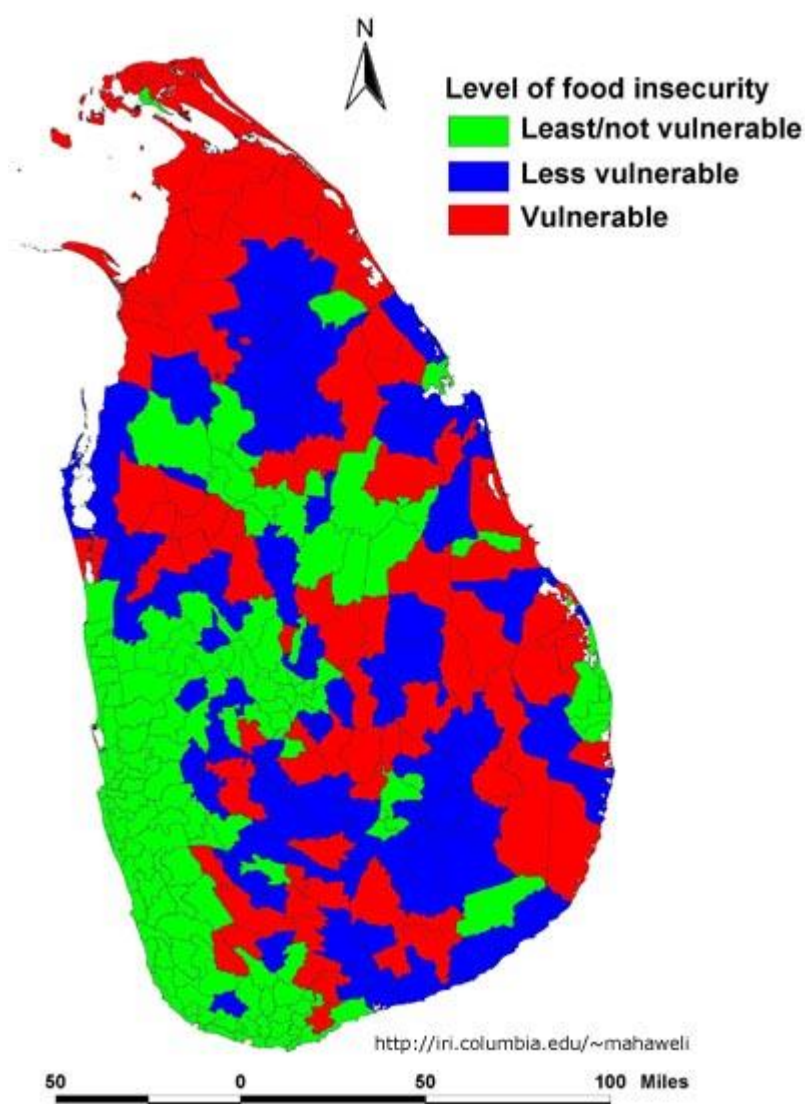
Some 7,000 people are still waiting for resettlement and have to live either "in refugee camps, at relatives' home, or rent,” Imbanayagam told *AsiaNews*.

“The army is still holding large plots of Tamil land for the expansion of the ports of Miletty and Kankesanthurai and Palaly Airport,” he added.

Priyankara Costa, the coordinator of the People's Alliance for Right to Land, added his voice to the appeal.

"Due to poorly thought-out development projects, thousands of Sinhalese, Tamils and Muslims are homeless,” he said.

In one case, “The government of Mahinda Rajapaksa went so far as to forcibly seize four villages in Panama, Eastern Province, in order to develop the tourism industry.”



Sri Lanka: Remote Household Food Security Survey Brief (August 2022)

<https://reliefweb.int/report/sri-lanka/sri-lanka-remote-household-food-security-survey-brief-august-2022#:~:text=More%20than%20one%2Dthird%20of,across%20all%20facets%20of%20life>.

20 September 2022

More than one-third of Sri Lanka's population is food insecure, amid the country's worst economic crisis since its independence in 1948. For a country in which food insecurity was at 9.1% in 2019,¹ the shock of the current crisis is reverberating across all facets of life.

People are being forced to rely on coping strategies to keep food on the table. Around eight in ten households are regularly turning to food-based coping strategies such as sacrificing meals, borrowing food, and reducing the number of meals eaten.

July was a particularly harsh month. Nearly half of the population (49%) faced food insecurity in July, in what was a drastic hike from 28% in June. This came at the peak of political instability, high month-to-month food inflation, and intense fuel shortages.

Diets are in a precarious state. Nearly four in ten households are facing insufficient food consumption, with many consuming far less diverse diets as food prices remain high across the country.

The instability comes amid escalating anxieties about prices. Almost all families (92%) are worried about food prices. Meanwhile, four in ten families are worried about fuel prices. There has been little to allay these concerns, which have been creeping higher and higher in recent months.

The crisis is wreaking disproportionate impacts across different segments of society. This was seen across a range of divides – female-headed households are faring worse than male-headed households, while those in estate and urban areas are also faring worse than those in rural areas. Similar disparities can be found across education levels and income sources.

In the face of inaction, the situation could deteriorate even further. The upcoming months could see a combination of factors continue to exert pressure on food insecurity, including poor harvest forecasts of staple foods, import restrictions, and the ongoing economic crisis.

FEELING HEALING directly benefits the PARENTS’ CHILDREN:



Parents’ baby from conception through to age 6, 100% benefit, age 14 – 75%, 21 – 50%, 28 – 25%. Prior to conception we are in a perfect Natural love state. By the time we are age 6, we are then reflecting the consciousness level of one or the other of our parents. As they heal their Childhood Suppression through Feeling Healing, they are directly healing us, their children, subject to our age – maturity.

Only through Feeling Healing which can be readily introduced through all education and health systems and services, will we cure our Childhood Suppression.

Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	220

All the social ills of society are frozen into generational transfer. This can only be mitigated through Feeling Healing, and even then it will require generation after generation to advance the progress and lift the overall consciousness levels of humanity, from 220 to the 440s at least!

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7 From 8 to age 14 From 15 to age 21 From 22 to age 28
 As we heal, we directly heal our children similarly.
 The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

PASCAS COUNSELLOR CARERS for ORPHANAGES:

The optimum ration is considered one accredited counsellor carer per ten adults. With regards to children then one accredited counsellor carer per ten children with six adults in the family units involved around the children.

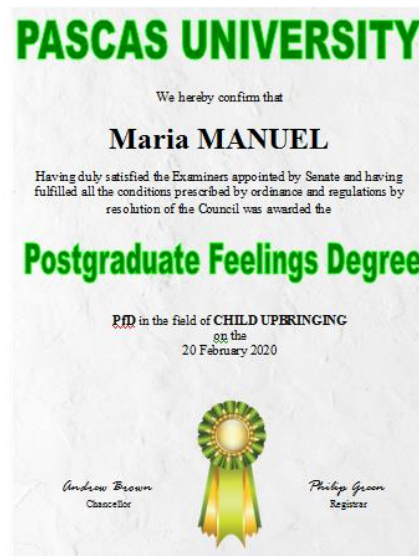
Postgraduate **Feelings!** Degree Pfd

Pfd being in the field of SOCIAL WORK – LIVING FEELINGS FIRST.

Equivalent to Counsellor Social Worker certificate level IV + Pfd.

Kindly consider reading: www.pascashealth.com
then proceed to Library Download:

Pascas Worldcare Supporting Hands
Pascas Care Letters – Family Shelters Abuse & Remedial
Pascas Care Letters – Family Shelters Overview
Pascas Care Letters – Family Shelters Protection
Pascas Care Letters – Family Shelters Social Housing
Pascas Care Letters – Family Shelters Support Centre
Pascas Care Letters – Family Shelters towards Liberation
Pascas Care Letters – Root Cause now to Pathway Forward
Pascas Care Letters – Root Cause now to Pathway Forward (short)

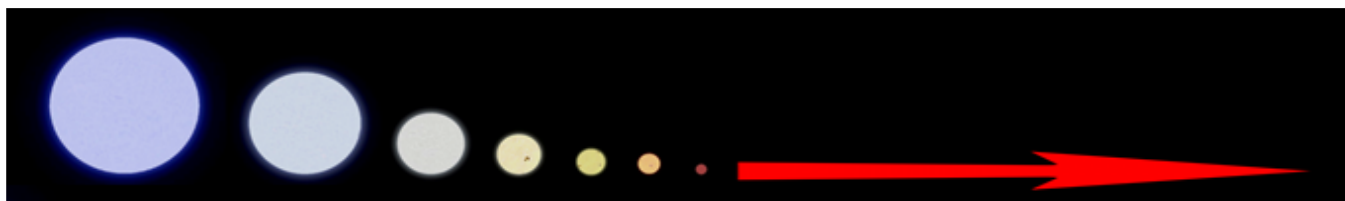


It is imperative that ongoing contact with the children is lifelong. That is, there is benefit of being a confident and supportive relationship through to the age of 28 years. As we personally embrace our individual feeling healing, this also indirectly benefits children under our care through to the age of 28 years, the time of their first Saturn return. As we evolve and progress through Living Feelings First and Feeling Healing, we benefit the children under our personal care even though this progressively diminishes every seven years (100% to age 6, 75% to age 14, 50% to age 21, 25% to age 28, and then they are on their own so to speak).

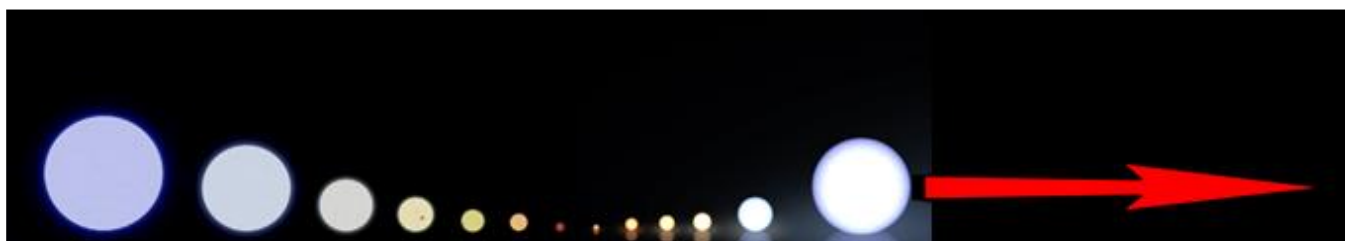
The more carers that are involved with a child then the more confusing it is for the child, thus leading to complications, stress, fear and loss of confidence, self-esteem and rejection of all involved.

The number of children that a carer may embrace within an orphanage may be significantly less than 30 and the number of carers engaged may need to be far greater than suggested, through experience we will come to determine what is appropriate and provide the support that is required. The long term benefits for all, as well as society will far exceed the costs.

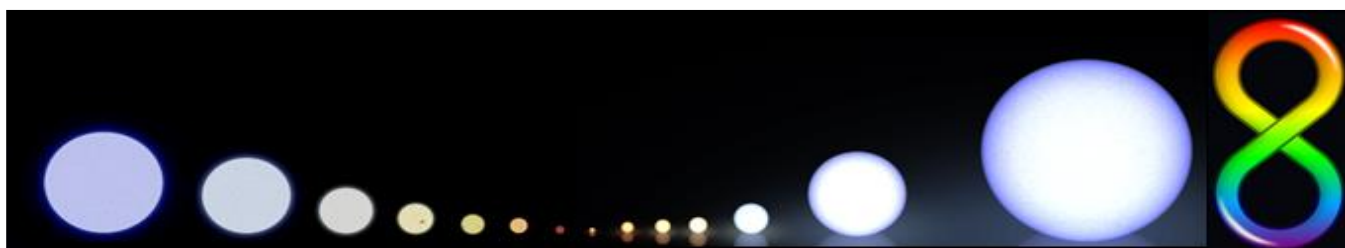
ORPHANAGE FOOD: A stepping up to home food cooking equivalent generally may require development of a series of menus to accommodate each of the local seasons, appropriate meals accommodating the varying ages of children, the specific dietary needs of each child having health issues, the enhancement of kitchen facilities and also the décor of the dining areas. This transition may require additional appropriately skilled staffing. Staff and children need to constructively benefit.

OUR CHOICE!

The moment prior to our conception, we are in pristine, perfect soul condition of Natural love. Consider that to be 1,000 on Dr David R Hawkins' Map of Consciousness scale – the largest sphere above. From that moment on we are being 'fire hosed' with the errors and damage that our parents hold and carry. Somehow, we make birth – the middle sphere above. By the time we are six years of age, our childhood suppression of our true personality by our parents ends upon the arrival of our Indwelling Spirit. Now, our soul condition is the smallest sphere. We will now calibrate on the Map of Consciousness scale at the level of one or the other of our parents – we are now literally a clone of their messed up personality. We continue on at that level for the rest of our lives. We also go on and do the same to our own children, thus this stagnation goes on for generation after generation – for aeons – or has done so until NOW!



We can perfect our mind's control and achieve a state of bliss which is all false and eventually ends with us crashing back to reality. Or, we can embrace our Feeling Healing and heal all our damage that which we took on as we got older as well as the damage imposed upon us by our parents and carers. Thus, we can grow in truth and love beyond 499 on the Map of Consciousness and perfect our Natural love, returning to the condition before conception. This could take a very long time – and then we are stuck in the 7th spirit Mansion World condition.



And here is the most wonderful pathway open for us all. By embracing our Feeling Healing with the Divine Love, through longing for the truth behind what our feelings are drawing to our attention and asking our Heavenly Mother and Father for Their Love, Divine Love, we can heal our childhood suppression and ongoing repression, with the Divine Love, then we can progress into the first of the Celestial Heavens and continue onwards with our evolving growth in truth and love all the way to Paradise, the home of our Heavenly Mother and Father. The pathway is now defined and open to all.

This time, in the history of humanity, is the most exciting time ever experienced.

COMMERCIAL IN CONFIDENCE

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480
COMMERCIAL IN CONFIDENCE

PROVE THAT THE PRODUCT DOES WHAT YOU SAY IT CAN DO:

12 April 2022 was the date when a pair had their first appreciation of nearing their completion of their personal Feeling Healing. This heralds the date when the first people on Earth considered that their personal healing of what they had personally taken on of the Rebellion and Default is achievable. It is this pair that through their personal experience and journey are now able to reveal how we can heal ourselves.

Further, Samantha in England commenced her healing in 2013 and is now close to completion of her personal healing also.

This self-healing is the achieving of a soul condition state equivalent to that which we all are in at the moment prior to our conception. From the moment of conception on we are absorbing the errors and injuries of our parents and carers continually through to the time we are six years of age when our Indwelling Spirit arrives. It is this, our Childhood Suppression, that we are to heal.

While we are mind-centric, we are literally frozen into the retarded condition of one or the other of our parents. We cannot progress beyond their condition without embracing our feelings and longing for the truth that our feelings are drawing our attention to.

PROVE THAT YOU CAN SELL THE PRODUCT AT THE PRICE YOU SAY YOU CAN:

The process of Feeling Healing, and with Divine Love, then Soul Healing, is free to all of humanity. It is a way of living. It is not a religion, there is no controlling hierarchy, dogmas, creeds, cannon laws, sacraments, rituals, special clothing and books. There is nothing to join and be subjected to. The revelations are free to all. It is The New Way, a way of living life through our feelings, our soul based feelings which are always in truth. Truth IS Love! This is a freeing way of life!

PROVE THAT YOU CAN PRODUCE THE PRODUCT AT THE COST YOU SAY YOU CAN:

For those who love to embrace all the details, then these revelations will take some considerable time to research, study and embrace. To some it may seem all so very obvious. And there will be those who are in between these categories. Books written revealing these understandings will have their typical costs. Internet sources are free to all. Formal education programs may have delivery costs in the normal fashion of most education.

PROVE THAT YOU OWN THE TECHNOLOGY:

Copy right may apply to material and publications principally to preserve the integrity of the writings. Plagiarism is welcome as long as the integrity of the original writings remains intact. There are presently more than 60,000 pages of material – 20 million words – to embrace!

THIS is a time of GREAT REVELATION and CHANGE for HUMANITY:

What is unfolding now is the biggest event in the history of humanity. For those of us who open to our feelings, the disturbances around us will be acceptable as then we see the need for change, for those who remain mind-centric, life will be difficult.

This is the most exciting time in the history of humanity.

So, may we introduce a few aspects? These documents can be shared from www.pascashealth.com that are in the Library Download page, scroll through the index and click to open the PDF:

PASCAS CARE LETTERS

 [Pascas Care Letters Beliefs Suppress Truth.pdf](#)

As we absorb beliefs that are in error and experience emotional injuries, this disrupts our flow of light to and from our bodies. The accumulation of these manifest as physical illness. The medical industry has 'identified' over 10,000 illnesses and claim to have found cures for 500 only. As we learn to live through our feelings and begin to express our feelings, both good and bad, all the time longing to know the truth of what our feelings are drawing our attention to, we begin to heal this energy imbalance.

To put this another way. Talk it out to a companion. A friend who listens is helping you heal a little. Express it all.

 [Pascas Care Letters Etheric Spirit Body.pdf](#)

We are not just our physical body. In fact our physical body is the least of our existence.

You may also be surprised that we can now interact with anything that has life!

Our childhood suppression commences from the moment of conception which is about 16 days prior to our incarnation. This continues through to the age of 6 years. It is our parents imposition of their own injuries and erroneous beliefs that we need to express – talk it out to a friend – and this is the Great U-Turn that each of us will undertake, eventually.

MEDICAL – SPIRITUAL REFERENCES


 [Rejected Ones via James Moncrief.pdf](#)

We are each one of the rejected ones.

The lady who conveyed these writings has only ever written through one person, there are now about ten books, but this one focuses upon our focus here for communities. She will love your embrace – and you will love who it is.

MEDICAL – EMOTIONS

 [Pascas Care Living Feelings First - Adults.pdf](#)

-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

This set is used within schools. Parents are asked to participate. The platform is founded on what has been introduced to a number of schools within South Africa as well as other countries. It is now stepped up to encapsulate what we now further understand. This is an awareness program for children as they are to learn to appreciate their feelings. Adults can go on and engage in their personal Feeling Healing.

This Library is rather extensive. As questions may arise, then we can explore them also.

MEDICAL

-  [Pascas Care Kinesiology Testing.pdf](#)

Through kinesiology muscle testing, you and I can test anything to determine if it is in truth or not. Also, by using the Map of Consciousness table developed by Dr David R Hawkins, then we can determine the level of truth of anything. Yes, even all the above documents, then even page by page, or even each paragraph.

And now that you may have considered the above, kindly return to PASCAS CARE LETTERS:

-  [Pascas Care Letters Glass Ceiling Barrier Removal.pdf](#)

Without embracing Living Feelings First and then engaging in our personal Feeling Healing, we remain restrained within the 1st spirit Mansion World condition indefinitely. This situation was imposed upon us all by rebellious high level spirits from within our Local Universe of Nebadon, 200,000 years ago!

This statement from above: "What is unfolding now is the biggest event in the history of humanity" calibrates at 1,000 on the Map of Consciousness!

Kindly share as you please.

cheers for now

John Doel



The ROOT CAUSE!

May we introduce the underlying condition as well as the pathway to evolving out of this seemingly never ending cycle of conflict and hopeless, then we all can start to bring about the ending of desperation.

The ROOT CAUSE Explained:

High level hidden controllers have passively and slowly coerced all of humanity to live against their true selves in such a manner that it has been (UNTIL NOW!) impossible for us to evolve out of the cycles of conflict, illness, disease and deprivation.

They have been extremely artful and brilliant in their complete achievement of dominating humanity in that we of humanity have had no way and no hope of every breaking the cycle of war, disease and periodic self-destruction without intervention from even higher spirit assistance.

We each have been guided to live mind centric. As children, we have been told to develop our minds, to learn our math tables, to memorise this and that, that our minds are what will make us all important and capable. We have all bought into this lie. As parents, we raise our children in the manner we have been raised – so the cycle has been going on generation after generation – for aeons.

Our minds are addicted to untruth, our minds cannot discern truth from falsehood, our minds are addicted to control, control over others and the environment. When we ‘think’ we are submitting ourselves to our erroneous minds. Thinking leads to assumptions. We act on our assumptions. Consider checking yourself, just hold off on acting on an assumption and investigate further. 98% of all assumptions are in error, the other 2% are flukes. This is what we have all bought into, hook, line and sinker.

Our FEELINGS are our SUPREME GUIDES:



Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.** Kevin 26 Sep 2017

Kevin died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

We are to embrace our feelings, our feelings are always in truth, our feelings are soul based, as they are always in truth, they are love, living feelings first is living in truth and love – this is what we all aspire to yet we have been sent in the wrong direction, down the abyss to a form of living hell. Yes, as we are living against our selves, against our soul and consequently against our soul partner, we are living in hell. Further, our soul is a duplex, it brings into the physical two personalities, one a female and the other a male – ALWAYS!

When we are conceived, that is at the moment of conception, we are always perfect and that includes the physical foetus. Incarnation takes place when the newly forming foetus commences to pump blood and that is generally day 16 after conception. It is the infusion of emotional injuries and errors of belief of our parents into our being that we have child defects, childhood illness, miscarriages and all kinds of difficulties – this is all compounded throughout our early forming years by our childhood suppression by our parents up until age six years when our Indwelling Spirit arrives. Then whatever we are dictates the rest of our lives – until we start to heal ourselves through our personal Feeling Healing.

NOW, while we endeavour to perfect our minds we are imprisoning ourselves within our personal steel wrecking ball – we cannot progress beyond 499 on Dr David R Hawkins' Map of Consciousness scale. We have locked ourselves into the limitations of the 1st spirit Mansion World, the ceiling is 499. Presently, humanity on Earth calibrates around 220. The scale is based on the common log of 10, a 1 point increase is a 10 fold increase in energy, 10 points is 10 billion fold increase!

We have seven spirit Mansion Worlds to progress up through before we enter the Celestial Heavens and yet all our systems and way of living on Earth retard us perpetually to the first of those seven – and we adhere to this entrapment. Well, it is time we stuck that all in the rubbish bins and free ourselves and become the incredible personalities and beings that we truly are and that is what this agenda here is all about.

SUPPORT PROGRAMS

Firstly, support is to be considered with the city of Colombo, then throughout the province, and then extend out through Sri Lanka as relationships, local support and prioritisation of needs are identified.

ORPHANS and ORPHANAGES

Those orphans within institutions or are about to be placed within an institution, should there be living relatives then preference is to be considered for the supporting of the family unit to enable them to remain as a unit. Solutions may take many formats.

The education of orphans may be supported corresponding to the age grouping of the orphan. This may be for pre-schooling through to higher education and university. As the orphan matures, the support is not to be cut off at a specific age, it may continue with phasing down continuing until 28 years of age.

Longevity of ongoing support for individual orphans by their assigned carers is preferred. Thus the conditions of engagement of carers and their individual needs are also to be factored into the needs to be accommodated.

The orphanage buildings and the fitout there of may need a make-over. The environment within buildings may be substandard and significant renovations and appropriate climate control within the buildings may need to be attended to.

First and foremost is to involve as many people in as many ways possible to determine optimum solutions and then the delivery of those solutions.

CHILD CARE and PRE-SCHOOLING

The same ethos as above.

It is important that the child has with him or her continuously people that he or she is familiar with. The child is not to be ‘abandoned’.

DOMESTIC VIOLENCE and FAMILY SHELTER

One in four women are subjected to domestic violence. That is in peaceful times – this is a war zone.

If the perpetrator of the domestic violence is open to assistance in resolving the tendency towards violence then that person is also to be assisted. This does not mean that this is an endeavour to re-unite the parties, however it is a part of the endeavour to reduce repeat offending.

Children are often considered in a way that ‘they will get over it!’ They don’t, further they often consider this is how a family functions and then go on and replicate the drama when as adults.

LIVING FEELINGS FIRST

As we explore each of these elements of support, it is more and more apparent that the shift away from living mind-centric to living feelings first is embraced as a priority. Feeling Healing follows for those who seek to go that next step. No one expected to do anything. No one is being asked to do anything. However, it is important that parties, adults, parents, children, carers, educators, health carers, etc., become aware of the differences and the possibilities. Then it is each person’s choice should they wish to consider as well as their timing.

EDUCATION; SCHOOLS and UNIVERSITY

Firstly is the reinstatement of school facilities to prime condition. This may also involve significant upgrades and additional facilities. It is time to bring about a higher level of vibrancy and potential for all to embrace.

As the only way to overcome the cycles of conflict both on a domestic as well as international levels, then the introduction of Living Feelings First throughout the education system may require additional facilities, teacher training and possibly additional teachers.

This may best be facilitated through the establishment of a Pascas University as a demonstration and training unit in how this may unfold throughout all sectors of the society and professions. Of very necessary priority is the addressing of the emotional stress and harm inflicted on every member of all families throughout Sri Lanka and their extended families around the world. We have to ‘talk it out!’ This is not only living feelings first, it is also our Feeling Healing. Never has it been previously understood that we are too long to know the truth that our feelings are to reveal to us as we express our feelings, both good and bad.

CRAFT CREATIONS

Traditional home skills have been neglected worldwide. It is time to re-introduce this skills through Community Craft Creation Centres.

DIAGNOSTIC MEDICAL UNIT

Comprehensive medical diagnostic units are complex, requiring a significant array of expensive imaging equipment and a large specialised building space.

However, it may be time to establish a state of the art medical clinic and hospital to service the state and adjoining cities in close proximity.

Thus a medical facility with 400 beds and more than 12 operating theatres and a fully comprehensive diagnostic unit would then provide the opportunity to deliver a children hospital unit as not only a facility to lead the health sector but to be also annexed to a Pascas University as a teaching hospital.

HOUSING, FOOD SECURITY, HEALTH SERVICES and EDUCATION

Potable water supply is essential to have adequately.

Lodgings for all in whatever format that resolves the need prior to long term solutions.

Food security is unquestionably compromised by pre-existing commercial cartels.

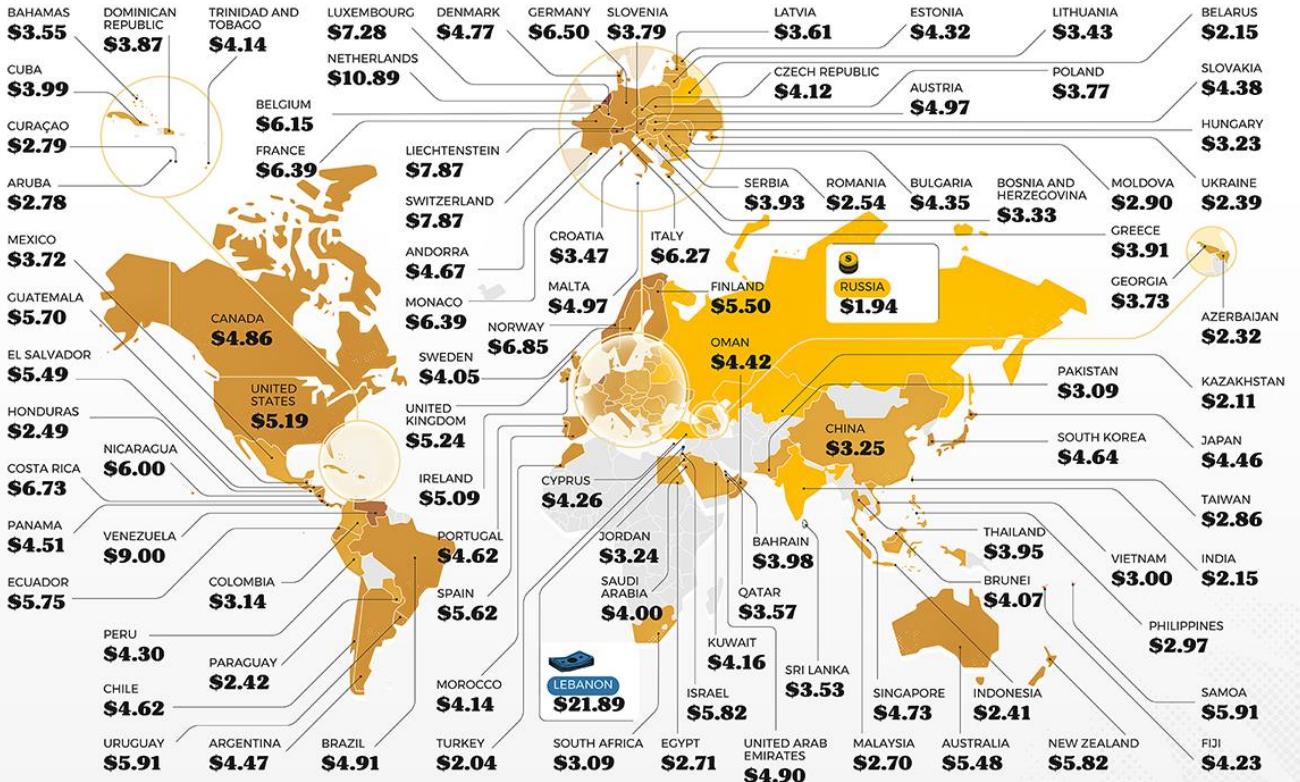
Existing health services are over whelmed apart from being understaffed and inadequate.

Education is the long term solution to all that is to be resolved. However, it is now time to take the education services beyond the retardation of mind-centricity and break through the glass ceiling, opening up the pathway to infinite growth and prosperity.

THE PRICE OF A MCDONALD'S
Big Mac
IN EVERY COUNTRY



While the Big Mac is available in any McDonald's restaurant, prices vary widely. Besides Lebanon, the Big Mac is the most expensive in the Netherlands - a whopping \$10.84. For the same price, you could buy more than five Big Macs in Russia, where the sandwich costs \$1.94 - the least of any country.



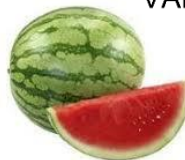
Source: International McDonald's official websites

THIS IMAGE IS LICENSED UNDER THE CREATIVE COMMONS ATTRIBUTION-SHARE ALIKE 4.0 INTERNATIONAL LICENSE - WWW.CREATIVECOMMONS.ORG/LICENSES/BY-SA/4.0

Expensivity

BUSINESSMAN

VALUE ADDING



\$1



\$1.50

ENTREPRENEUR



\$1



\$5

COMMERCIAL IN CONFIDENCE

SALARY – WAGES PACKAGE

Annual salary or wage is the cost of you or me being employed with an organisation for a full year.

It is not the cash that you or I take home, it is the total expense to be employed for a full year within a firm, enterprise or corporation, being the cost of them employing you or I.

Within Australia, salary packaging the maximum amount allowed each Fringe Benefits Tax (FBT) year means you're making the most of this employee benefit. The maximum for employees of not-for-profit organisations is AU\$15,900 (this is also known as your 'tax free cap') and AU\$9,010 for hospital and healthcare employees. Salary packaging to the 'cap' means you're using the maximum amount you're allowed to salary package. Thus each country may have a specific industry taxation arrangement.

Motor vehicles provided to an employee are part of their salary package. The cost of the motor vehicle, though paid by the enterprise / employer reduces the cash element of the salary – the take home pay for an employee. If the employee is using the car for the usual family activities, the car is at their home each night, and the motor vehicle is used to get the employee to and from work, then it is his or her private car for all intents and purposes. A delivery van may be used for a lot of business trips and is typically not part of a salary package.

- Car loan costs – lease agreement monthly payments is a typical format to finance the purchase.
- Fuel
- Car insurance – car rental costs
- Maintenance costs and servicing
- Registration and licensing
- Depreciation
- Total costs

	Cheapest car (annual cost)	Costliest car (annual cost)	Average annual cost
Small car	Kia Cerato S (AU\$7,096)	Volkswagen Passat 132 (AU\$8,908)	AU\$8,203
Medium car	Toyota Camry Ascent Sport (AU\$9,451)	Volkswagen Passat 132 TSI (AU\$11,654)	AU\$10,478
Large car	Holden Commodore RS (AU\$11,573)	Kia Stinger 330S (AU\$15,094)	AU\$13,255
4WD Ute	Mitsubishi Triton GLX (AU\$12,012)	Toyota Landcruiser Workmate (AU\$17,937)	AU\$13,662
Sports	Toyota 86 GT (AU\$10,459)	Ford Mustang Fastback (AU\$13,974)	AU\$11,901

Source: RACQ Running Costs Report, 2019 (to adjust to 2022 global conditions – add 50% say)

Consider that we drive 12,000 kilometres per year, that is about 200 hours driving (not working) at 60 kilometres an hour, the motor vehicle costs of running the car is say AU\$1 per kilometre (Taxation office

says AU 78cents) then the direct annual cost of the car is AU\$12,000 which is paid as part of the salary package. Thus a fully funded car provided in a wage package could equate to AU\$12,000 in lieu of cash.

A salary or salary package can include housing, transport (motor vehicle) and other benefits.

When exploring such services as <http://www.salaryexplorer.com/> what is referred to as the salary is the gross amount of the financial commitment by the employer when engaging an employee; e.g.:

Salary / wage package, GROSS AMOUNT	say	AU\$112,000 per annum
This may include:		
Superannuation contribution 12%		\$12,000
Salary before Superannuation		\$100,000
An approved motor vehicle package		\$12,000
Net taxable (IF car is for 'business use')		\$88,000
Australian income tax deducted		\$19,067 + Medicare Levy
Net Take Home Cash		\$68,933

The Salary is \$112,000 being the gross cost to the enterprise. What we take home is the net cash after superannuation, packaged items such as housing, motor vehicle, etc., then deduct personal income tax.

Salary Explorer survey relates to the gross amount.

Resident tax rates 2022–23

(ATO July 2022)

Taxable income	Tax on this income (Australian \$ and taxation)
0 – AU\$18,200	Nil
\$18,201 – \$45,000	19 cents for each \$1 over \$18,200
\$45,001 – \$120,000	\$5,092 plus 32.5 cents for each \$1 over \$45,000
\$120,001 – \$180,000	\$29,467 plus 37 cents for each \$1 over \$120,000
\$180,001 and over	\$51,667 plus 45 cents for each \$1 over \$180,000

The above rates do not include the Australian [Medicare levy](#) of 2%.

Sri Lanka income tax is charged for a year of assessment which is a period of 12 months commencing on April 1 in any year to March 31 of the following year. The rates currently applicable are: on the first LKR500,000 (\$3,600), 4% of the taxable income; on the next LKR500,000 (\$3,600), 8% of the taxable income; on the next LKR500,000 (\$3,600), 12% of the taxable income; on the next LKR500,000 (\$3,600), 16% of the taxable income; on the next LKR1m (\$7,200), 20% of the taxable income; and a rate of 24% on the balance of taxable income above this level. Sri Lanka value-added tax (VAT) of 14% is mainly a sales tax which is imposed at the point of import or supply of any goods or services. Sri Lanka current general corporate tax rate is 28%.

SUSTAINABLE DEVELOPMENT GOALS



SUSTAINABLE DEVELOPMENT GOALS (SDG):



The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people may embrace peace and prosperity. The 17 SDGs are integrated – they recognise that action in one area will affect outcomes in others, and that development must balance social, economic and environmentally sustainability.

The SDGs more relevant than others embraced by PASCAS are:

SDG 4: Quality Education. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

SDG 3: Good Health and Wellbeing. Ensure healthy lives and promote well-being for all at all ages.

SDG 7: Affordable and Clean Energy. Ensure access to affordable, reliable, sustainable and modern energy for all.

Also relevant, but of lesser scale are:

SDG 2: Zero Hunger. Ensure fresh food being available for all at all times.

SDG 6: Clean Water and Sanitation. Ensure availability and sustainable management of water and sanitation for all.

SDG 16: Peace, Justice and Strong Institutions. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels. We are not to impose our will upon another!

Three of the other SDGs are also cross-cutting across our work:

SDG 1: No Poverty. End poverty in all its forms everywhere. Safe lodgings and meaningful, paid employment.

SDG 5: Gender Equality. Achieve gender equality and empower all women and girls.

SDG 17: Partnerships for the Goals. Strengthen the means of implementation and revitalise the global partnership for sustainable development.

TO EXPAND upon the above:



SDG 4: QUALITY EDUCATION

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Target 4.1: Ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes.

Target 4.2: Ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education.

Target 4.3: Ensure equal access for all women and men to affordable and quality technical, vocational and tertiary education, including university.

Target 4.5: Eliminate gender disparities in education and ensure equal access to all levels of education and vocational training for the vulnerable, including persons with disabilities, indigenous peoples and children in vulnerable situations.

Target 4.6: Ensure that all youth and a substantial proportion of adults, both men and women, achieve literacy and numeracy.

Target 4.a: Build and upgrade education facilities that are child, disability and gender sensitive and provide safe, non-violent, inclusive and effective learning environments for all.

Target 4.b: Substantially expand globally the number of scholarships available to developing countries, in particular least developed countries, small island developing States and African countries, for enrolment in higher education, including vocational training and information and communications technology, technical, engineering and scientific programmes, in developed countries and other developing countries.

Target 4.c: Substantially increase the supply of qualified teachers, including through international cooperation for teacher training in developing countries, especially least developed countries and small island developing states.



SDG 3: GOOD HEALTH and WELL-BEING

Ensure healthy lives and promote well-being for all at all ages.

Target 3.1: Reduce the global maternal mortality ratio to less than 70 per 100,000 live births.

Target 3.2: End preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.

Target 3.3: End the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases.

Target 3.4: Reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

Target 3.7: Ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.

Target 3.8: Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.

Target 3.c: Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States.



SDG 7: AFFORDABLE and CLEAN ENERGY

Ensure access to affordable, reliable, sustainable and modern energy for all.

Target 7.1: Ensure universal access to affordable, reliable and modern energy services.

Target 7.2: Increase substantially the share of renewable energy in the global energy mix.

Target 7.b: Expand infrastructure and upgrade technology for supplying modern and sustainable energy services for all in developing countries, in particular least developed countries, small island developing States, and land-locked developing countries, in accordance with their respective programmes of support.



SDG 2: ZERO HUNGER

Ensure that the infrastructure and resources are available within communities to provide fresh produce all year round. Should there be inadequacies, work to resolve this either within the community or from outside of the community.

Target 2.1: Ensure universal access to safe and nutritious food.

Target 2.2: End all forms of malnutrition.

Target 2.3: Double the productivity and incomes of small-scale food producers.

Target 2.4: Ensure sustainable food production and resilient agricultural practices.

Target 2.5: Maintain the genetic diversity in food production.

Target 2.a: Invest in rural infrastructure, agricultural research, technology and gene banks.

Target 2.b: Prevent agricultural trade restrictions, market distortions and export subsidies.

Target 2.c: Ensure stable food commodity markets and timely access to information.



SDG 6: CLEAN WATER and SANITATION

Ensure availability and sustainable management of water and sanitation for all.

Target 6.1: Achieve universal and equitable access to safe and affordable drinking water for all.

Target 6.2: Achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situation.



SDG 16: PEACE, JUSTICE and STRONG INSTITUTIONS

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels. This is only possible through The NEW WAY.

Target 16.1: Significantly reduce all forms of violence and related death rates everywhere. Violence is never justified!

Target 16.2: End abuse, exploitation, trafficking and all forms of violence against and torture of children. Abuse of any form is torture.

Target 16.5: Substantially reduce corruption and bribery in all their forms.

Target 16.6: Develop effective, accountable and transparent institutions at all levels.



SDG 1: NO POVERTY

End poverty in ALL its forms everywhere.

Target 1.1: Eradicate extreme poverty for all people everywhere, currently measured as people living on less than US\$1.25 a day (2020).



SDG 5: GENDER EQUALITY

Achieve gender equality and empower all women and girls.

Target 5.2: Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.

Target 5.2: Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life.



SDG 17: PARTNERSHIPS for the GOALS

Strengthen the means of implementation and revitalise the global partnership for sustainable development.

Target 17.9: Enhance international support for implementing effective and targeted capacity-building in developing countries to support national plans to implement all the sustainable development goals.

Target 17.17: Encourage and promote effective public, public-private and civil society partnerships, building on the experience and resourcing strategies of partnerships data, monitoring and accountability.



EMOTIONAL NEGLECT



KIDS

in families with emotional neglect will blame self in order to PRESERVE the PARENT

o o o

EMOTIONAL NEGLECT can also occur when an attuned parent isn't able to EMOTIONALLY

'FIND' a particularly unique child.



CHRONIC SHAME
can develop when a child interprets their distress in aloneness -As- proof something is wrong with THEM.



CHILDREN with too much shame learn to

NUMB

all emotion

HOWEVER



EMOTIONS are a **COMPASS FOR LIVING**

WE NEED THEM!



EMOTIONS EXIST IN THE BODY

EVEN IF A PERSON HAS SHUTDOWN AWARENESS OF THEM.

EXPERIENTIAL THERAPY

Includes a focus on bringing awareness to bodily sense of emotion.

INHIBITORY emotions include

- SHAME
- GUILT
- ANXIETY

THESE SERVE TO AVOID



7 CORE EMOTIONS

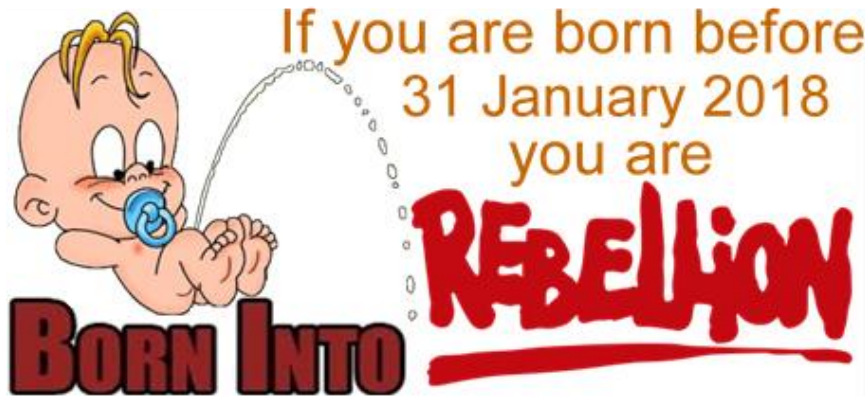
- SADNESS
- ANGER
- FEAR
- DISGUST
- JOY
- EXCITEMENT
- AROUSAL

FROM HILARY JACOBS HENDEL ON

MENTAL HEALTH HAPPY HOUR

DOODLE BY @LINDSAYBRAMAN

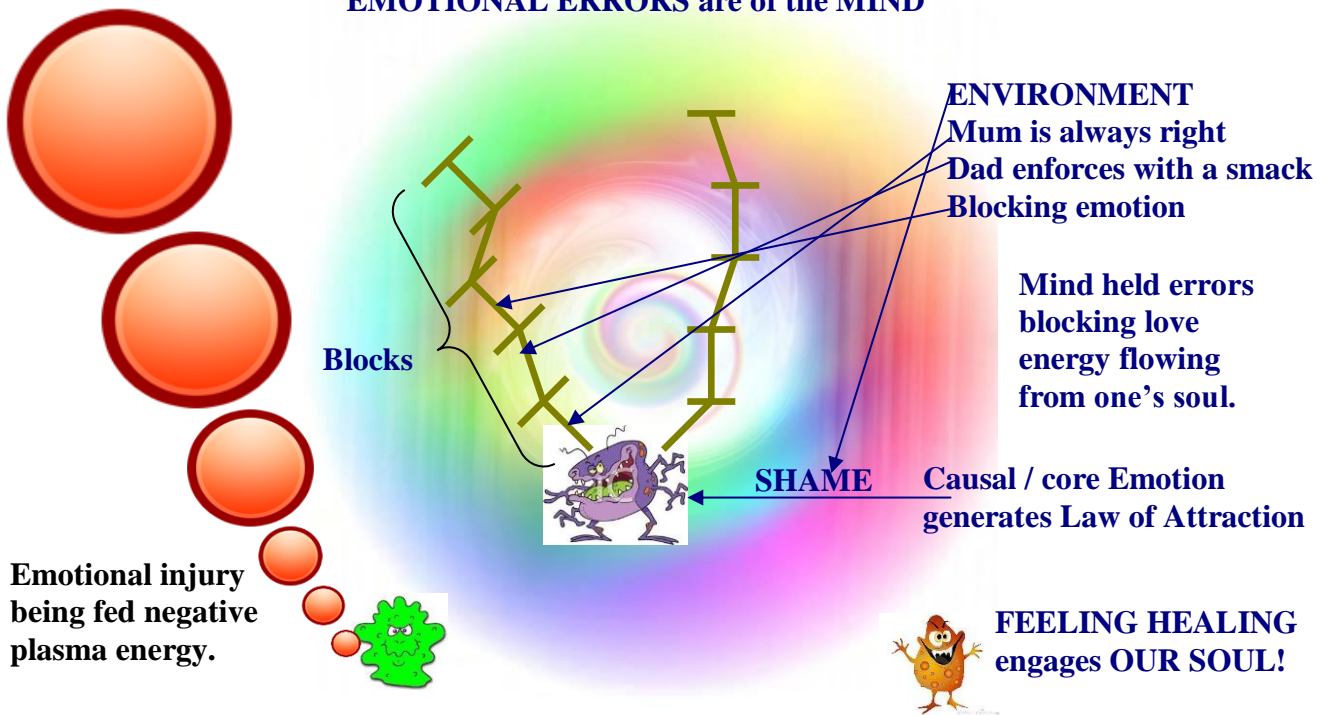
LAYERS upon LAYERS are to be healed through longing for the TRUTH!



To the extent that parents have healed themselves prior to conceiving a child, that child will now be free of those impostors of the Rebellion and Default through parents' Healing.

Everyone will still be born into the Rebellion up until the Avonal Age actually starts. People are currently being born into the Rebellion which is going through the initial stages leading up to its complete end, but that doesn't affect new people being conceived by their rebellious parents. And even during the Avonal Age, people conceived and born to 'mind-parents', rather than 'feeling-parents' who will be doing their Healing or having Healed it, will still come completely into the Rebellion and Default. The Rebellion and Default will be modified compared to how it is now because of the Avonal influence, but still everyone refusing to embrace the Avonal's Truth and so The New Way by doing their Healing, will still become wholly of the Rebellion and Default.

EMOTIONAL ERRORS are of the MIND



GLASS CEILING BARRIER REMOVAL:

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

These two charts demonstrate the stark reality of one’s probable quality of life that we will experience relative to our personal calibration as per the Map of Consciousness developed by Dr David Hawkins. This calibration level is essentially set for life by the time we reach the age of six (6) years.

	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

Sri Lanka overall population calibration is MoC 165

Sri Lanka MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2022
165	1	165	77.40	0.782		.746	US\$4,300

The overall consciousness of humanity remained at 190 on Dr David R Hawkins' Map of Consciousness (MoC) scale for around 1,700 years up until the mid 1900s. It has only recently begun to rise due to a few people realising that living feelings first, that is, embracing our feelings, our soul based feelings which are always in truth, and having our minds to follow in implementing what our feelings are guiding us to do, that we can break free of the shackles of mind-centric living. This revelation has had a profound positive impact. Through living feelings first we can heal ourselves of our childhood suppression which is imposed upon us from the moment of conception through to the age of six years by our parents and those close to us – there are and have been no exceptions – we all have and are subjected to childhood suppression.

While we live mind-centric we cannot progress beyond 499 on Hawkins' Map of Consciousness. That is the glass ceiling we are to break through now, and remove the re-stictiveness of mind-centricity from our lives. For 200,000 years, we have been misguided to worship our minds and now we are free to choose THE NEW WAY – to live through our feelings, to live feelings first, and as we grow to do so, then the glass ceiling will be dissolved for ever for those who embrace their feelings over their mind.

War between nations, war between people will continue until we heal ourselves of our childhood suppression through embracing our feelings, our soul based feelings of truth. Disease and illness of all kinds will continue to plague us until we heal ourselves of our childhood suppression. All social ailments are of the consequence of our childhood suppression. This is the greatest time in the history of humanity because we now have been shown how to heal ourselves of our childhood suppression. This has now been achieved. It has never occurred in prior times throughout the history of humanity.

Of the past 3,400 years, humans have been entirely at peace for only 268 of them, or just **8%** of recorded history. War has prevailed throughout 92% of the time of modern history. How many people have died in war? At least 108 million people were killed in wars in the twentieth century alone. **Conflict and violence are currently on the rise**, with many conflicts today being waged between non-state actors such as political militias, criminal and international terrorist groups.

Earth's humanity is presently experiencing 'rolling' disruptions that commenced on 22 March 2017 and are likely to continue unfolding relentlessly for around three decades. Nothing and none of the systems that came about during the 200,000 era of the Rebellion and Default are going to be allowed to continue. Nothing will remain the same. We are not going to be allowed to continue with our old ways without great difficulty. We are being encouraged to seek a new way – The NEW WAY! For those who steadfastly hold onto the old ways, their lives will be very difficult. For those who seek the New Way and begin to embrace the new way, they will find life significantly easier.



**WE'VE BEEN SCREWED BY
LUCIFER REBELLION**

Lucifer and his soul partner, with his assistant Satan and soul partner, brought about the Rebellion 200,000 years ago, and through his deputies, Caligastia and Daligastia, and their soul partners, they brought about the default by Adam and Eve of their mission on Earth more than 38,000 years ago.

REBELLION & DEFAULT

COMMERCIAL IN CONFIDENCE

On the 31 January 2018, the formal ending of the Rebellion and Default took place, now the out working of the Rebellion is to unfold.

The earthing of the Law of Compensation commenced to quicken on 22 May 2017 and may be fully earthed when the Avonal bestowal pair complete their mission on Earth. The Avonal Pair are to introduce the coming Avonal Age of 1,000 years during which time all of Earth's humanity will progressively be introduced to Feeling Healing, Living through our Feelings, Living Feelings First and the way to heal ourselves of what we have each taken on of the Rebellion and Default, mostly through our Childhood Suppression commencing at the moment of conception and completing when we are six years of age.

END OF THE LINE

LAW OF COMPENSATION

Through the earthing of the Law of Compensation, in the way it is applied throughout the spirit Mansion Worlds, is why it has been said that a 1,000 years of peace will unfold after the third and final world war.

Insanity Of Humanity

Presently, all of humanity is functioning in one form or another of a stupor, living zombie like, never responding intuitively with any form of spontaneity. The insanity of humanity is visible to all. It will only be when individuals heal themselves of their childhood suppression and begin to fully live through their soul based feelings, having their minds following in executing what our feelings are guiding us to embrace, will the depth of our retardation become obvious to each of us.

The New Way – Feeling Healing

Freedom Pathway being Feeling Healing

**Feeling Healing is the pathway to
TRUTH and HAPPINESS!**

How is it that we are each so retarded?

Wayward high level leadership of Earth's humanity has cleverly crafted and institutionalised systems that impede every aspect of our living. This has been so for the past 200,000 years.

We were firstly guided, influenced to embrace living mind-centric. That is, we now believe that through our minds that we may achieve all of our goals, we can become almost everything we want, that we can become powerful and prosperous and progress to the greatest heights imaginable. We are to live suppressing our feelings, we are taught by our parents to suppress our true personality and to embrace the personality they want us to be – like them – deluded!

As women are closer to their feelings than men, these high level wayward leaders guided men to subordinate women. Thus, these past 200,000 years, women have been subjected to suppression by men because as women embrace their feelings and begin to express their feelings, which are always in truth, women will expose the folly of mind superiority. We are to live feelings first and have our minds follow in the process of implementing what our feelings are leading us to embrace. Not the other way round as it now is – mind first and feelings suppressed.

Our minds are wonderful and all part of our progression – when in support of our feelings. Our minds cannot discern truth from falsehood and are addicted to untruth, our minds are addicted to control of the environment and other people. Our thoughts are mind generated, when we say; 'I think', we begin to express an assumption generated by our mind – assumptions are around 98% in error, the other 2% are flukes. Our feelings are always in truth. We are fully self-contained, all we need to know is self-contained, we have all we need within ourselves, all we need to do is allow our feelings to surface and embrace them, having our minds to follow in implementing our feeling's guidance.

Education

All education platforms, worldwide, are predominantly mind-centric. There is no feeling orientation and embracement in the way we are to live within education platforms. In fact, education is a tiresome, boring process of lectures. A lecturer delivering a tirade of words from the front of a room is the most ineffective teaching and learning device imaginable – it is also the most commonly employed teaching process.

Children only need their parents' love!

Children, they only need their parents' love and they will have everything they need in life, and they will have it all because they have felt loved, like they came first in their parents lives, like they were so special nothing bad could happen to them and all because they felt truly loved and that is all that mattered.

Sam's Book – Parenting and Feeling Healing – Book II

The Learning Pyramid:



Once the core subject material is introduced, students tutoring each other in small groups of around 12 people is the most superior learning process – yet seldom provided for. Practice by doing, tutoring others flows into natural self-expression, thus achieving comprehensive knowledge of any core subject – and it is permanent learning. Our whole life is about experiences and the feelings that come from such experiences. As feelings arise we are to long to know the truth behind what those feelings are endeavouring to reveal to us. We are truth seekers! And we are to be feelings expressive!

By being mind-centric, we cannot progress up Dr David R Hawkins' Map of Consciousness (MoC) scale beyond 499. On the MoC, 400-499 is the field of 'Reason' – the pinnacle of science!

It's all about
Experiences
 &
FEELINGS

BE FEELINGS
EXPRESSIVE!

Universally, all sectors of education, pre-school, primary school, high school, craft centres, technical and further education, university, etc., are all mind centric platforms that retards one's freedom of expression and closes down evolutionary growth potential. The PhD – Doctor of Philosophy – is the extreme of feelings suppression with total immersion into one's mind.

Health

Are there really 10,000 diseases and just 500 ‘cures’?

“Regulators, scientists, clinicians and patient advocacy groups often cite ~7,000 as the number of rare diseases, or between 5,000 and 8,000 depending on the source. While this consensus process is still ongoing, USA National Institutes of Health currently estimate the number of rare diseases to be more than 10,000. An estimate published by the University of Michigan Medical School that “there are roughly 10,000 diseases afflicting humans, and most of these diseases are considered ‘rare’ or ‘orphan’ diseases.”

“There are other estimates, as well. The German government lists 30,000 diseases, of which it says 7,000 are rare, though it cannot be determined how that figure was calculated. Anderson noted that the 10th revision of the International Statistical Classification of Diseases and Related Health Problems (known as ICD-10) has nearly 70,000 codes, which would be an upper-bound estimate.

“The focus is really on rare diseases, but a credible case can be made that there are at least 10,000 diseases in the world, though there is likely more. And there are a bit over 500 treatments. So, as far as round numbers go, 10,000 diseases / 500 treatments works as a talking point.”

However, NO ONE comprehends what is the underlying cause of disease! Our health carers, our doctors and nurses never discuss or outline why we have a discomfort, pain, illness or disease. Kindly ask yourself, when was the last time your medical practitioner outlined to you why you have a particular health issues that you presented yourself with to him or her? **There is ONE cause – CHILDHOOD SUPPRESSION.**



Medical sciences introduce a never ending array of names for a never ending array of ailments without comprehending the elephant in the room – our **Childhood Suppression and ongoing Repression**. ALL our discomforts, pain, illnesses and diseases are generators to have each of us express our feelings, both good and bad. As we grow in embracing this way of living FEELINGS FIRST and long for the truth of what our feelings are drawing our attention to, we will come to recognise that all our issues have their foundations throughout our childhood forming years, from the moment of conception through to the age of six years, up to when our Indwelling Spirit arrives.

Our soul orchestrates it all. Our soul does everything. Our soul brought our spirit body into existence and, in turn, our etheric spirit body is the template of our physical body. Light continually flows from our soul

COMMERCIAL IN CONFIDENCE

through our spirit body and into our physical body. Our experiences in the physical are expressed back to our soul as light. Everything that we experience is recorded by this light returning by our soul. Emotional injuries and errors of belief that we experience impede the flow of light back to our soul – consequently we are degraded by such accumulating damage and harm. Look at a young child and then look at yourself now!

At the moment of our conception, we are perfect in every respect – both in Natural love and physically. We are then literally fire-hosed by our parents' emotional injuries and errors of belief and this is ongoing. They are not even aware of our existence when this onslaught commences – no wonder many conceptions do not survive to incarnation which is when the foetus commences to pump blood some 16 days after conception.

*My individual "Rebellion and Default"
is my overarching virus!*

*We are to express our feelings,
both good and bad, emotionally!*

Talk it out with a Friend!

Childhood Suppression is the elephant in the room!



COMMERCIAL IN CONFIDENCE

The underlying generator
of all discomfort, pain,
disease and illness is
Childhood Suppression
and ongoing Repression.

Feeling Healing is our
only recovery and
soul growth pathway.

It is that simple!

Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and progressively then through all the Celestial Heavens of our local Universe of Neadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1st of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self glorification to our detriment. These wayward spirits had allusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1st spirit Mansion World to the 2nd mind spirit Mansion World, then 4th and finally 6th mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7th spirit healing Mansion World process we transition to the 1st of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!

PASCAS FOUNDATION (Sri Lanka) Ltd

We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

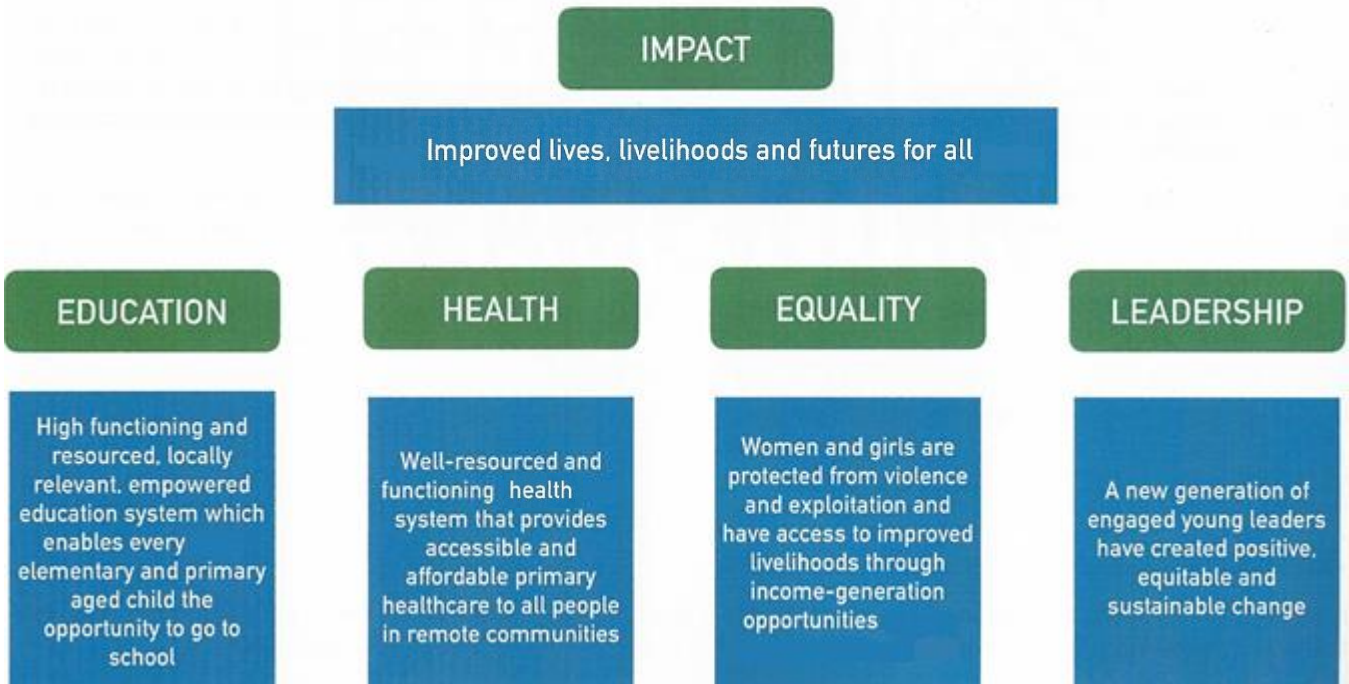
and fostering a new era of leadership and leaders.

It takes a village to raise a child.

LIVING FEELINGS FIRST and EARLY CHILDHOOD

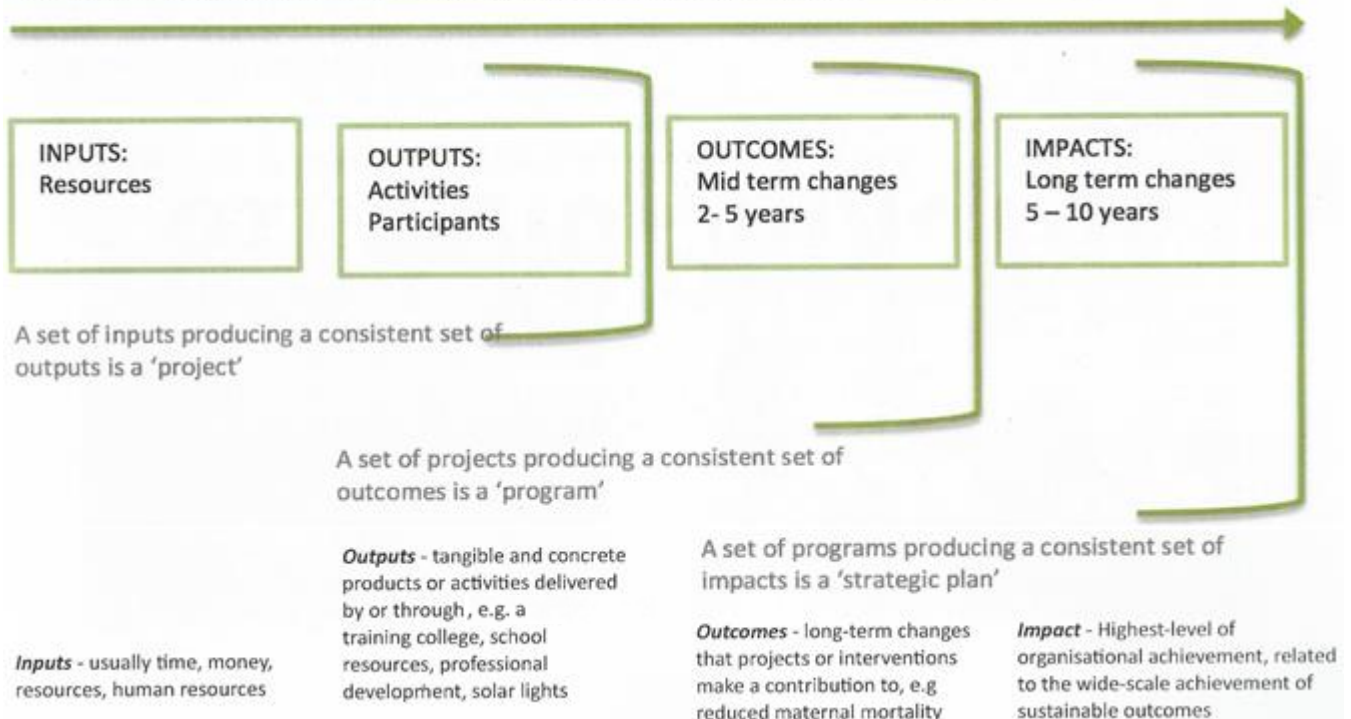
THEORY OF CHANGE

A 'theory of change' explains how activities are understood to produce a series of results that contribute to achieving the final intended impacts. Theory of Change supports the social, human rights and assets changes needed to lift communities out of poverty by working across four program areas: education, health, equality and leadership.



PROGRAM LOGIC MODEL

The following program logic is used to describe programmatic interventions within effective framework:

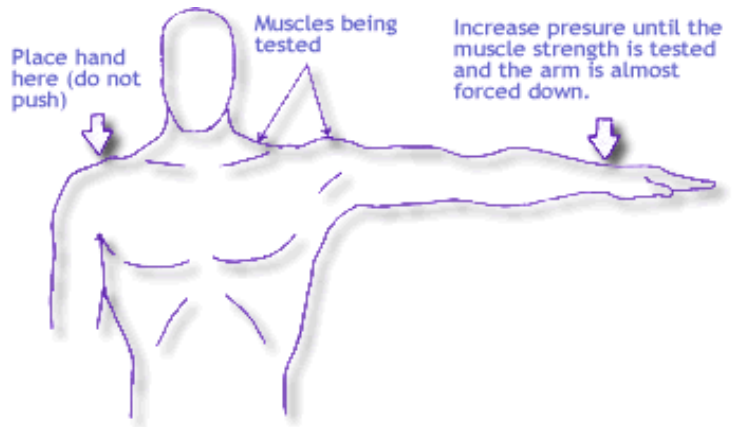


EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

Kinesiology Muscle Testing



Basics of muscle testing

Through kinesiology muscle testing, we can determine what is in truth and what is not, further, we can also determine the level of truth of anything!

NO PROBLEM CAN BE SOLVED
FROM THE SAME LEVEL OF
CONSCIOUSNESS THAT CREATED
IT.
-ALBERT EINSTEIN

The SITUATION and the OPTION:

Presently the population of Sri Lanka overall calibrates at around 165 on Dr David R Hawkins' Map of Consciousness. Earth's humanity overall is calibrating at around 220.

Worldwide Level of Consciousness based on the Map of Consciousness (MoC)

see Power vs Force by Dr David R Hawkins

6,000 years ago	MoC	72
At the time the Vedas were written		74
At the birth of Buddha		91
Prior to the conception of Jesus of Nazareth		101
After the birth of Jesus of Nazareth		147
At the death of the last apostle		182
In 827 AD (at the death of Charlemagne)		190
When Abraham Lincoln took office as President		190
Avonal Pair progress through their Feeling Healing in 2022		220

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of MoC Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

The people of Sri Lanka can continue as they are, passing their ways of living, emotional injuries, errors of belief on down through their generations, living in despair, despondency, poverty and hardships or embrace a new way of living, the New Way, Living Feelings First. Though the people present a happy, friendly persona, it is a national façade – there is universal fear and anger represented by an extended guerrilla warfare to exit a foreign ruling power and then an extended civil war.

The option is that universal free education be made available throughout Sri Lanka and that the option to consider and embrace living feelings first, with our mind to follow in support, as against how it presently is, our mind being the centre of education with all its limitations and suppressions.

Our life is our experiences and the feelings that arise from our experiences. We are to express and talk out what we are feeling from our experiences. Communities who are feelings focused evolve rapidly whereas mind centricity entombs communities within their quagmire for the aeons to come.



MARKET OPPORTUNITY:**TENTATIVE WISH LIST (Education)**

1. Early Childhood Education (identify and fund a model school).









Kindly consider a pre-school to be established within every province. This may be centred in communities that the mothers can obtain employment. The mode of operation and management of a centre could have a combination of trained personnel with extended family supporting. The structure may vary to reflect the needs and customs of the town or larger villages. Training of key staff is a priority leading to opening of pre-schools – this could be considered through regional campuses of Pascas University that are to be established.

THE ITCH

- Assumptions are our greatest enemy. Our minds cannot discern truth from falsehood. Our minds are addicted to untruth and control of others and the environment.
- Our soul based feelings are always in truth – yet we are taught from conception to suppress them.

2. Early Childhood Teacher Training program.

Living Feelings First is outlined in eight Pascas Papers that may be downloaded from www.pascashealth.com in the Medical – Emotions section on the Library Download page:

-  [Pascas Care Living Feelings First - Adults.pdf](#)
-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

These papers have been specifically developed for the education system and classroom application. These are to be added to the materials that may be considered by the Education Leadership Team. The culture of the people in each region being accommodated, to be melded with the environment presently existing and evolving.





3. School library / resource centre in each province possibly in the model school.

We can consider establishing a model demonstration school in every province – and even more than one – or as many as seen appropriate. Each school when reviewing their library / resource centre, with no exceptions, can have their wish list considered, should they come forward with what they may feel required. This will need a significant administration team and appropriate resources to manage the logistics. This could also involve internet communications involving satellite, renewable power generation and laptops / ipads / tablets to be provided and installed.

4. Teacher professional development (in-service, workshop etc.) on various topics such as early literacy and numeracy including multi modal literacy), civic and citizenship education, basic health and hygiene.
5. Consider the establishment of teachers' training campuses in provinces with potential teachers also being provided with scholarships to enable them to follow their passions and complete required training. Scholarships may be extended to providing housing and costs of living. These provincial campuses may be the start of Pascas University throughout Sri Lanka.
6. Training on Leadership and Management in Schools aimed at school principals, curriculum leaders, etc. to engage in school policy development, implementation, and evaluation.

Again, Pascas University campuses in provinces to enable as many potential educators to be accommodated to build the numbers of true educators to a level that education throughout Sri Lanka can be an example of what can be achieved in a short period. This will also require the flattening of the hierarchical controlling domination that prevails throughout the education systems worldwide – it is this control that is stifling free flowing initiatives of many great educators. Workshops can be conducted at all appropriate Teacher Training campuses for all leader type educators.

Kindly reference through www.pascashealth.com at the Library Download page, scroll down to the heading Corporate Foundation Documents and click on to open:

-  [Pascas WorldCare Teams.pdf](#)
-  [Pascas WorldCare Teams and Bottom Up Democracy.pdf](#)
-  [Pascas WorldCare Teams Wisdom & Operation.pdf](#)
-  [Pascas WorldCare Teams with PTQP.pdf](#)

7. Standards Based Curriculum materials – review against unfolding events and emerging revelations. Textbooks for different subjects may benefit from review and development, then train teachers on them as well on how to use other newly evolved Teachers' resources.

All materials and textbooks may be supplied. Uniforms may also be supplied. Kitchen facilities may be included in the schools and food supplied and prepared by catering staff for breakfast and lunch as required. The question is to ensure respect and acceptance of such support. Is it simply handed out? Is it invoiced to each student and announced as a scholarship? Is there a nominal payment from the student? It is to be free, however the student is to understand its importance in a way that is culturally acceptable.

8. Alternative education (adult and early school leavers) skills training to improve lives addressing inequities and promoting social justice concept. Begin by funding existing Technical and Vocational Education and Training (TVET / TAFE) schools with infrastructure, resources, (tools and equipment).

Pascas styled TVET / TAFE Colleges may be established in each province and concentrated on providing Technical and Trade Skills and IT training to equip the school leaver to be immediately and valuably employed in the local workforce, thereby retaining more of the population in the regional areas. Again, the education is to be free. This may be done with; “here are your fees and, congratulations, here is a scholarship”.

9. STEM (Science, Technology, Engineering, Mathematics) education – develop resource materials to help teachers to implement these various projects prescribed in the curriculum. Such as teacher workbook. Concept applied in projects. Materials / equipment needed for these to support.

This is a big task and it is for those with big overview sight and then detail focus to attend to the minute requirements. It will also be an ongoing evolution. Pascas is to support this agenda all the way.

10. Sport development in schools (Physical Education (PE) equipment, uniforms, etc.).

Sport is the only reason why many attend school. Education is meant to be fun. This is mostly lost in the controlling addictions of most people throughout the education world and elsewhere in our lives. Sport is an important component of the school syllabus and fields and courts and swimming pools may be established in each school and the necessary equipment and uniforms supplied.

11. Water tanks for schools and proper toilets facilities.

Drinking water tanks and state of the art toilet facilities can be included in all schools as well as Teacher Training Colleges and Technical Colleges. Again, consider instructing an administration team to request what each education facility considers that it needs and then approve a delivery and installation operation.

12. Education material with foundations based on assumptions to be recognised for what they are – in error!

Our minds are addicted to untruth. Our minds cannot discern truth from falsehood. Consequently 98% of assumptions are wrong – the other 2% are flukes. Count the number of assumptions in research papers. We will then discover and understand the reason why society is floundering!

13. Education of girls to be prioritised.

If a girl spends only 2 years at school, she is likely to have more than 7 children. If she spends 6 years at school, she is likely to have around 4 children. If she spends 12 years at school then she may have only 2 children. World poverty is best averted by the tool of education in the first instance.

Girls and women are closer to their feelings than boys and men. Consequently, it is through our feelings that we excel. The belief that men are to dominate the female is that leaders of the past understood that should females be allowed to fully express themselves through their feelings then the men with their control would be ended. Today, we now start that ending for the advancement of both women and men!

14. The potential within us all is incomprehensibly amazing – however it will NOT be revealed through our minds. Our potential and our true personality will reveal itself through our soul-based feelings – this is The New Way – our new way of living. We are to live feelings first, express our feelings, both good and bad without acting upon them, and to long to know the truth of what our feelings are bringing to our attention.

Living mind centric, as we are all taught to do so from birth and throughout all our walks of life, imprisons each of us into limitations of mediocrity. We have no spontaneity, flare, intuition and creativity – we live life in a stupor, zombie like. Not even the greatest scientists in history calibrated higher than 499 on Dr David R Hawkins' Map of Consciousness (MoC) scale – the peak of reason. Scientists can go through life

achieving one or two break throughs whereas people living through their feelings routinely achieve break throughs. Being mind-centric is how humanity is controlled by the few. The education systems around the world are the arch agents of suppression for these controllers.

Now we can set ourselves all free to bloom in spontaneity, wisdom and vigour through our feelings – and it is all cost free!

15. We are to live through our feelings. Our soul does it all. We are to put aside the façade personality that our parents and early childhood carers imposed upon us. We are now, through our feelings, to discover who and what we truly are. This is incredibly freeing and beautiful. Our true brilliance will shine for all to see.

Life is about what OUR soul wants for us to experience. Living through our feelings eliminates mountains of stress that our mind brings upon us. Our day ends with being fresh with many achievements and goals attained. Should we live submitting to the imposed will of others, life is suppressive and unrewarding. We are to be who we truly are and that is the experiences that we are to have and to be expressed through our feelings. Doing this on a national basis will bring about an exemplary society, and that will be the peoples of Sri Lanka.

The New Way: Learning how to live true to ourselves by living true to our feelings.

This time, in the history of humanity, is the most exciting time ever experienced.

Other Thoughts:

As the initial units for each of the educational elements are being constructed and opened then the planning and construction could be underway simultaneously at other sites in each Province. Issues encountered will be numerous but different in each location – so proceeding on multiple fronts is prudent – we will discover as we go along without delay.

Every aspect of how we have been living life is to be reviewed, reconsidered, redesigned, reconstructed and reintroduced. None of the institutional ways of doing things is to be automatically replicated or even continued. That is why the Education Leadership Team is unique from conception.

ALL societal growth has been the result of its education system, however they have all been proceeding down a rabbit hole to a glass ceiling being its dead end. Now for the Great U-Turn!

Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

*We are in PAIN because of
our UNLOVING CHILDHOOD!*

and



Living through our Minds is Killing us!

Living through our Minds is Killing us!

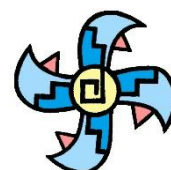
CHALDI COLLEGE – EDUCATION: Nanna Beth – 3rd Celestial Heaven and James 28 July 2017

James: John has been wondering about how to set up schools and schooling ‘under a tree’, in keeping with it all being opposite to what we’re all used to, can you give him any suggestions or point him in the direction he should look?

Nanna Beth – 3rd Celestial Heaven: These are some ideas he can consider – just suggestions John, we won’t say it has to be this or that way, as you know, it’s for you to work things out. So basically, what would you like John – how would you have liked school to be?

CHALDI COLLEGE

Schooling is voluntary. It should be made to be something children want to do, not something that’s forced on them.



It should be fun, as in keeping the whole focus on making them feel good about all they are doing. Not artificially praising them or praising them over their peers, but just supporting and being personal with them, allowing them to respond and find their own way.

It should not be separated into classes based on age. Classes should involve all ages, for example, the younger ones can learn and watch and be helped by the older ones, but not forcing the older ones to help the younger, all voluntary and what would naturally happen, more like in a big loving family rather than segregated because of age or whatever. Perhaps the 5, or less, to 10 in one group, 11 to 16 in another.

Teachers are to be able to deal with children of all ages, and work to allow the student to progress at the students own pace. Special or extra schooling can be provided when necessary to students that want more.

The subjects should all be practically oriented. Everything offered and so accepted voluntarily. Reading, writing and basic arithmetic, all so as to help the child deal with the real world. Other subjects like psychology – morals and ethics, love and friendship, acceptance and tolerance of ALL feelings, particularly bad ones, resolving disagreements, expressing feelings and yet not necessarily acting on them – particularly the bad ones, all based around how to respect and treat other people how you’d like to be treated. And how if you hurt by infringing upon another's will, then you will have to suffer that same amount of hurt, either now or in spirit. And about the Feeling Healing, what happens when you feel bad feelings, how to look to your feelings for their truth, so as to grow in understanding of yourself, nature, life, other people, and God – the whole spiritual aspect, including the Divine Love and Mother and Father, yet no religious indoctrination. The history, culture, place in the world. How to integrate with the modern world, computers, phones, internet, etc. Sport, play, arts, creative lessons and involvement. How to live and respect nature, the natural world, the environment, hygiene, natural health, sex, contraception, abortion and so on – about the person, the body, things to dispel myth and falseness, general science. Trades, technical work, hands on experience – building stuff, ways to use one’s mind to do what one wants to do.

Duration of classes, half a day, longer when older for those wanting to learn more, homework voluntary and at the child's initiative – wanting to do it.

School is just part of life, not separate to life. Part of the family, tribe, society, not separate from it. Inclusion of other adults, parents, family members, as aides, helpers, teachers, together with professional teachers. Lots of people, and in particular older people (who also have the time), are natural teachers and should be encouraged even though they’ve not been specifically trained. One can only learn a certain

amount being taught to be a teacher, yet in reality, very few trained teachers have any real natural feeling for it. The more the 'teacher' makes their pupil feel the pupil is the important one, and the teacher is only there to help them if they need their help, and not to stuff it down their throats whether they like it or not, is where to begin. And how a child of differing ages learns, is as varied as the children themselves. So the more 'teachers' the better, and that means the child can gravitate to the 'teacher' that best suits them, rather than having to spend a whole year with someone you hate and you feel hates you.

University for higher learning, full on, voluntary, free, all information on any subject available with competent teachers. So the student can excel should they want to.

It all being with the focus on the person, offering them things which they can try and see if they like. Things that will help them in the world; and how to be a person living true to themselves – true to their own feelings; and how to respect another as one respects oneself.

James: Nanna Beth, John would like any comments on the Council of Elders continuing to contact people on Earth after he's croaked it.

Nanna Beth: It's as James said, there will be an increasing number of people opening up to us Celestials for all sorts of help, once they understand who we are and how we can help. So yes John, there will always be some main people on Earth we'll work with. And should it all keep needing to move along with one entity in control, such as what you're starting out with, then yes, that is how we'll engineer it. Should it break up or be broken up into many entities, then we'll be ready for and going with that. As much as we say we are in control, we mean that we are in control instead of the mind spirits. But still we are to work with humanity, in as much as humanity leads and we augment.

James: And Nanna Beth, I thought I'd ask you about the Religion of Feelings, as John is against a religion of any sort because of all that religions have done to us all, do you have any thoughts on it?

Feelings First Spirituality, New Feelings Way

Nanna Beth: It's all up to you James, what you want. Of course you're not wanting to go and instigate yet another religion in which people have to adhere to a set of rules because you know what will happen to that, **any rules allowing people and their controlling agendas to take control over others, is something to be avoided at all times.** However the notion of a 'religion', and one based on feelings, with no fixed agenda, no rules, just founded on truths, will allow people to have some sort of structure to relate to should they need that, but one in which they are entirely free to do whatever they feel based on their feelings. And with the Feeling Healing and Soul Healing being at its core, then those people intent on that will be able to work on themselves and it won't matter to them whether they are part of something or not.

As you understand, some people will like the idea, others won't like the word religion and will want to do it alone, so do whatever you feel you want to do. We don't call it anything over here other than Our Healing, yet we all had embraced the Divine Love before we began our Healing, however potentially that won't be so for a lot of people on Earth, and to say that people have to embrace the Divine Love to do their Healing would cancel out a large amount of people and is putting a rule in place, which doesn't need to be there and would only get in the way.

So to call it a Religion and yet to make it as free as you are intending James, is something for you to decide for yourself, which really just gets down to using the word religion. And I know it appeals to you because

it is a religion that is not a religion, yet more a true religion of truth than any of the existing religions are, so you're showing up those religions for the untruth that they are.

Anyway, it's what you want to do James, it's not for us to say one way or the other. And you will do what you want to do, you'll hear people's complaints or if they like the idea, weigh it all up, and still do what you want to do.

James: So you don't force or coerce anyone to do anything they don't want to do. Because who wants to be treated that way – no one!

Feelings First is a way of living without any dogmas, creeds, rituals, cannon laws, hierarchy or controls of any kind.



It takes a village to raise a child

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

The Golden rule is: Never interfere with another's will.

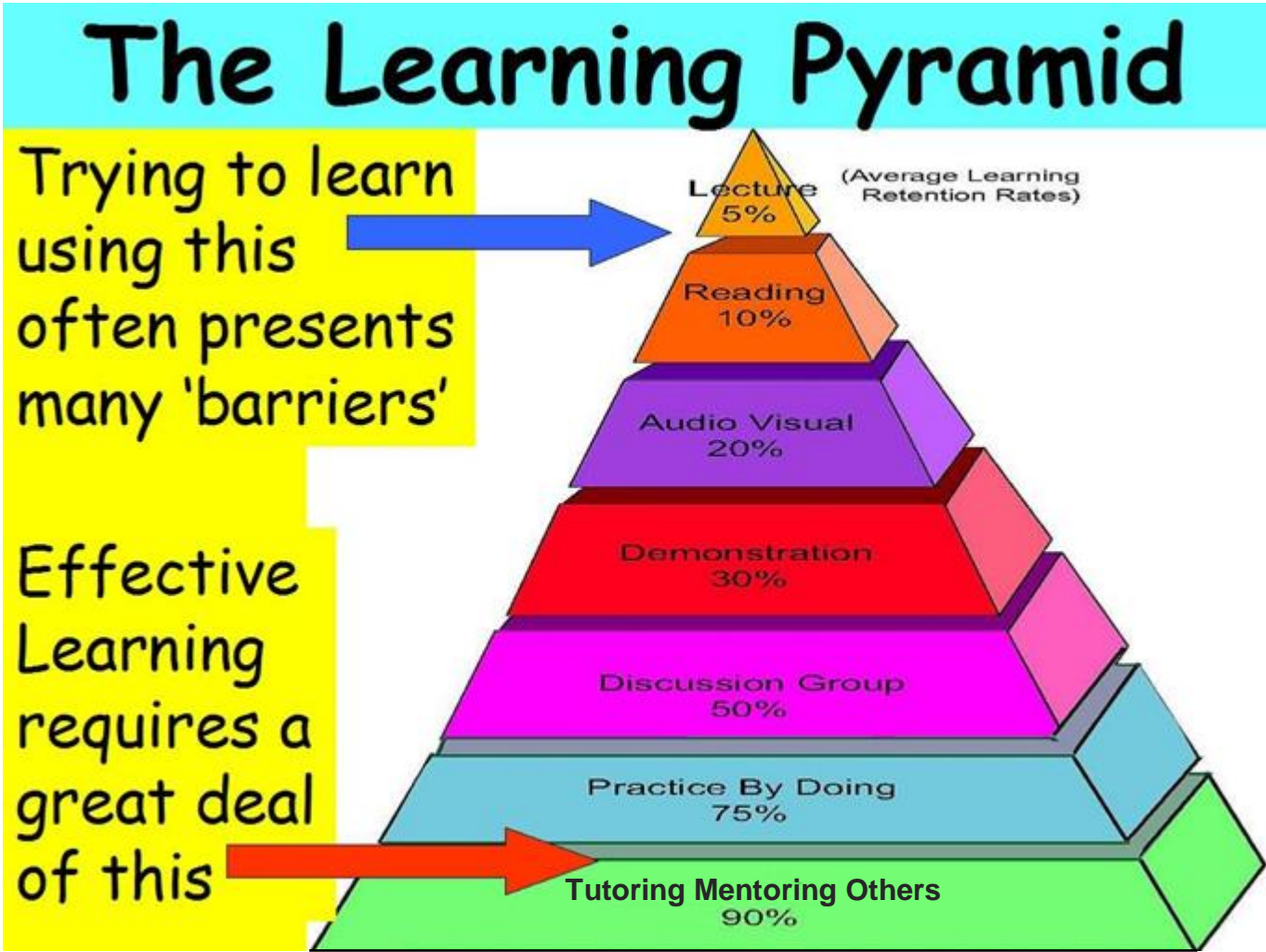
God's Divine Love: Pray for it, ask for it, and receive it.

Our Heavenly Parents simply desires for us to ask for Their Love.

The New Way: learning how to live true to ourselves by living true to our feelings.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.



100% retention is **Natural Self Expression**

SUGGESTED READING:

Kindly go to www.pascashealth.com and then to the Library Download page and then to open the following, scroll down to the topic and click on the PDF:

CORPORATE ALLIANCES

Chaldi Child Care Centre – Safe Space
 Chaldi College Free to Learn Instinctively
 Chaldi College Free to Learn Pathway
 Chaldi College Primary thru to High – Feelings First
 Chaldi College Women and Girls’ Education
 Chaldi College (WW) – Education through Feelings
 Chaldi College (WW) – Technology & Product Information
 Chaldi University Postgraduate Feelings Degree

Pascas University and Global View
 Pascas University and the Meeting House
 Pascas University Universally Free Education
 Pascas WorldCare Craft Creations
 Pascas WorldCare Cultural Centre
 Pascas WorldCare Supporting Hands

ELSEWHERE

Pascas Care Kinesiology Testing
 Pascas Care – Living Feelings First – Adults
 Pascas Care – Living Feelings First – Children
 Pascas Care – Living Feelings First – Children Annexures
 Pascas Care – Living Feelings First – Children Discussions
 Pascas Care – Living Feelings First – Children Graphics
 Pascas Care – Living Feelings First – Drilling Deeper
 Pascas Care – Living Feelings First – Drilling Deeper Structures
 Pascas Care – Living Feelings First – Reference Centre
 Pascas Care – Multimedia Movie City
 Pascas Care Letters – Beliefs Suppress Truth
 Pascas Care Letters – Etheric Spirit Body
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Park – Journey of Man

Pascas Primary publications being:

U-Turn for Humanity Pascas reveals New Feelings Way
 U-Turn for Humanity pathway being New Feelings Way
 U-Turn for Humanity shutting hells through New Feelings Way
 U-Turn for Humanity soul light and the New Feelings Way
 U-Turn for Humanity through the New Feelings Way
 U-Turn for Humanity treacherous assumptions New Feelings Way
 U-Turn for Humanity unfolding the New Feelings Way
 Universal Gift – Feeling Healing with Divine Love
 Feeling Healing and Divine Love Discussion Prompts
 Pascas Care Death & Dying Transition & Assimilation Marjorie

Also kindly consider reading:

www.pascashealth.com

then proceed to Library Download :

Pascas Care Letters – Root Cause now to Pathway Forward

Pascas Care Letters – Root Cause now to Pathway Forward (short)

Pascas Care Letters – Funding for Change Over

Pascas Care Letters – Family Shelters Abuse & Remedial

Pascas Care Letters – Family Shelters Social Housing

Pascas Care Letters – Family Shelters Overview

Pascas Care Letters – Family Shelters towards Liberation

Pascas Care Letters – Back to Basics

Pascas Care Letters – Change

Pascas Care Letters – Dr Hawkins validates Feeling Healing

Pascas Care Letters – Education through Feelings

Pascas Care Letters – Finaliters our Destiny

Pascas Care Letters – Glass Ceiling Barrier Removal

Pascas Care Letters – Humanity is Addicted to Untruth

Pascas Care Letters – Journey of Earth's Humanity

Pascas Care Letters – Life is a Highway

Pascas Care Letters – Live True to How You Truly Are

Pascas Care Letters – Moving out of Healing

Pascas Care Letters – My Customs Heritage and Nationality

Pascas Care Letters – One Soul Two Personalities

Pascas Care Letters – Psychology and Feeling Healing

Pascas Care Letters – Spirit Evolution and Environmental Changes

Pascas Care Letters – There is only One Way to Heal One's Self

Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Centre – Pacific Basin Nations

Pascas WorldCare – ASEAN and Pacific Island Nations

Or simply allow your feelings

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

<http://www.pascashealth.com/index.php/library.html>

Library Download – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the
 mailout list, kindly provide your email address. info@pascashealth.com

ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. Also added to this was the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

REBELLION & DEFAULT **200,000** YEARS

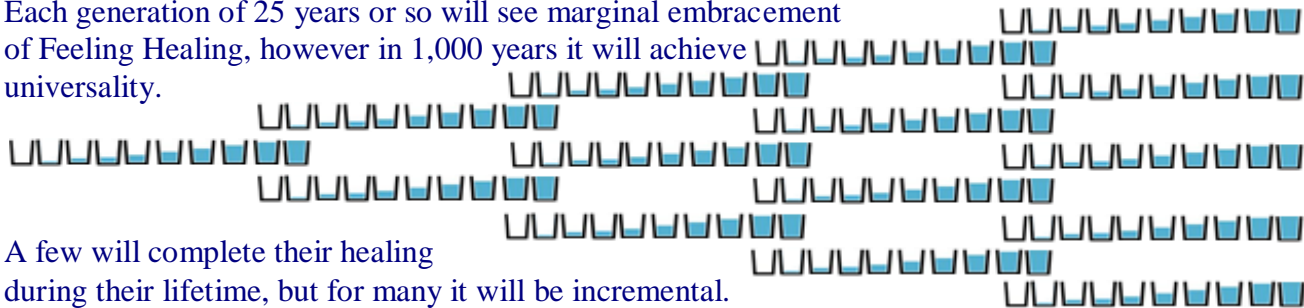
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal AGE 1,000 YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



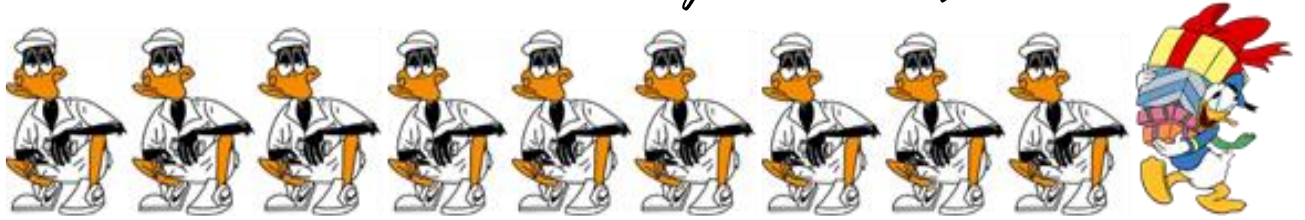
Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. These events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core. This will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

COMMERCIAL IN CONFIDENCE

Ten ducks in a row, but one always misleading or misled!



Tug - of - War

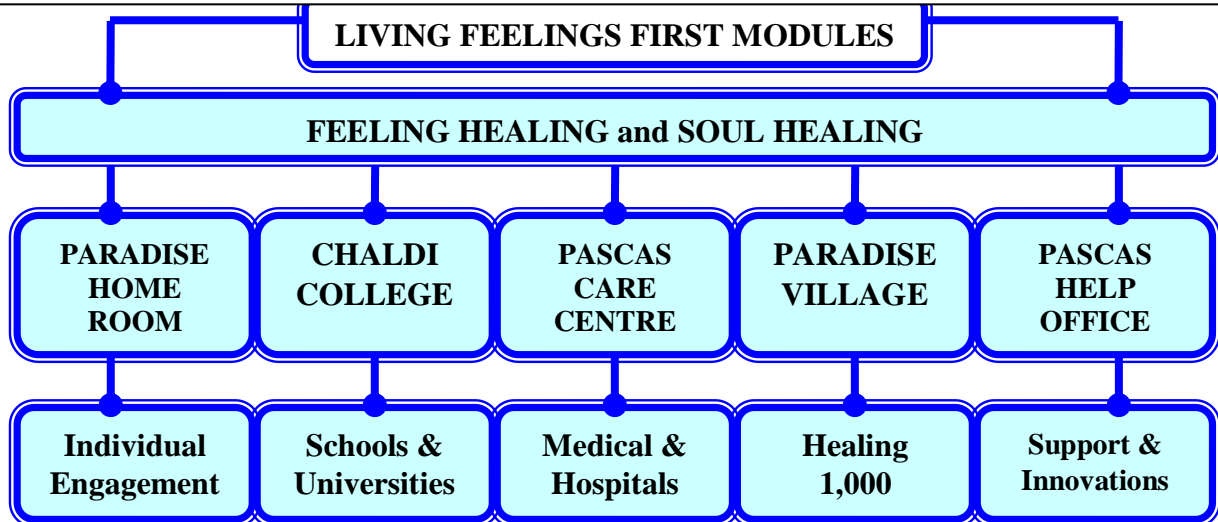
GREAT
V-Turn

COMMERCIAL IN CONFIDENCE

MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

Sri Lanka MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021 PPP
165	1	165	77.40	0.782		.746	US\$13,900

Note:
 The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
 A calibration increase of 1 point is in fact a 10 fold increase in energy.
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
 Thus the energy differentials are in fact enormous!



SRI LANKA PASCAS UNIVERSITY



TAFE

Technical And Further Education Craft Creations Family Shed

x^2 Year 10

Δ Year 11

\sqrt{y} Year 12

\leq Year 7

$\text{\textit{p}}$ Year 8

\approx Year 9

∞ Year 4

$\%$ Year 5

$\text{\textit{a}}$ Year 6

$\text{\textit{d}}$ Year 1

$\text{\textit{v}}$ Year 2

\pm Year 3



KINDERGARTEN

PRE SCHOOL



Chaldi Child Care Centre & Kindergarten

WELCOME!



SAFE SANCTUARIES

It takes a Community to Protect a Child



COMMERCIAL IN CONFIDENCE

The Learning Pyramid:



It will only be the breaking through of the glass ceiling of 499 of Dr David R Hawkins' Map of Consciousness (MoC) that humanity can and will move towards a state of harmony and peace. While we continue to live mind-centric, we cannot progress beyond the category of Reason which peaks at 499 on the MoC. This is how we have been misguided to live for thousands of years. As we are now coming to understand, all institutionalised systems worldwide are structured to inhibit our natural progression.

Our teaching systems are focused upon the lecture, an orator at the front of the room talking down to students. As you now observe, it is the least effective method of education. Small groups tutoring each other is the way forward. All levels of education can be moved to meeting groups of around 12 or so participants.



Pascas Foundation, with aligned support, is to deliver such education platforms. Further, education is to be delivered free.

WITHIN EVERY MEETING HOUSE, FREE AND OPEN DISCUSSION FLOWS THROUGH A 'FISH BOWL' STRIVING TOWARDS 'NATURAL SELF EXPRESSION'!



CRAFT CREATIONS
 Shop front – retail and ordering facility. The administration and support for the complete Craft Creations Centre.

PASCAS CAFÉ
 Being part of Craft Creations, it is a catering, nutrition cooking facility that functions also as a Pascas Café. Food and nutrition are the premiers of all crafts.

HOME CRAFTS
CRAFT CREATIONS is generally focused towards skills embraced by women in their practical attention to the needs of the family. That said, there are no boundaries. At all times, the opportunity to introduce and enable children of all ages to become proficient is supported. Those within the community are to be supported in their sharing of their unique skills with others.

STRUCTURAL CRAFTS
CRAFT CREATIONS embraces word working, metallurgy and mechanical repairs. This could be said to be the domain of a Men’s Shed, however, the whole family is welcome. These specialised skills need to be shared as much as every other craft.

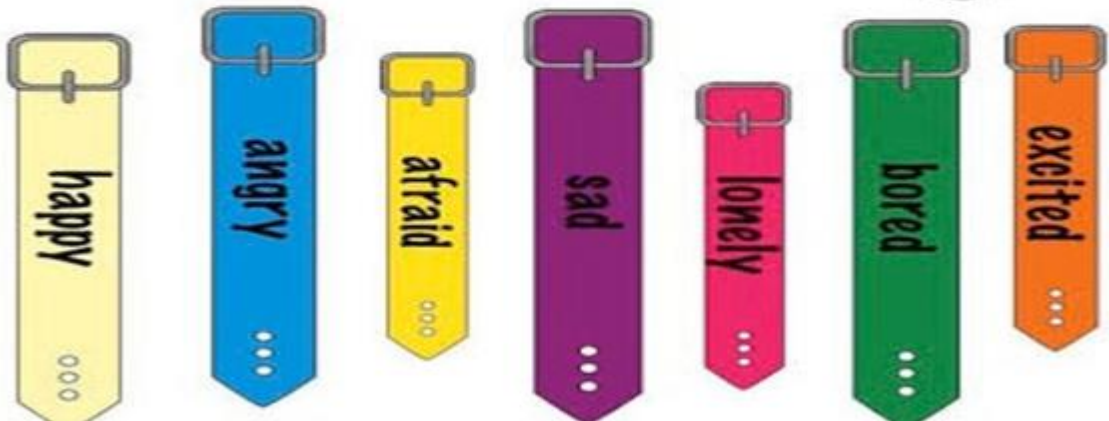
CRAFT CREATIONS is to enable anyone to be autonomous and self-sufficient in their endeavours.

MEETING HOUSE
 Discussion pods for around 12 people as meetup rooms.

FAMILY SHELTER
 Modules of 10. Studio rooms to accommodate a parent and two children, or thereabouts.

FEELINGS
must be
FELT

Express Your Feelings



**BE FEELINGS
EXPRESSIVE!**

It's all about
**Experiences
&
FEELINGS**

THE TRUTH WILL SET US FREE, BUT FIRST IT WILL MAKE US MISERABLE!
To Truly get to know yourself is the Bravest thing you will ever do!

NO PROBLEM CAN BE SOLVED FROM THE SAME LEVEL OF CONSCIOUSNESS THAT CREATED IT.
-ALBERT EINSTEIN

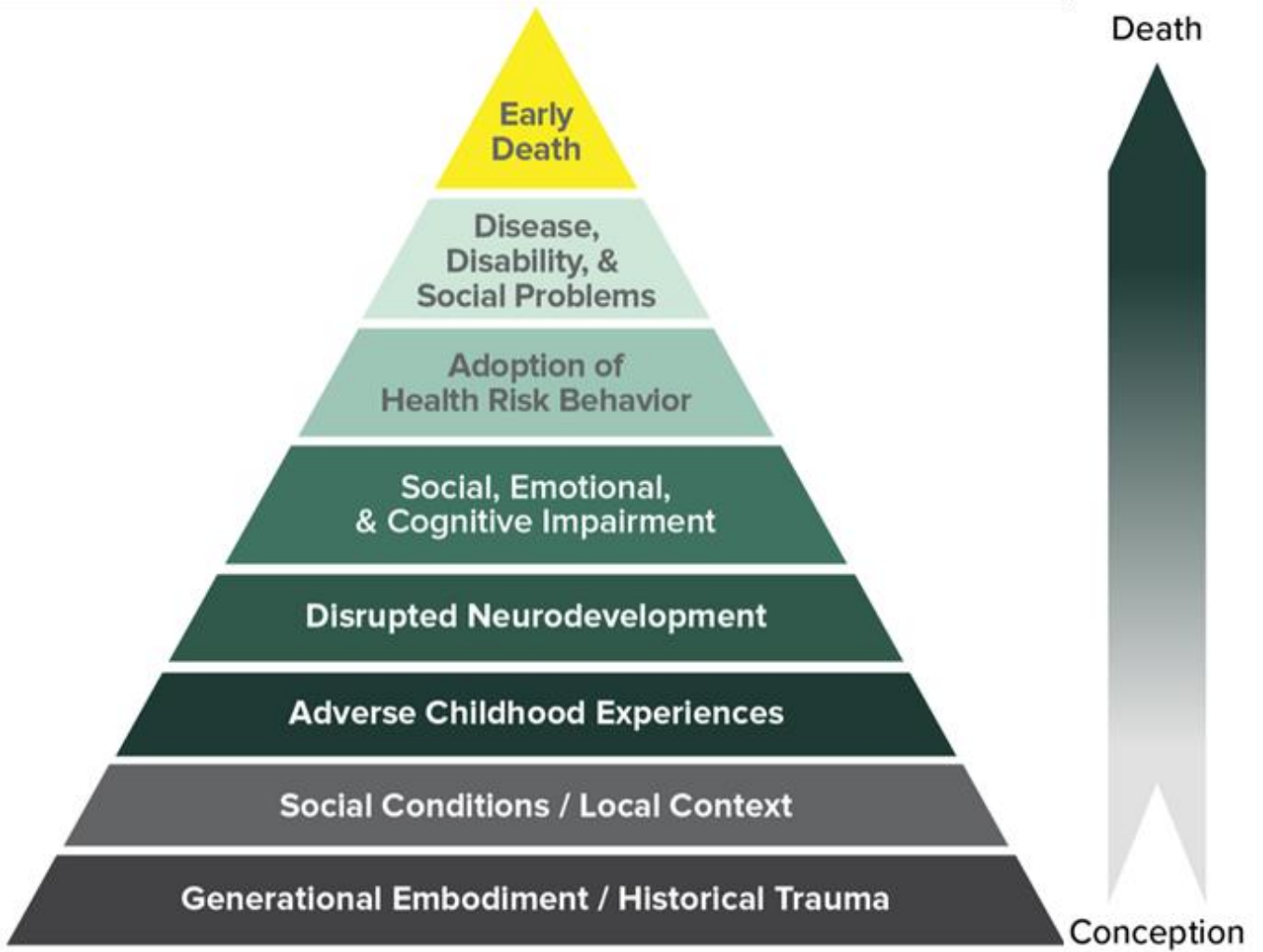


Kinesiology Muscle Testing for the level of truth

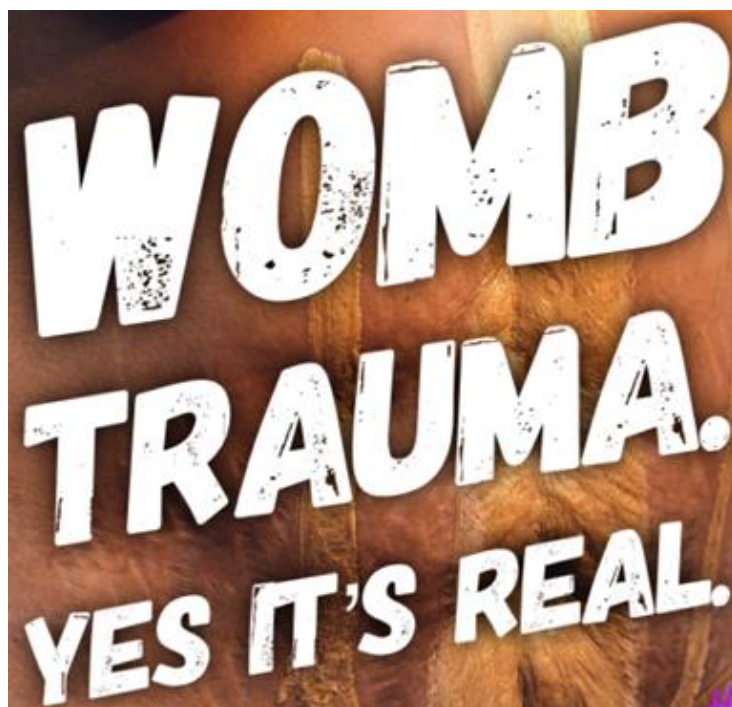


our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

<http://www.pascashealth.com/index.php/library.html>
Library Download – Pascas Papers
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



COMMERCIAL IN CONFIDENCE

We Are
TRUTHSEEKERS

**WE ARE
TRUTH
SEEKERS**

**WE ARE
THE TRUTH
SEEKERS**



THE TRUTH SEEKERS



COMMERCIAL IN CONFIDENCE

PASCAS UNIVERSITY

HIGHER EDUCATION SUBJECT GROUPINGS:



ANIMALS AND LAND



ARCHITECTURE, BUILDING AND CONSTRUCTION



ARTS, HUMANITIES AND LANGUAGES



CREATIVE ARTS, DESIGN AND MEDIA



ECONOMICS, COMMERCE, BUSINESS AND MANAGEMENT



EDUCATION AND TEACHING



ENGINEERING



HEALTH SCIENCES (ACADEMIC)



HEALTH SCIENCES (PROFESSIONAL)



HOSPITALITY, TOURISM AND EVENT MANAGEMENT



INFORMATION TECHNOLOGY AND COMPUTER SCIENCE



INTERNATIONAL RELATIONS AND DEVELOPMENT STUDIES



LAW AND CRIMINOLOGY



MARINE, ENVIRONMENT AND RENEWABLE ENERGY



MEDICINE



MULTIMEDIA MOVIES AND MUSIC



NURSING, MIDWIFERY AND PARAMEDICINE



PSYCHOLOGY



SCIENCE



SOCIAL WORK AND COUNSELLING



SPORTS AND EXERCISE SCIENCE

CHALDI TAFE COLLEGE

Technical and Further Education



Building and construction



Child care



Sports and fitness



Technology, information and networking



Nursing and health



Creative



Agriculture and horticulture



Automotive



Business, justice and management



Community services



Hospitality and cookery



Beauty and hairdressing



By location



Online courses



Apprenticeships



TAFE at School

COMMERCIAL IN CONFIDENCE

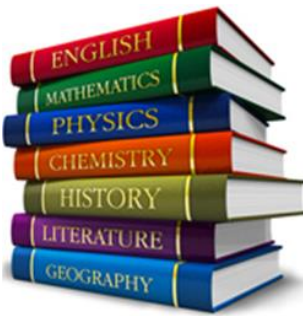
CHALDI COLLEGE

Primary thru to High

"Feelings First"



Children Tutoring Each Other!







































COMMERCIAL IN CONFIDENCE

Pascas Care Hospital



**Pascas Care
Medical Clinic**

Medical Specialties

- | | | | | | |
|--|---|--|---|--|---|
| 
Geriatrics | 
Obstetrics | 
Postnatal Care | 
pregnancy | 
Cardiology | 
Fetus |
| 
Rhinology | 
Pulmonology | 
Dental Care | 
Facial Plastic Surgery | 
Gynecology | 
Dermatology |
| 
Otology | 
Gastroenterology | 
Hepatology | 
Psychiatry | 
Plastic Surgery | 
Symptom Checker |
| 
Human Brain | 
Pelvic Bone | 
Neurosurgery | 
Chiropractic | 
Hematology | 
Osteology |
| 
Breast Augmentation | 
Breast Reduction | 
Optometry | 
Naturopathy | 
Newborn | 
Herbal Medicine |
| 
Ear examination | 
Eye Specialties | 
Dermatology | 
Neurology | 
Orthopedics | 
Pulmonology |

**Pascas Care
MEDICAL CENTRE**



PASCAS HEALTH SANCTUARY:

ALLOPATHY PROFESSIONAL MEDICAL TEAMS - OVERVIEW

Briefing notes by Dr Daniel T O'Connor who will act as liaison officer and be instrumental in the establishment of the medial advisory committee which is to consist of 12 to 22 members:

The team concept as per these headings for the Pascas Health Sanctuary and Clinics goes like this:

NEUROSURGERY:

A neurosurgical team includes neurosurgeons capable of dealing with intracranial, spinal and peripheral neurological disorders. They are supported by neurophysicians for diagnostic work as well as radiologists and various therapists who are involved post-operatively. A neurosurgical team also requires that there be nursing staff with expertise in the management of neurosurgical cases.



EARS, NOSE & THROAT - ENT:

In addition to orthodox ENT surgeons there is a need for an endoscopic sinus surgeon, laser surgeon, head and neck surgeon, along with support and speech pathologists, speech therapists, radiologists, etcetera.

UROLOGY:

Surgeons and urologists co-operate most frequently in the discipline of urology. A urologist with paediatric experience or a paediatric surgeon with urological experience is also essential as well as support physiotherapists etcetera.

ORTHOPAEDIC:

General orthopaedic surgeons would be needed plus arthroscopy experts, hand surgeons, microsurgions, trauma surgeons. Physiotherapy and orthopaedic surgery can't survive without each other.

TRAUMA SURGERY:

Trauma surgery is a special consideration as the Hospital will have a busy accident and emergency department so there needs to be readily available general surgeon with trauma experience; orthopaedists, neurosurgeons, etc., twenty-four hours a day to back up the Accident and Emergency (A & E) department and with the ability to call in other surgical disciplines as required for example, ophthalmic, plastic, etcetera.

GYNAECOLOGY:

Gynaecological surgery is now split into general gynaecology, cancer surgery, endoscopic surgery, colposcopic and laser surgery. Either way, the hospital will require several experts or gynaecologists with multiple expertise.

IN-VITRO FERTILISATION - IVF:

There is no mention of IVF in the projected work areas and this may well be of consideration for Pascas Health Sanctuary. For IVF there is need in addition to endoscopic surgical expertise, a dedicated laboratory support team for efficient function as well as support counsellors, etcetera.

Radiology / ultrasound are an integral part of gynaecological services these days.

GENERAL SURGERY:

General surgeons have split their expertise so there are now colorectal surgeons, breast and endocrine surgeons, vascular surgeons, endoscopic surgeons, and so on. Their teams include radiology / ultrasound, alimentary tract endoscopists, endocrinologists, pathologists, physiotherapists, etcetera.

Paediatric surgery is a highly specialised area which encompasses endoscopic surgery as well as plastic surgery and requires special theatre facilities and post-operative care teams.

OPHTHALMIC SURGERY:

Eye surgeons now specialise in the anterior and posterior chamber of the eye, plastic and reparative / corrective surgery, laser surgery, lens extraction and implants, and work on a mix of day case and inpatient care. They require orthoptists and trained ophthalmic nursing staff as part of their team.

DENTAL and FACIOMAXILLARY SURGEONS:

They work in the same area and need radiological, pathology and physiotherapy support.

PLASTIC and RECONSTRUCTIVE SURGERY:

Plastic and reconstructive surgeons include microsurgical repair teams, reconstructive surgery and head and neck surgeons who again require radiology, pathology, physiotherapy and special nursing care staff.

CARDIO THORACIC:

Cardiac by-pass surgeons need the assistance of cardiologists, radiologists, perfusionists as well as physiotherapists and highly skilled intensive care nursing personnel.

This list is not exhaustive but aims to provide an idea of the teams that are required for the various surgical units that Pascas Health Sanctuary Hospital being established on the Gold Coast, Queensland, as well as the Bahamas and South Africa and elsewhere during the construction and fitout period.

You will note that there are particular support disciplines common to all surgical teams - for example, radiology, anaesthetics, physiotherapy and nursing care.

For many of the surgical disciplines specialised nursing skills are required - for example, ophthalmic, orthopaedic, paediatric and so forth.



ONCOLOGY - CANCER:

When looking at the relevant cancer treating teams you add to the basic unit specialist radiotherapists as well as radiologists and these are two separate areas of expertise with the frame work of radiology, chemotherapy specialists and pathologists, counsellors and support staff and the usual management goes like this:

A patient is diagnosed with a malignancy. Pathological confirmation is obtained and the relative oncology unit usually considers the individual in committee and allocates a therapeutic management protocol for the ongoing care of the patient. For this purpose special specific discipline oncology clinics are held where follow-up is also maintained after initial treatment. These clinics are usually held on a once a week basis and there would be in attendance, for instance say for gynaecology, the patients gynaecological cancer surgeon, radiotherapist, chemotherapy specialist, support nursing staff or counsellor and pathologist.

These special discipline teams usually meet on a weekly basis where they see new cases and follow-up cases and of course function all year round.

One reason why it is important to make sure there is two of every type of surgical specialist on the staff is that there is always people away on leave or at courses and so forth, and if there is only one person then everything grinds to a halt during their absence, whereas if with at least two then these clinic services go on irrespective.

CARDIOLOGY:

Similarly with heart disease patients, the diagnosis involves triage by clinical history and examination, stress test, angiography and perhaps nuclear medicine, and then a committee of the cardiology clinic may allocate individuals to different therapeutic programs - for example, angioplasty or CABG surgery or palliation only, etcetera.

Within the cardiology clinic there will therefore need to be cardiologists, interventional cardiologists, radiologists, cardiac surgeons, as well as anaesthetists with specialised skills and perfusionists, physiotherapists, dieticians, psychologists, etcetera.



RADIOTHERAPY UNIT:

There will be a need for two of everyone covering radiation oncology, medical oncology, radiographers covering planning and treatment, nursing staff that are oncology trained in therapeutic radiation, physicists, x-ray engineers and pharmacist – pharmacy to be equipped with laminar flow unit. Patient care has two groups, a day care unit to accommodate 10 in a quiet area with observation and the other being a cluster of wards for the more serious cases. A radiotherapy director is to be appointed.

DIRECTOR of MEDICAL SERVICES:

Each clinical service will have its own director who, in turn, are to be supported by a Director of Medical Services as appointed by Pascas Health Sanctuary.

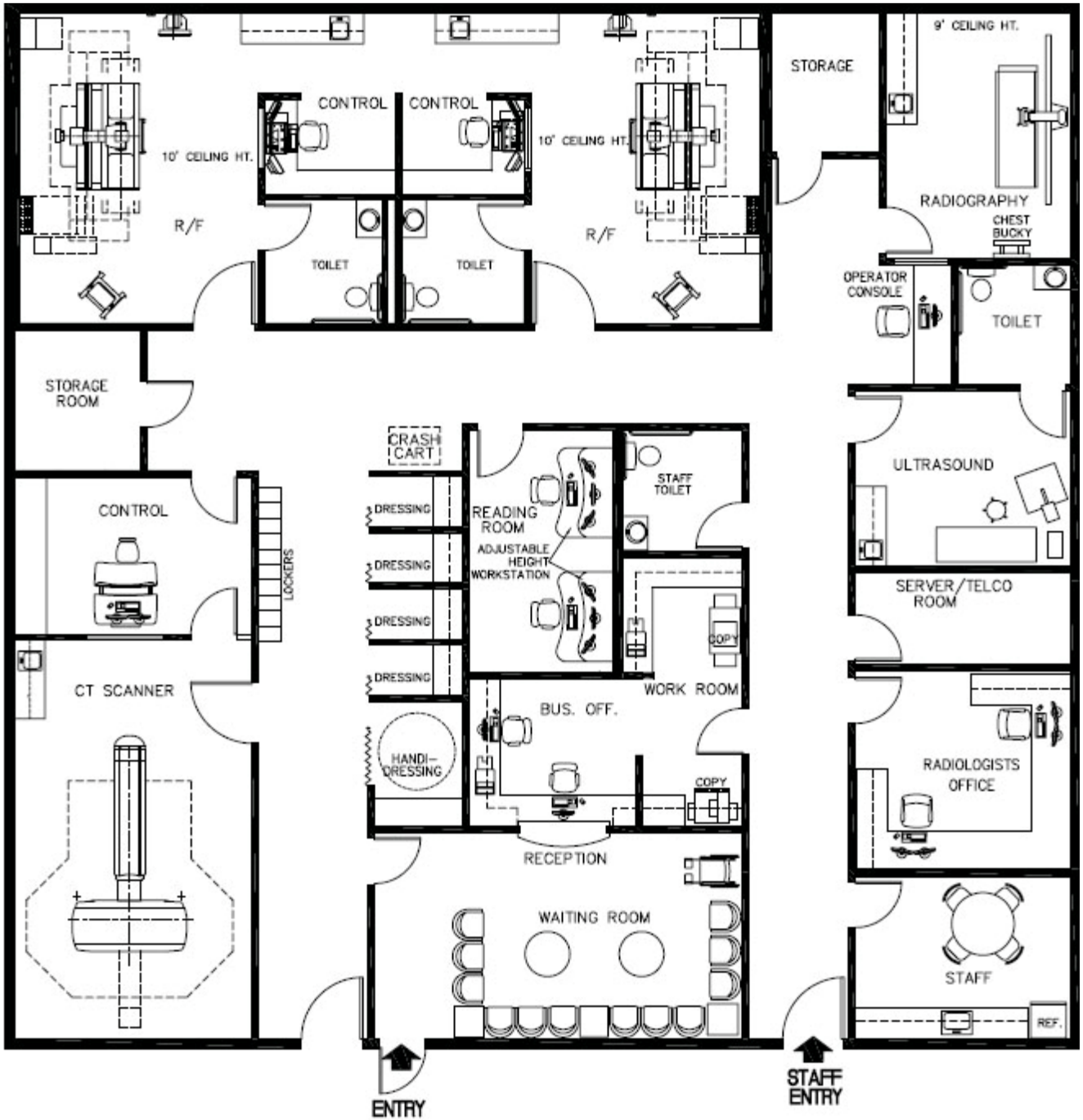
Case management is assigned to a Diagnostic Streamer. Patient interviews will typically be with all appropriate diagnostic technicians within one session.



Streamer's Meeting



COMMERCIAL IN CONFIDENCE



RADIOLOGY

4422 SF

PASCAS HEALTH SANCTUARY – MEDICAL ADVISORY COMMITTEE:

The medical advisory committee has a number of functions:

- a. Provide advice to the administration of the complex.
- b. Set the levels for ethics and skills.
- c. Endorse medical providers to use the facility and reject those who do not possess the standards set by the medical advisory committee.
- d. Advise on the equipment and physical assets required to enable the medical teams to function at the level set by the committee and the administration.
- e. Assist in ensuring that all proposed medical services are provided and at the highest possible standard.

A representative would be appointed from each department and the appointees then elect their chairman. A Leader will act as liaison officer between the committee and administration.

MEDICAL TEAMS:

Based around their various disciplines and frequently with overlapping boundaries:

MEDICINE	Endocrinology Paediatrics Respiratory Oncology Haematology	(Diabetes - Thyroid - Endrenal) Cardiology Renal Medicine (crosses over to all sections) Dermatology
PATHOLOGY	DIAGNOSTICS	RADIOLOGY
SURGERY	Neurosurgery Urology Trauma Surgery In-Vitro Fertilisation Ophthalmic Surgery Plastic & Reconstructive Surgery	Ears Nose & Throat Orthopaedic Gynaecology General Surgery Dental & Faciomaxillary Surgery Cardio Thoracic
ANAESTHETICS	Anaesthetics Intensive Care - Coronary Care	Pain Clinic
EMERGENCY	Crash Team	Ambulance

These teams will typically be drawn from the more than 200 medical specialists and 550 general practitioners practising within the region of service.

PASCAS HEALTH SANCTUARY – X-RAY UNIT:

DIAGNOSTIC SERVICE

The X-Ray Unit is possibly the most important and most expensive diagnostic unit within the total complex. The unit requires a wide range of equipment not only within the department but mobile units within the Theatre suites.

Access to the Unit has to be from:

1. The emergency / casualty service department and being direct.
2. Outpatients being referred by Doctors within the complex and outside the complex.
3. Inpatients being brought from the wards for examination and emergency service and support for the Theatres.

EMERGENCY

Emergency patients should not be moved long distances from one hospital department to another during crucial times in their fight for life says American radiographer Mary Lou Durizch.

And she says the best set-up for saving lives is often in smaller hospitals where the radiography department is next to the emergency room.

EQUIPMENT SUPPORT

An engineers office is to be set up within the hospital to enable bio-medical engineers to maintain the equipment on site. The room should be 4 metres by 4 metres and this would enable most maintenance and repairs to be carried out on site.

It is proposed that the Hospital would employ its own technician though he would be trained by the major equipment supplier for the department.

Service contracts after the initial 12 months warranty are 7% of the unit cost per annum however these can be negotiated down to 4%.

Steve Shapter, the past General Manager of the Medical Division of Toshiba (Australia) Pty Ltd (Bs 02 9887 3322 - current General Manager is Rosina Davies) has proposed that Toshiba would pay the Hospital for the use of its facilities for making the centre a training unit for Toshiba. About 20 technicians are trained at a time and they would be disbursed to all over South East Asia, Australia and New Zealand. The concept has merit in as much it will assist in the promotion of the complex in export market areas.

EQUIPMENT SUPPLIER

The best deal is to be struck with a supplier who can provide the widest range of equipment at the best price. Equipment must be compatible such as the CAT Scan must be compatible with the Linear Accelerator.

A one supplier situation will enhance maintenance as responsibility will be with one firm and economies in maintenance can be achieved as outlined above as well as the speed of the maintenance.

The supplier will have to actively promote our facility locally and overseas.

MAGNETIC RESONANCE IMAGING

Apart from its very expensive price tag of up to US\$4 million and the lack of any refund to Medicare patients, it is clear that the equipment is undergoing continual rapid development and that the correct time to review an acquisition would be in 1996. Rapid enhancements are being made to programs as well as the hardware which would put current models in the dark ages within two years.

MRI has the lead over CT's in the neurological department. It is clear that MRI can carry out a number of investigations that CT cannot do as well.

Dr Simon Strass states that he experienced the need for at least two patients per week requiring the services of MRI. A survey of a wide range of Doctors is required to be undertaken.

Space must be provided within the complex such as for MRI Spectroscopy.

EQUIPMENT SUPPLIER

They may be:

Toshiba

Fischer Imaging Aust

General Electric

Hitachi

Phonar

Seimans

Philips

Elscint Medical Equipment

DISABILITY accommodating MEDICAL CENTRE:

One in five people have a disability that needs medical attendance.

Access to health services



Disability group

Disability group is a broad categorisation of disability. It is based on underlying health conditions and on impairments, activity limitations and participation restrictions. It is not a diagnostic grouping, nor is there a one-to-one correspondence between a health condition and a disability group.

Broadly, grouping disabilities depends on whether they relate to functioning of the mind or the senses, or to anatomy or physiology. Each disability group may refer to a single disability or be composed of a number of broadly similar disabilities. These 6 separate groups are based on the particular type of disability;

- sensory and speech (sight, hearing, speech)
- intellectual (difficulty learning or understanding)
- physical (including breathing difficulties, chronic or recurrent pain, incomplete use of limbs and more)
- psychosocial (including nervous or emotional conditions, mental illness, memory problems, and social or behavioural difficulties)
- head injury, stroke or acquired brain injury
- other (restrictions in everyday activities due to other long-term conditions or ailments).



Comprehensive care delivery

- Patients are engaged as partners in their care
- Goals of care guide clinical decisions and the patient journey
- Diversity and equity are respected and supported
- Transparency is a core element of safety and quality care

Clear purpose, strategy and leadership

- A commitment to exceptional person-centred care is clearly stated in the organisations purpose and strategy
- Great leadership drives exceptional person-centred care, with the support of champions across the organisation
- A person-centred strategy is articulated to the workforce and the community and implemented across the organisation.

People, capability and a person-centred culture

- An organisational culture for person-centred care is built and maintained through long-term systematic approach
- The capabilities of all members of the workforce are continually developed through formal and informal learning
- The organisation regularly monitors and is dedicated to support workforce satisfaction and wellbeing

Person-centred governance systems

- Consumers and the community are involved in governance at all levels
- Consumers are trained and supported to meaningfully contribute
- Organisational structures and models of care are designed around the person
- There are clear accountabilities at all levels – from the board to the clinician
- Financial, strategic and operational decisions and processes are person-centred

Strong external partnerships

- Healthcare organisations have a comprehensive network of service partner and relationships
- There is a focus on seamless transitions and coordination of care
- Healthcare organisations operate as leaders in the system improvement
- Community volunteers are recognised and supported as critical partners in enhancing the patient experience

Person-centred technology and built environment

- Person-centred design principles are applied to the built environment
- Healthcare organisations are pragmatic and innovative where resources are limited
- Technology must enhance patient experiences and outcomes, but also not be relied upon alone

Measurement for improvement

- There is culture of learning and continuous improvement
- Measurement can be acted on to improve outcomes and reflects what patients and communities value

The term “medically disabled” refers to **disability based solely on impairment(s) which are considered to be so medically severe as to prevent a person from doing any substantial gainful activity.**

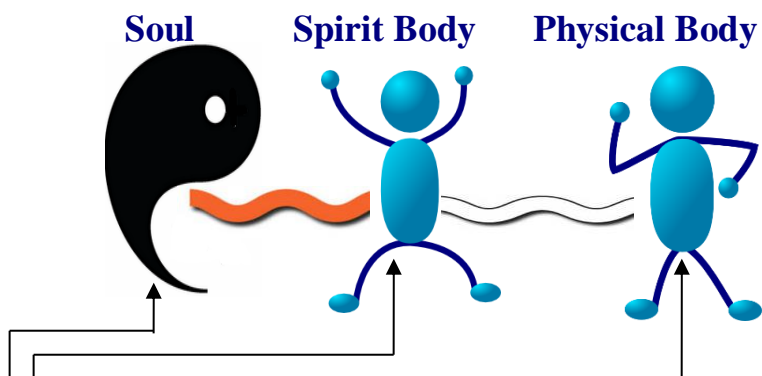
Recognising that each person with a disability has unique needs, we offer services that aim to provide an array of support options to help you make the best decision. Programs like [Adult Family Care](#) and [Personal Care Attendant](#) offer ways for you to live with a caregiver or on your own with just the right amount of in-home support for your needs, while [Healthy Living](#) workshops can help you learn to better manage your condition and take control of your life.

- | | |
|--|--|
| <ul style="list-style-type: none"> Adult Day Health Screens Adult Family Care Benefits Counselling Case Management Community Choices Community Nursing Facility Screens Congregate Housing Consumer-Directed Care Enhanced Community Options Farm to Home Food Program Home Care Services Information and Caregiver Resource Centre Healthy Living <ul style="list-style-type: none"> ○ My Life, My Health: Living Well with Long-Term Health Conditions ○ Chronic Pain Self-Management ○ Diabetes Self-Management ○ A Matter of Balance: Managing Concerns About Falls ○ Healthy Eating For Successful Living in Older Adults ○ Enhance Wellness Coaching ○ Healthy Living Testimonial | <ul style="list-style-type: none"> Information & Referral Long-Term Care Ombudsman Program Meals on Wheels Money Follows the Person Nursing Facility Discharges Nutrition Education & Consultation Options Counselling Personal Care Attendant Program (PCA) Private Pay Care Management (Senior Options) Respite Services Rides for Health Serving the Health Insurance Needs of Everyone Supportive Housing |
|--|--|

Benefits of person-centred care

 <p>Better patient and community experience</p> <ul style="list-style-type: none"> ✓ Improved patient satisfaction ✓ Improved patient engagement ✓ Improved community perceptions of healthcare organisations 	 <p>Better workforce experience and improved wellbeing</p> <ul style="list-style-type: none"> ✓ Improved workforce satisfaction ✓ Improved workforce attitudes ✓ Less workforce turnover ✓ Reduced emotional stress for the healthcare workforce ✓ Improved workforce wellbeing 	 <p>Better clinical outcomes, safety and quality</p> <ul style="list-style-type: none"> ✓ Lower mortality ✓ Reduced readmissions ✓ Reduced length of stay ✓ Reduced healthcare acquired infections ✓ Improved treatment adherence 	 <p>Better value care through lower costs of care</p> <ul style="list-style-type: none"> ✓ Shorter length of stay ✓ Lower costs per case ✓ Better utilisation of low versus high cost workforce members ✓ Less workforce turnover
--	--	---	---

HIERARCHY of HEALING SYSTEMS



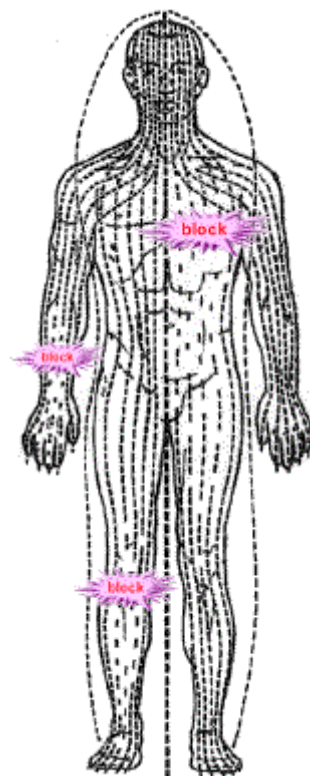
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th spirit Mansion World.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes – temporary healing.

FEELING HEALING – **EMOTIONAL EXPRESSION** addresses the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If we focus on our childhood suppression, that is the commencement on our pathway home to our Heavenly Parents. Improving our soul condition is the ultimate goal.



When educators do not know what it is that they are teaching - that is the subject of Medicine!

Doctors do not know what the cause is of any illness - that is maybe why they have identified more than 10,000 illnesses and diseases!

Education and Health systems are now to EVOLVE!

The elephant in the room being: CHILDHOOD SUPPRESSION

The pathway forward is to embrace: FEELING-HEALING

Pathway Forward

Hippocratic Oath



New Feelings Way: learning how to live true to ourselves by living true to our feelings.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

By living true to ourselves true to our feelings, we are living true to God. It's that simple.

Golden Rule: that one must always honour another's will as one honours one's own.

The Golden rule is: Never interfere with another's will.

God's Divine Love: Pray for it, ask for it, and receive it.

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

PASCAS FOUNDATION (AUST) Ltd



7 July 2022

Pascas Foundation (Sri Lanka) Limited TEAMS

A paramount team leader may be seen in:

<https://www.gobankingrates.com/net-worth/politicians/volodymyr-zelensky-net-worth/>

“Volodymyr Zelenskyy earned most of his money as a Ukrainian entertainer, starring in Russian-language films including “Love in the Big City,” “Office Romance,” and “8 First Dates.” The tri-lingual president, who is fluent in Russian, Ukrainian and English, also dubbed the Ukrainian voiceovers for “Paddington” and “Paddington 2.”

“From 2015 to 2019, he starred in a political satire comedy series, “Servant of the People.” The oddly prophetic show, which aired for 51 episodes, chronicled the adventures of a high school teacher turned president of Ukraine. In 2019, Zelenskyy ran for office and was elected as president.

“Although this marked Zelenskyy’s first foray into politics, he does have the education to back up his recent career change. He graduated from Kryvyi Rih Institute of Economics with a law degree, but never practiced, according to ClutchPoints.

“Zelenskyy’s current role as Ukrainian president earns him only 28,000 Hryvnia per month, or just US\$930 per month, per Celebrity Net Worth — which is an annual salary of roughly US\$11,200 per year.

“The Ukrainian president, Volodymyr Zelenskyy won the hearts of the western world when, upon the recent invasion of his country by Russia, he refused an offer from the U.S. to help him evacuate from the capital, Kyiv. “I need ammunition, not a ride,” he famously said.”

A fringe benefit of being President is that you may be provided with body armour!


Communications are difficult at the best of times, however within a multicultural / multilingual nation such as Sri Lanka, the multiple languages being engaged throughout the nation makes communications even more difficult.

Control is an addiction throughout all of humanity. Control over others as well as control over the environment. We have all been induced since very early childhood to be mind-centric. It is our mind that is addicted to control, control over others and the environment. Further, our mind cannot discern truth from falsehood, our mind is also addicted to untruth. Consequently our assumptions are 98% of the time in error – the other 2% are flukes!

Thus, Pascas universally gravitates to favour functioning as **TEAMS**.

Kindly go to www.pascashealth.com, then the Library Download page, scroll down the index to CORPORATE FOUNDATION DOCUMENTS, and click to open:

 [Pascas WorldCare Teams.pdf](#)

 [Pascas WorldCare Teams and Bottom Up Democracy.pdf](#)

 [Pascas WorldCare Teams Wisdom & Operation.pdf](#)

 [Pascas WorldCare Teams with PTQP.pdf](#)

Teams provides for team members to have the potential to experience and develop in the areas they prefer and that the community of the team is a focus training and experiencing environment. It is not hierarchical, there is no paramount dominant authority, we are each to be listened to.

Consequently, there are no closed office doors. It is even preferable to remove all doors from offices. We may even go so far as to throw away keys to filing cabinets. Human resource people may retain confidential files appropriately.

An hierarchy sometimes has a director as its pinnacle. So, what is a director?

When a corporation is established, the Register of Companies requires directors to be nominated. It is a statutory requirement. These appointees authorise annual reports, consequently sign same, they call meetings and tend to officiate at annual general meetings. Over a full year, this may take as little as one hour of their time. It is a statutory requirement!

A group in an organisation that may be seen as important is the executive leadership administrative team – ADMINISTRATION – and it is this team who develop wide ranging, comprehensive, oversight, managerial supportive skills. They have multiple rolls. And they are to fill in for each other. They are to act intuitively. They are the big picture / little picture guys. They may be highly educated or just highly experienced. But, most importantly, one is not any more ‘important’ than the other. They are all very important and critical to the vibrancy and productivity of the venture.

With a team, the team as a whole is the hierarchy. And this hierarchy does anoint a team leader, typically for a year. Leadership is important, but more important is our individual experiences. It is from what we experience that we discover and thrive from. We are to express what unfolds for us through our feelings, we are to share our feelings to our companions and we are to seek / long to understand that which we are feeling, both good and bad. This we will and are to do for eternity.

We each have been suppressed in expressing ourselves. This commenced from the moment of conception. Our parents, once they realised (eventually) that we were here, began to impress upon us THEIR plans for us. That amplified when we were born and by the time we were six years of age they have totally suppressed our true personality, the one our Heavenly Parents know us by, and we have ever since been presenting a personality façade that our parents imposed upon us. This is how and why we are all in such a difficult and confused state.

Now, under TEAM structures there are no titles. Everyone is to be encouraged to express their true selves, they are to be provided with pathways and windows to truly be themselves, to follow their passions. This is unique and difficult to comprehend, let alone accept and engage in. Admittedly, this will be difficult to achieve, however let us give it a chance to unfold.

As no one has a title, then we each have a generic title such as ‘administration’. We are to embrace our passions and let them shine. There are no ‘directors’, there are no ‘executives’, we are each very important, unique, special personalities and our title is our NAME!

We each have somethings, some gifts, something special, an experience, a desire, a personal but withheld ability and this is what Pascas welcomes and invites to have bloom. Yes, sometimes this will drive us crazy with what the hell are you doing, and then we will discover that we all benefit by this expression of individuality – so let us all stand together to allow individuality to bloom!

BUSINESS CASE:

We are each unique personalities. There is no one else like you or me on Earth. There never has been and there never will. Yet, from the moment of conception we are driven to adopt a false façade personality that typically our parents and early childhood carers impose upon us.

Firstly, we are continually influenced to live mind centric, we ‘need’ to develop our minds, we need to learn our times tables, we need to learn our alphabet, we need to learn poetry by rote, we need to do all kinds of things. But most damaging and dangerous is we ‘need’ to worship our minds and suppress our feelings. This starts from conception and by the time we are six years old we are entombed in our minds. Our personality is now imprisoned in a steel wrecking ball and this has fixed our life experiences into place – suppression of our true personality will now continue throughout our whole life.

This is what our early childhood suppression and ongoing repression brings about:

- We worship our minds which cannot discern truth from falsehood.
- We embrace our mind’s dominance which causes us to need to be in control.
- Our mind is addicted to control of others and the environment.
- Also, our mind is addicted to untruth.
- As we worship our mind, we embrace the ‘assumptions’ that it unfolds for us. These assumptions are 98% in error with only 2% being in truth – these being flukes!
- When we ‘think’ we are disguising yet more erroneous assumptions.
- We are taught to suppress our feelings – Billy, don’t cry or I will give you something to cry about!
- Our feelings are always in truth. Our feelings surface from our heart area – ‘I should have followed my gut feelings’ – as against from the mind. Our feelings originate from our soul which is ALWAYS in truth.
- We are to live embracing our feelings having our mind assisting in implementing what our feelings guide us to consider. Feelings first with our mind to follow. This is in total contradistinction to how we are brought up to live.
- We are too long to understand the truth that we are to recognise from that which our feelings draw to our attention, both good and bad. Everything that we need to know is already known to us should we embrace our feelings and seek / long / ask for that which we feel for.
- As we are ALL mind centric, can we determine if any of these revelations are true and how?
- Dr David R Hawkins in ten books, starting with “Power vs Force”, introduced the “Map of Consciousness” (MoC) and with kinesiology muscle testing, not only can we determine if a statement is true or not true, we can also determine the level of truth of any statement. You and I can test each and every one of these statements for truth and the level of its truth.
- If we can hold in mind a statement then we can test its level of truth in less than one minute.
- The cost of UNTRUTH to society is 100% of all the social ailments that prevail throughout humanity, the consequence of living mind-centric, of worshipping our minds.
- Some 200,000 years ago high level spirit personalities seduced humanity to embrace our minds as the pathway to becoming mini-gods, to becoming all powerful through our minds. Only now, in 2022, do we understand how to heal ourselves of this error. It is not easy but that is what we all will do (eventually).
- As we each have taken on the emotional injuries and errors of belief of our parents, this impedes the flow of energy to and from all of our bodies to be out of balance – out of truth. This energy flow is like the electric circuit required to drive an electric appliance, like a light bulb. This is our soul light

that animates our spirit bodies and then in turn our physical body. When we are not in truth, the light we return is out of balance with what we received.

- Soul light being out of balance is the driver and origination of each and every one of our physical discomforts, pains, illnesses and disease. This is the consequence of living mind centric rather than feelings first.
- As we as parents live mind centric then when conception occurs, the newly arriving personality is literally fire-hosed with our emotional injuries and errors of belief. This dramatically damages the soul-light circulation for that perfectly formed child. A miscarriage is of a direct consequence of our injuries. A child being born with physical defects is of a direct consequence of our injuries. Childhood illness is of a direct consequence of our personal injuries.
- During our early childhood our soul condition degrades to the level of our parents!
- As we go on throughout the child's early forming years suppressing its true personality, endeavouring to mould its personality to what we believe it should be, we are bringing it into the condition that will be how it will experience life and its physical health.
- Every one of us is presenting a façade personality imposed upon us by our parents.
- Every one of us is suffering ongoing repression of our true personality to varying degrees.
- It is this early childhood suppression that fills the health system and hospitals with medical issues to be addressed all the way through our life to our physical death.
- It is this early childhood suppression that overwhelms the policing, courts and prison systems.
- It is this early childhood suppression that generates domestic violence.
- It is this early childhood suppression that has whole societies functioning in a stupor – moronic!
- It is this addiction to untruth from being mind-centric that we have conflicts and wars –
CIVIL UNREST!
- While living mind centric we cannot evolve beyond 499 on Dr David R Hawkins' Map of Consciousness (MoC). We cannot grow and live beyond what is the equivalent to the first spirit Mansion World. We are to evolve through the equivalent of seven spirit Mansion Worlds before we can enter the first of the Celestial Heavens. Prior to being conceived we each were in the condition equivalent to the seventh spirit Mansion World – just below being Celestial.
- Only when we embrace our feelings and begin to Live Feelings First, only then can we grow beyond the restraints, the restrictions of living mind centric. We have been purposely restrained by hidden controllers who seduced us to live mind centric – now we can heal that error and what we have individually taken on of that misguidance and grow to being of a Celestial Soul Condition even while living here physically on Earth.
- We now have the pathway to heal ourselves physically and then avoid conflict and war. The cost of this is our personal time and energy to embrace THE NEW WAY by LIVING FEELINGS FIRST and then go on and embrace FEELING HEALING. This is what Pascas is introducing to all of humanity. It is a way of living, it is not a religion.
- It is simple to introduce but difficult to do. Yes, others are healing themselves.
- The alternative is continuing with living in the despair and pain that you see around us.
- The golden rule is: "Never interfere with another's will."

The contents of this document test:

TRUE

On the Map of Consciousness, the contents of this document calibrates at:

MoC 1,000

John the Typist

MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

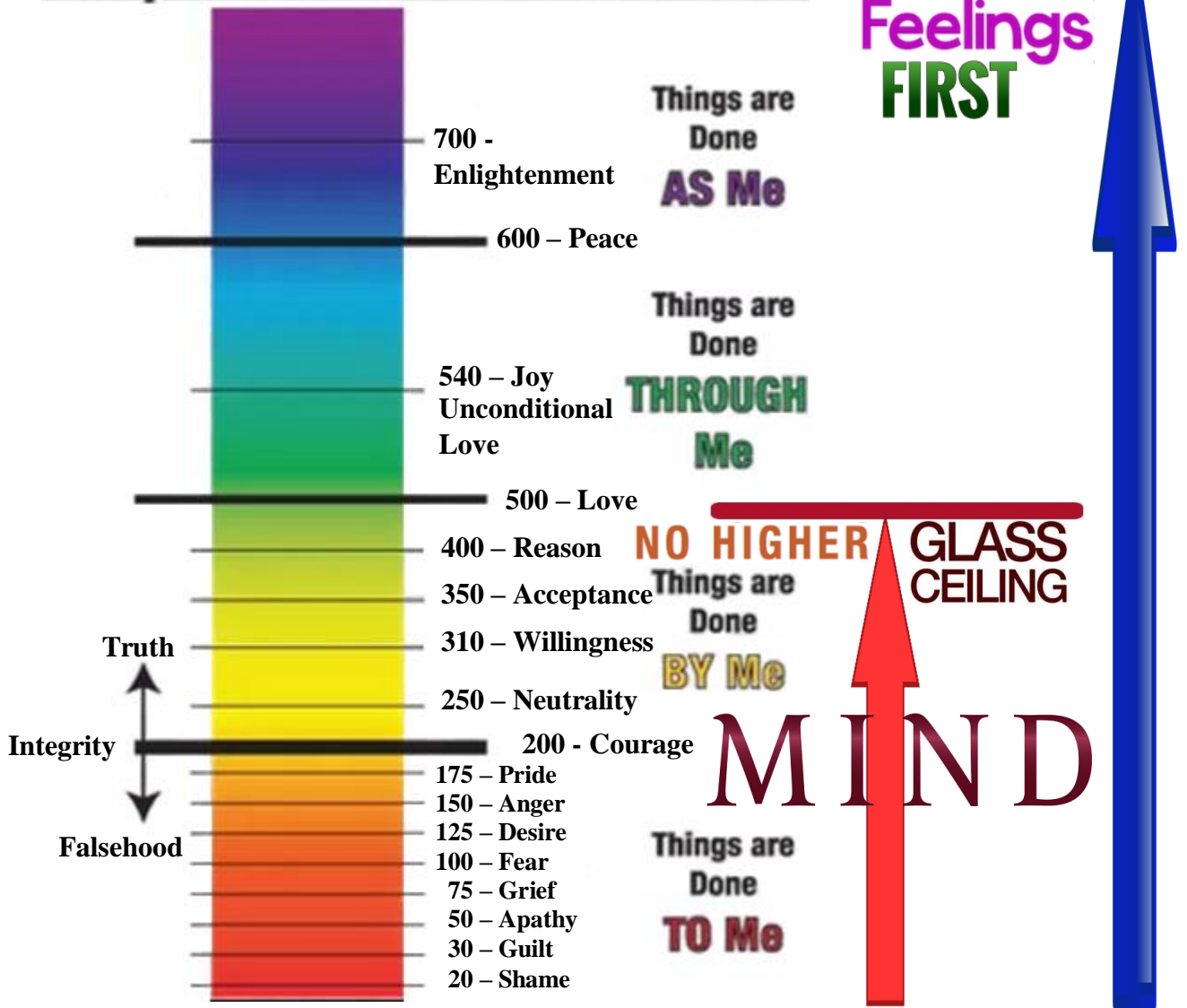
Fear dominates all motivation.

Suicide is possible and probable.

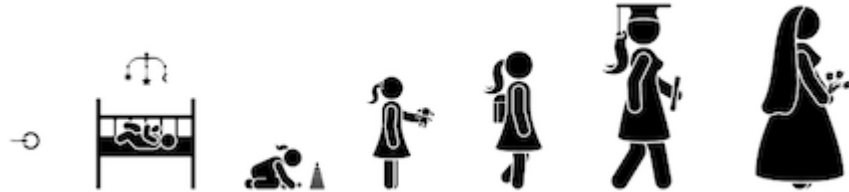
At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

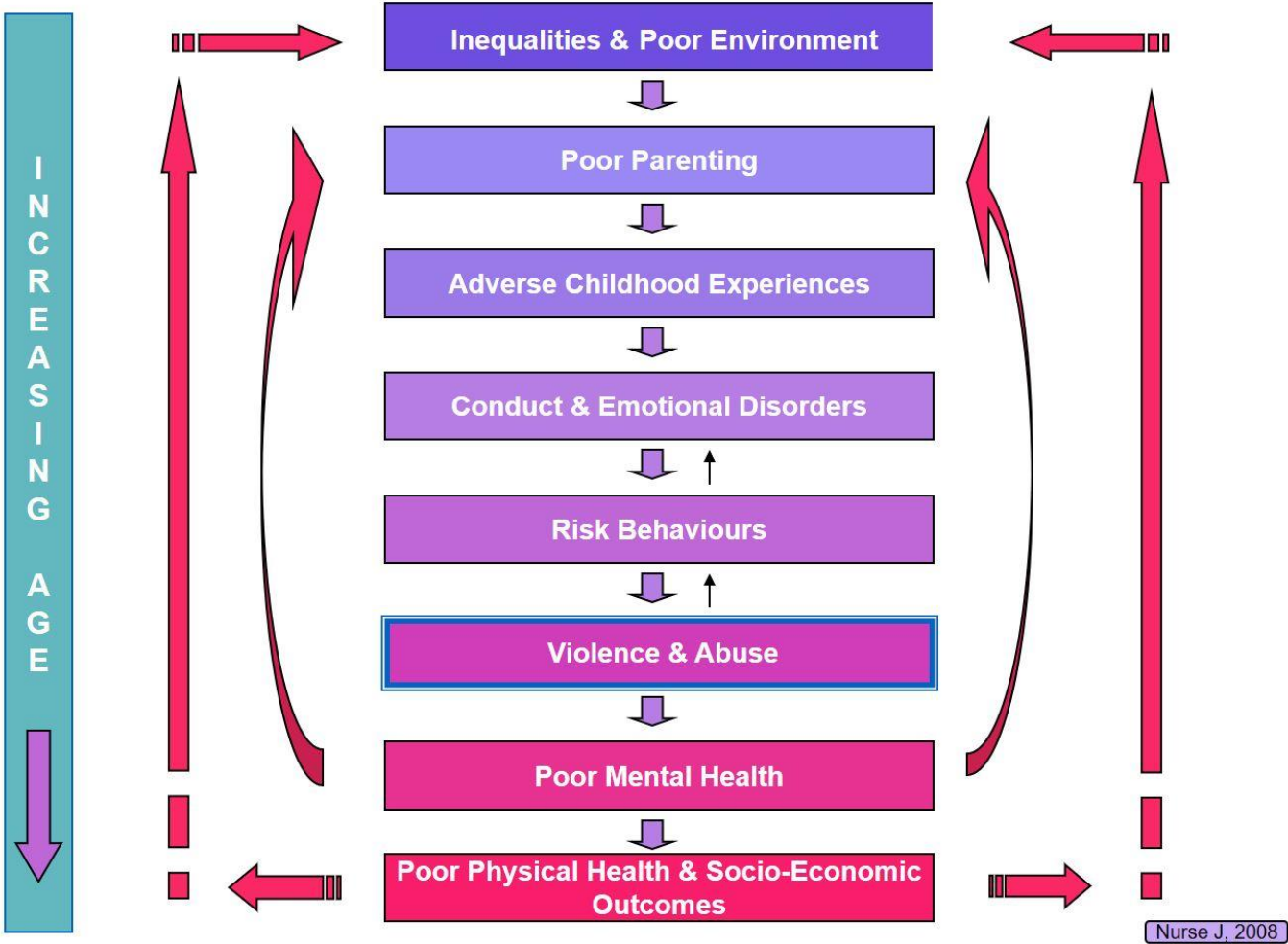
Map of Consciousness



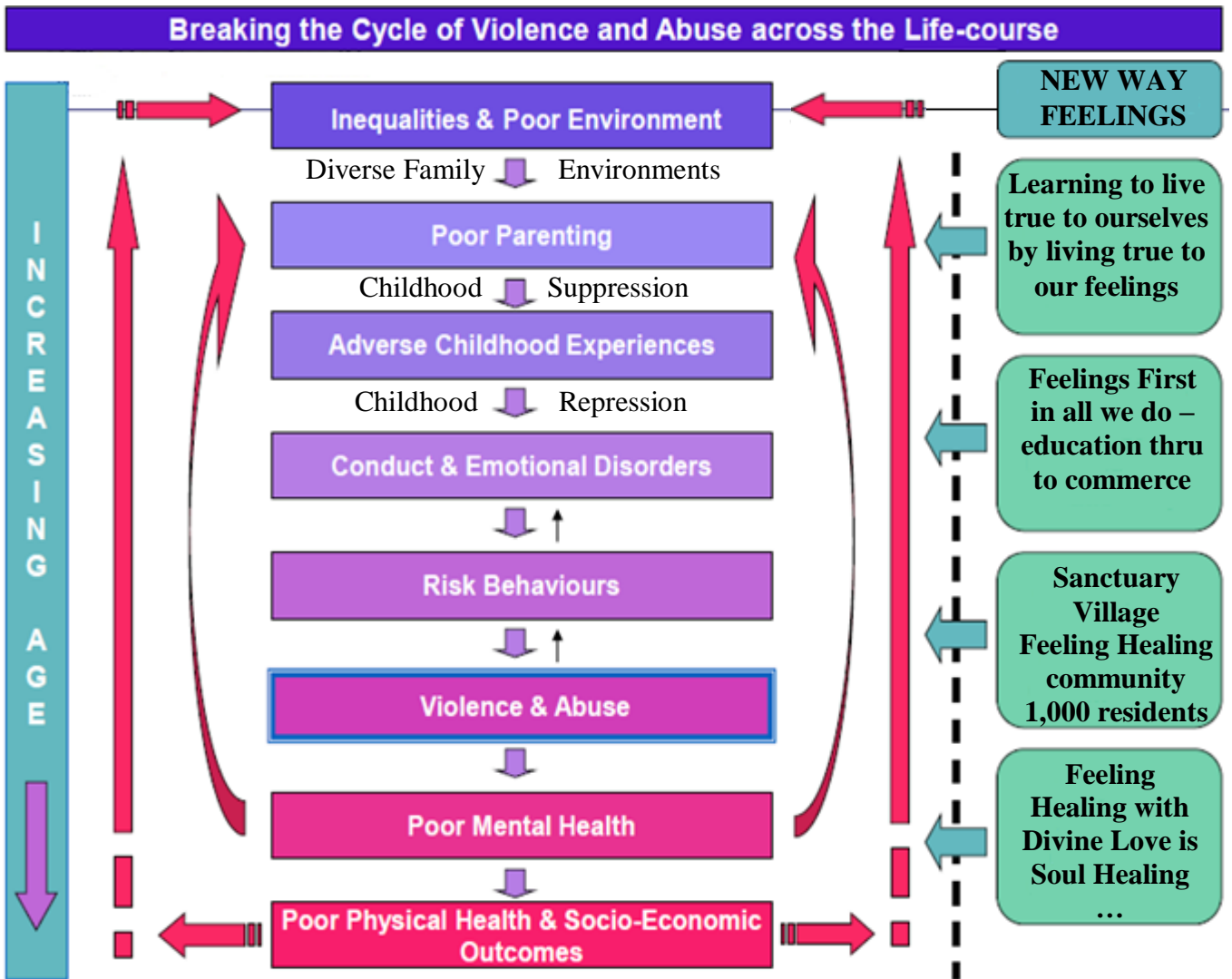
LIFE IS FOR LEARNING



The Cycle of Violence and Abuse across the Life-course

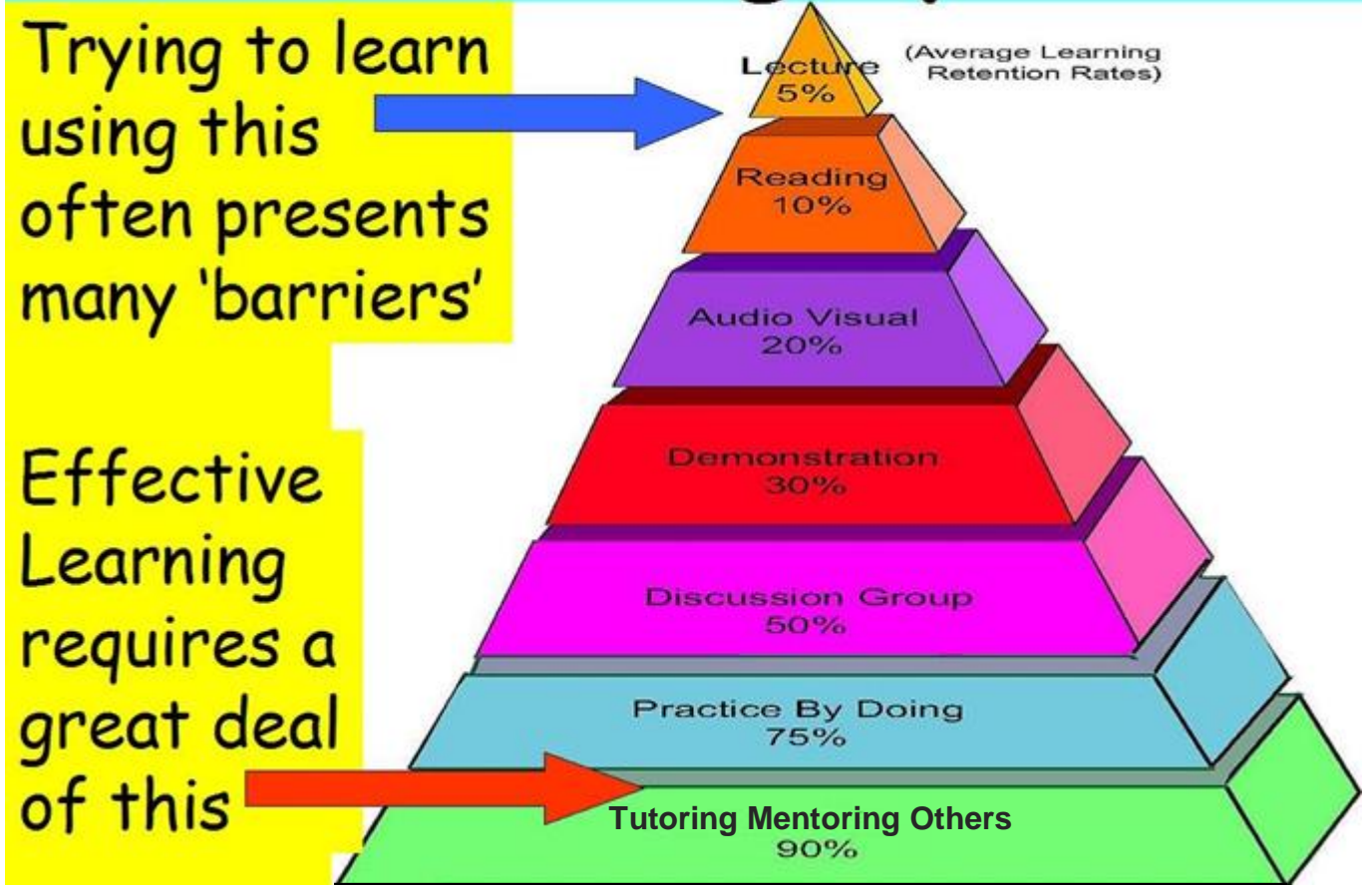


Seek **truth** from the cradle to the grave.



Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

The Learning Pyramid



100% retention is **Natural Self Expression**

Correlation of Levels of Consciousness – Soul Condition – and Society Problems

Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

*From our head to our toes,
what our feelings say goes!*



Feelings, good and bad, are to be expressed.

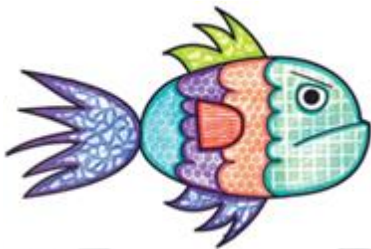


Heartfelt feelings are our truth.

LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.



Ask to know the truth about that which you feel.
It is knowing the truth of that
which you feel that sets you free!



Always be true to your feelings
because they are your truth
and truth is love and our way home!



Express your feelings to those who matter to you.
Suppressed feelings bring about pain and illness.
Talk it out to a friend!

One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend what ever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

MIND IN CONTROL

This is how it is!



FEELINGS FRIED

Great U-Turn

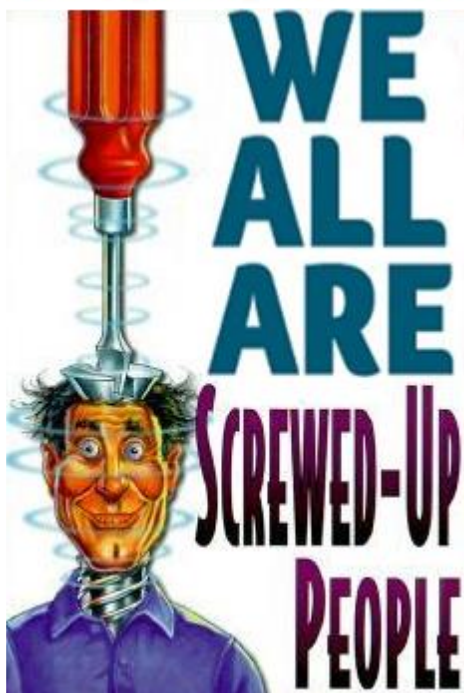
Feelings
in Control

This is how it is to be!

Mind in Support



**Consider asking yourself this question:
Who hurt me when I was a child?**



THE SCRATCH

"All that we need to know is within us all. We need to long for the truth behind that which our feelings are bringing our attention to. Behind each feeling there will be another and even more truth of ourselves to be embraced. We have been misled for aeons and now we can excel and blossom as we are intended to do so. Our potential is infinite."

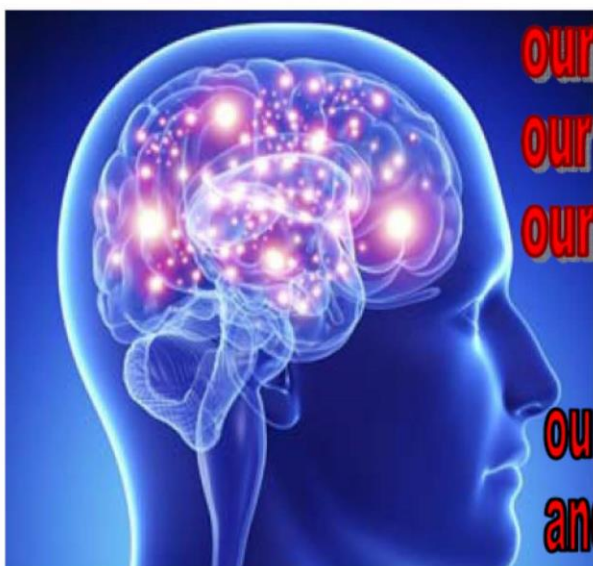
John the Typist

It is time for us all to bring our mind into balance with our feelings and open our pathway to the potential within each of us. Few recognise the difficulties that being mind-centric cause each of us. We literally worship our minds while suppressing our feelings and our true personality. We act upon assumptions that are around 98% of the time just wrong. We may start a conversation with "I think" meaning it is an assumption rising from our minds and then have a meaningless discussion!

We are truth seekers. Our life is about experiences and the feelings that arise from each such experience. Our physical existence is the commencement of our journey through our local system, local constellation, then out through our local universe and then all the way to Paradise, the home of our Heavenly Mother and Father. We each will excel in our own way and time.

Now is the greatest time in the history of humanity for it has now been revealed to us by higher level spirit personalities as to how we are to live, should we so choose to. And through these revelations we can now start to address appropriately and progressively all that ails society.

This is what Pascas Foundation brings to all the peoples of the world – revelations of **TRUTH!**



**our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.**

ASSUMPTIONS are the product of our MIND!

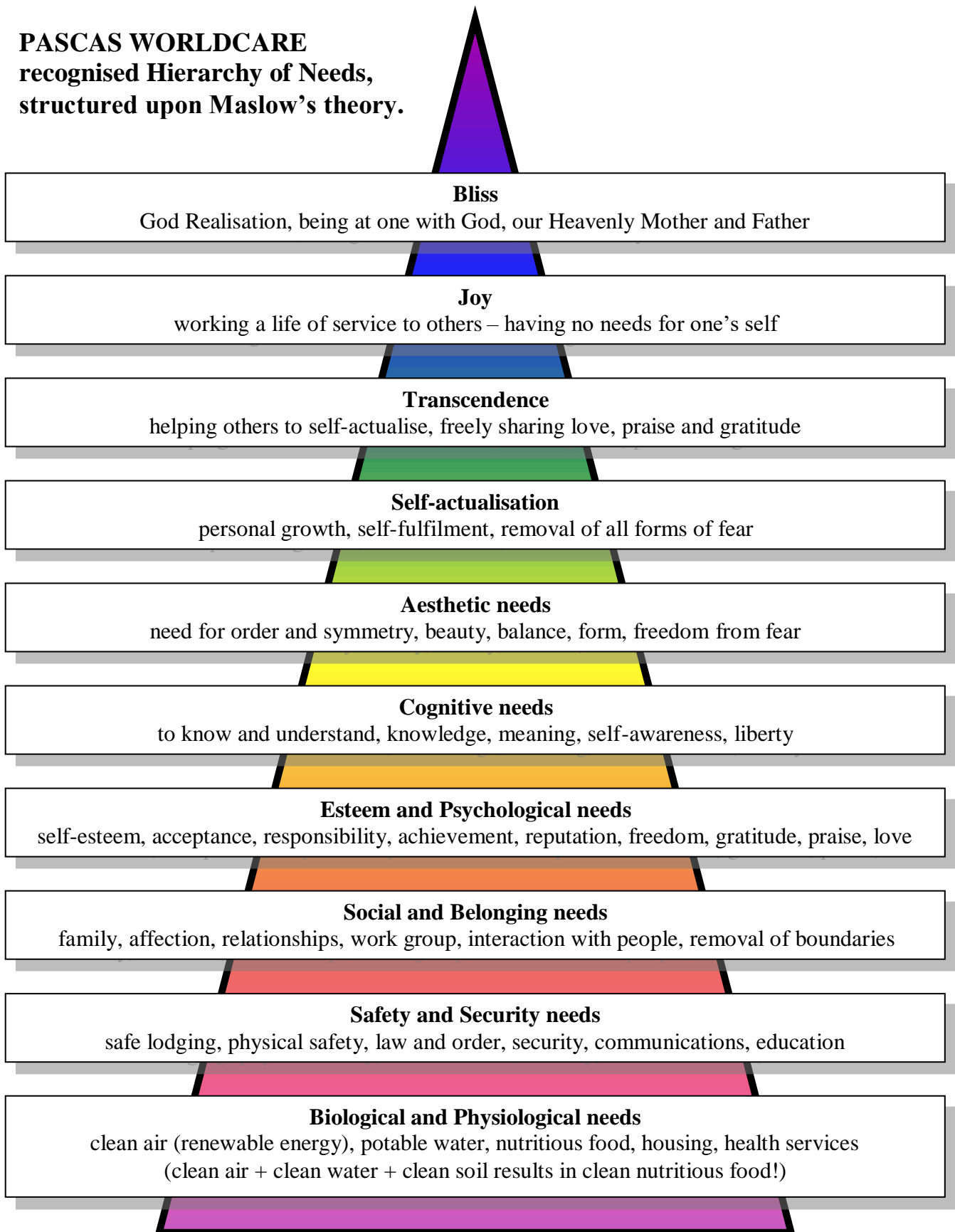
HEALING ends
MIND-CONTROL!



**our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.
our MIND suppresses FEELINGS.**

PASCAS WORLDCARE
 recognised **Hierarchy of Needs**,
 structured upon **Maslow's theory**.



MARKETING CONCEPT:

Career paths focused upon herein:

Education and Teaching

Nursing, Health and Medical

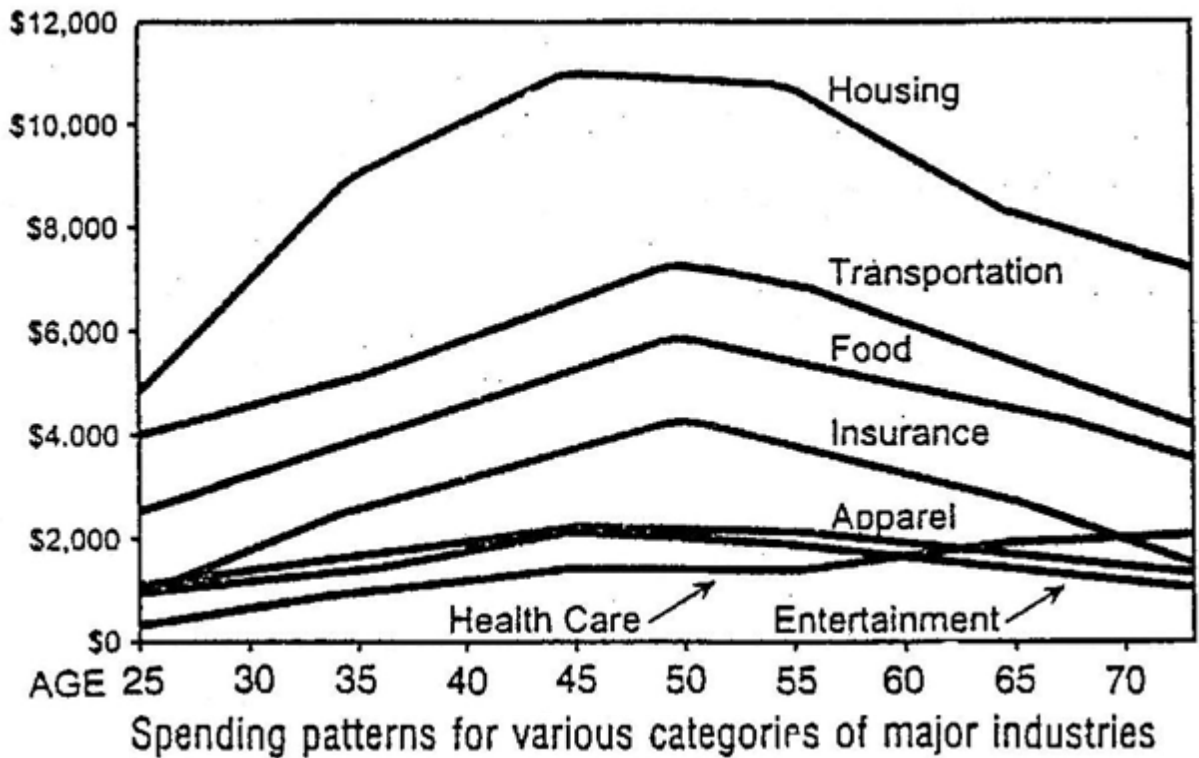
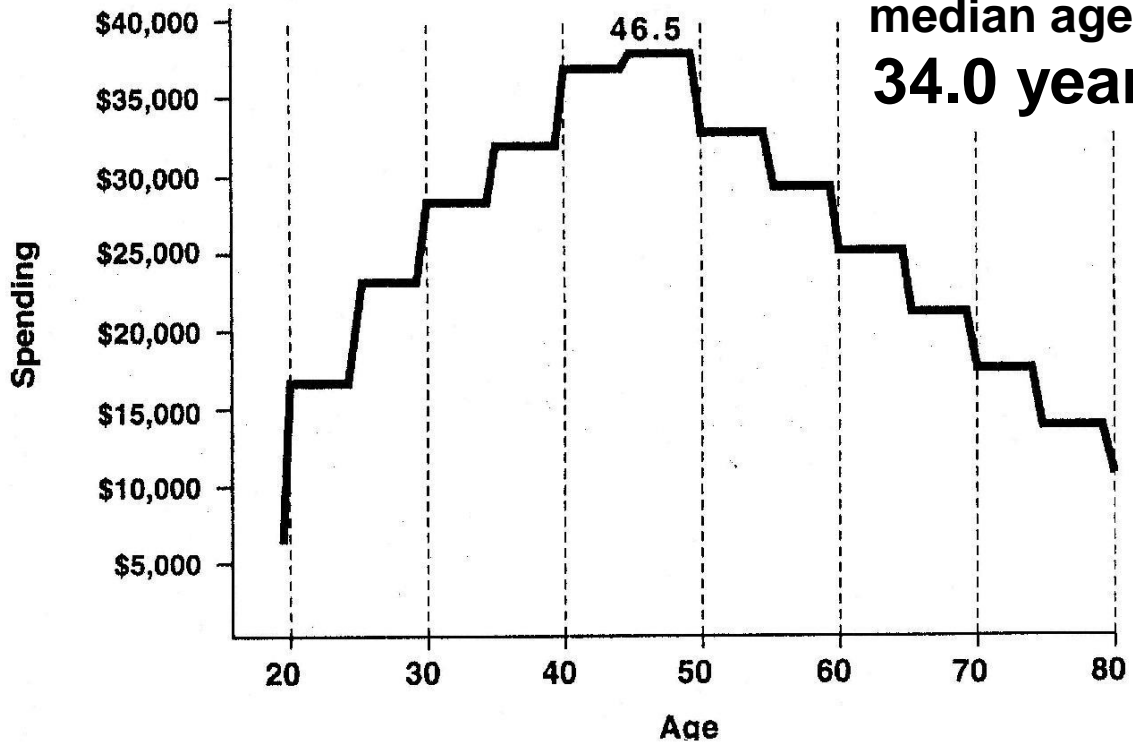
Agriculture and Food Security



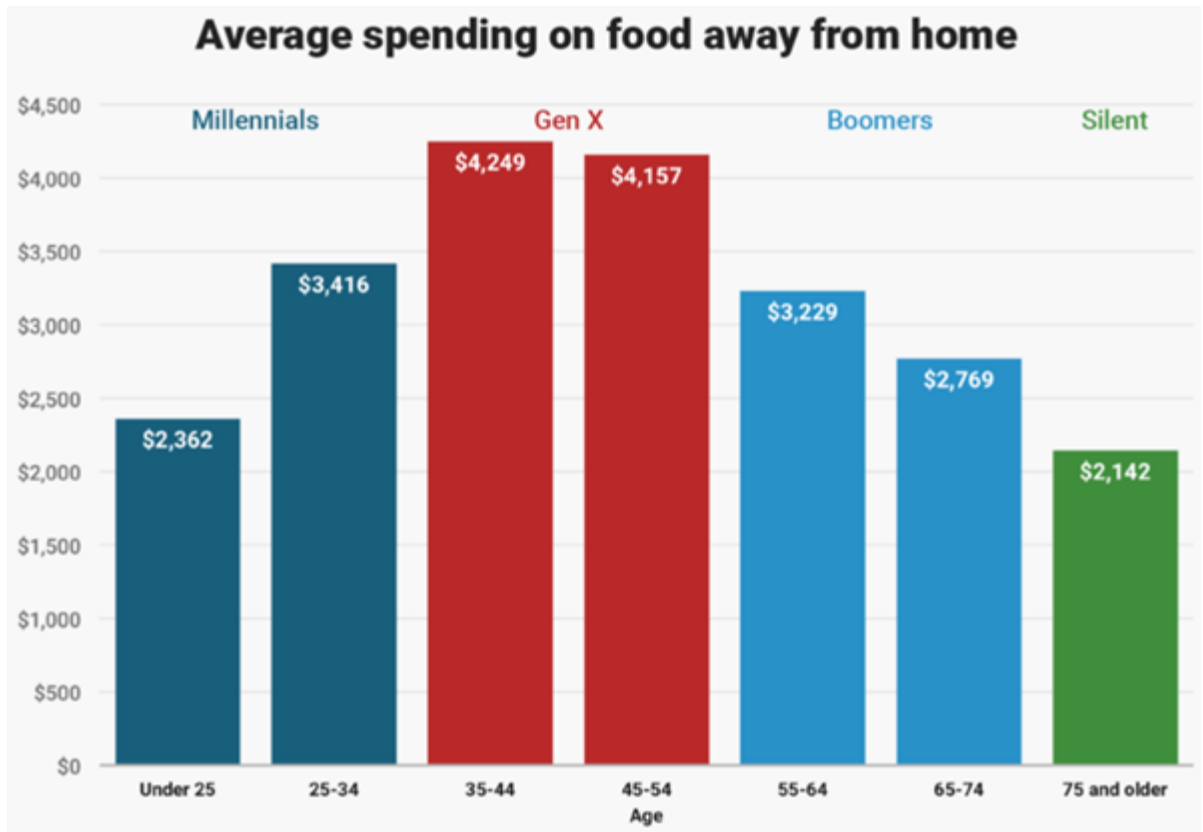
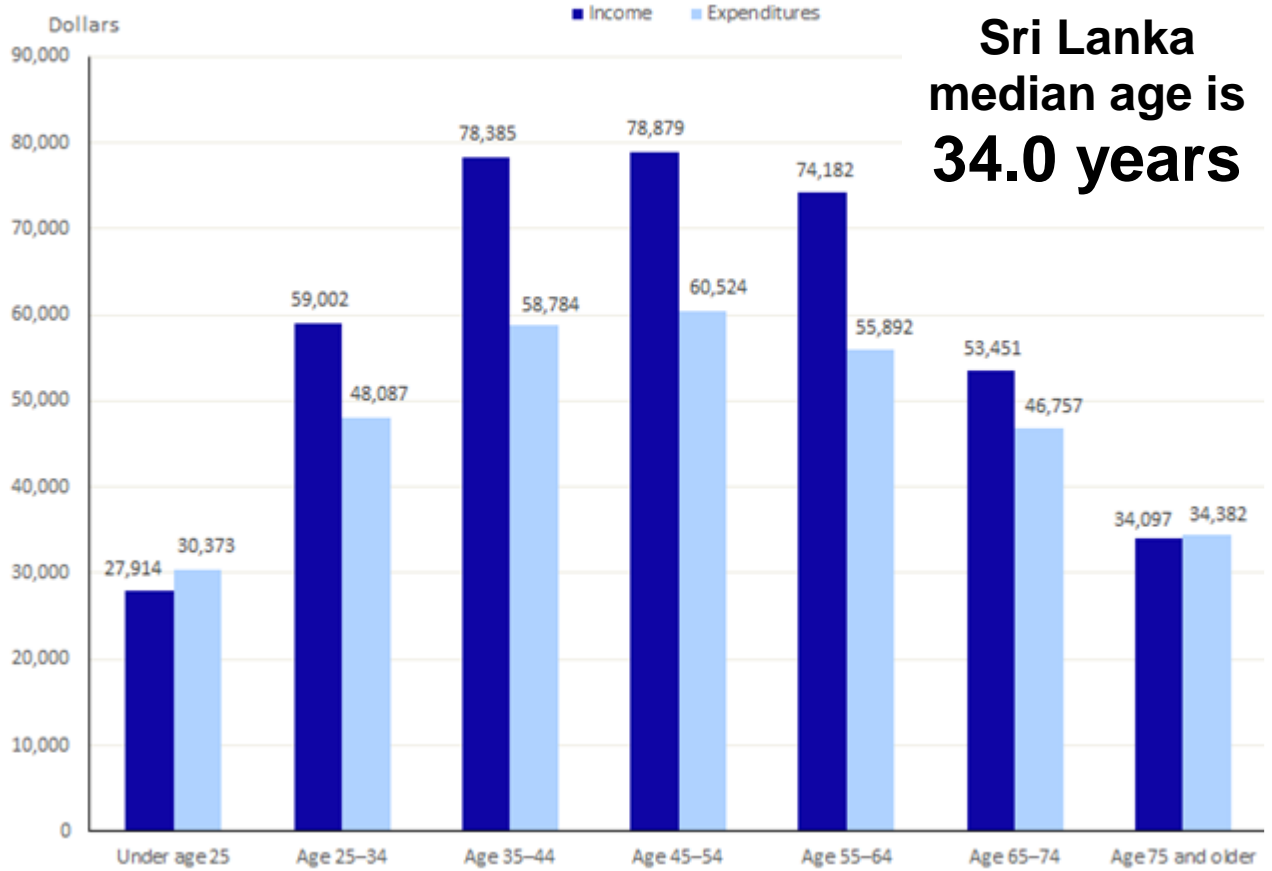
BUYER TRENDS – Patterns within societies:

Average Annual Family Spending by Age (5-year age groups)

Sri Lanka
median age is
34.0 years

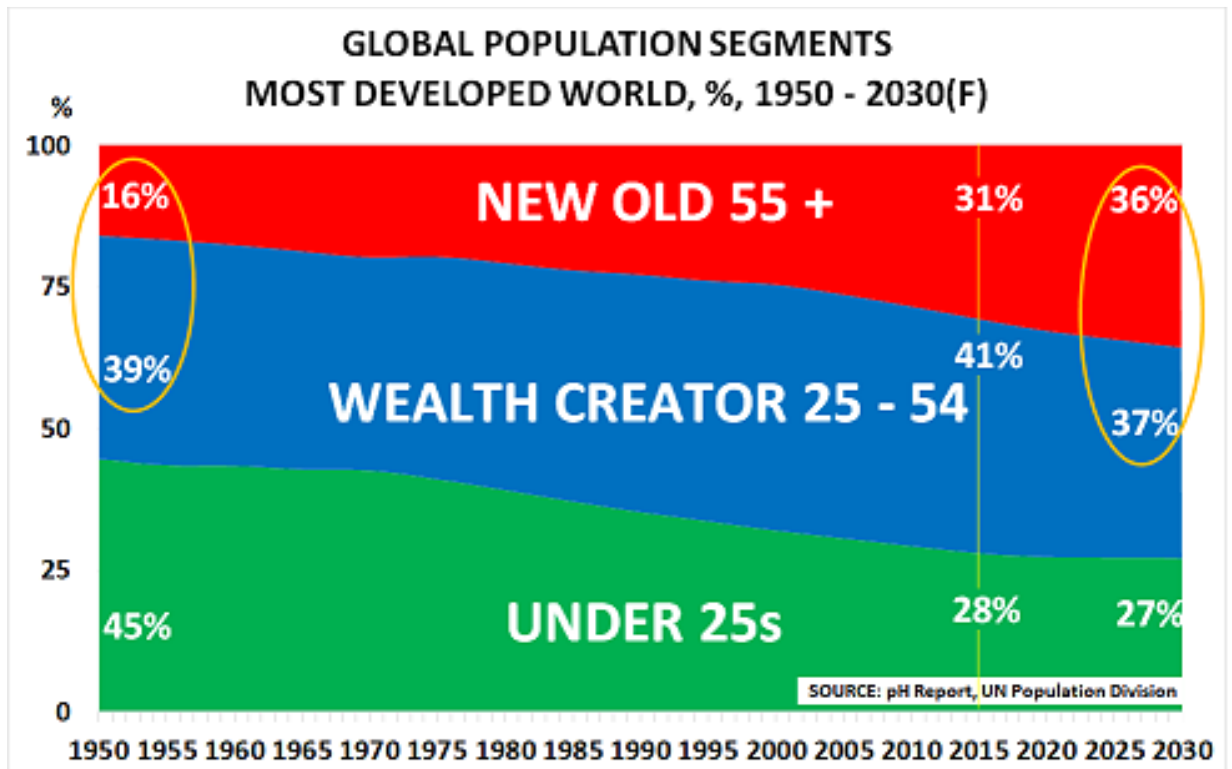
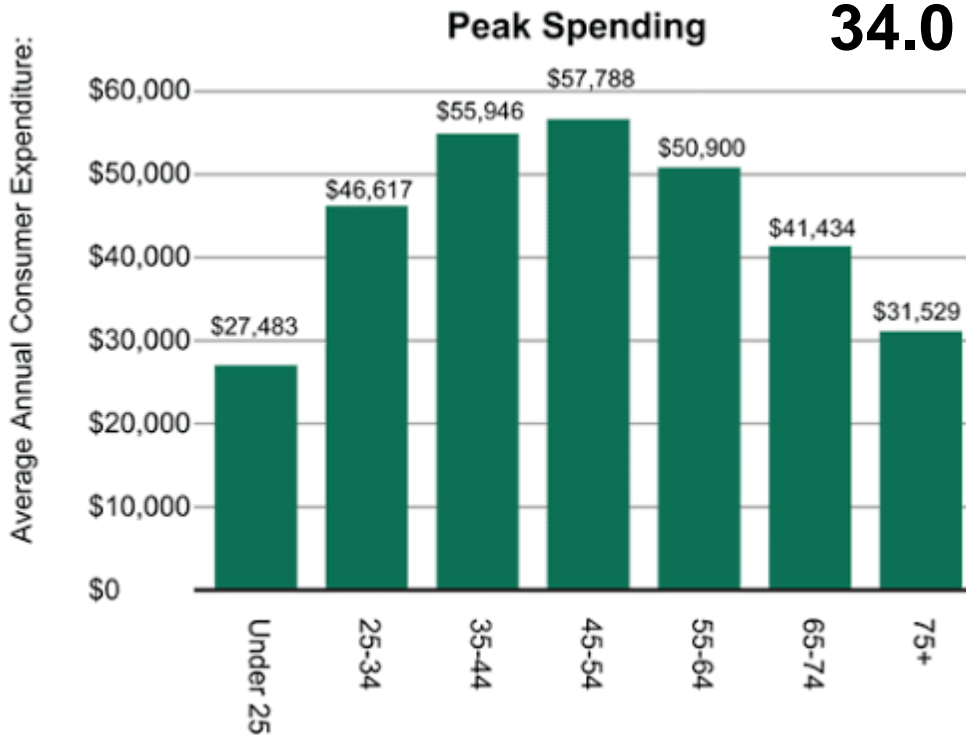


Income and expenditures, by age of reference person



These observations being relevant within every society:

**Sri Lanka
median age is
34.0 years**



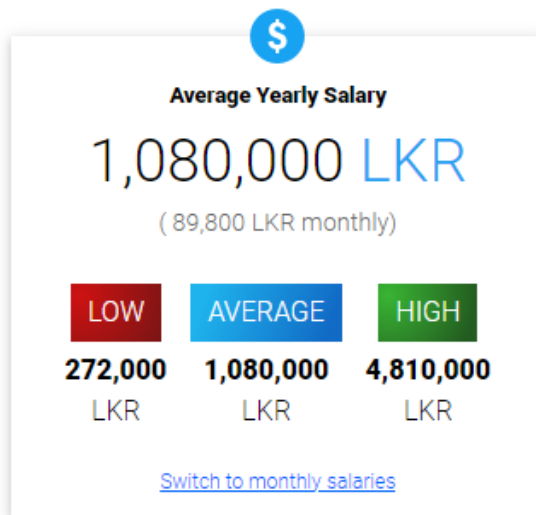
SRI LANKA SALARY:

A person working in **Sri Lanka** typically earns around **1,080,000 LKR** per year (USD 3,000). Salaries range from **272,000 LKR** (USD 755) (lowest average) to **4,810,000 LKR** (USD 13,360) (highest average, actual maximum salary is higher). (USD 1 = LKR 360)

A Master's degree program or any post-graduate program in **Sri Lanka** costs anywhere from **449,000 Sri Lanka Rupees** (USD 1,247) to **1,350,000 Sri Lanka Rupees** (USD 3,750) and lasts approximately two years. That is quite an investment.

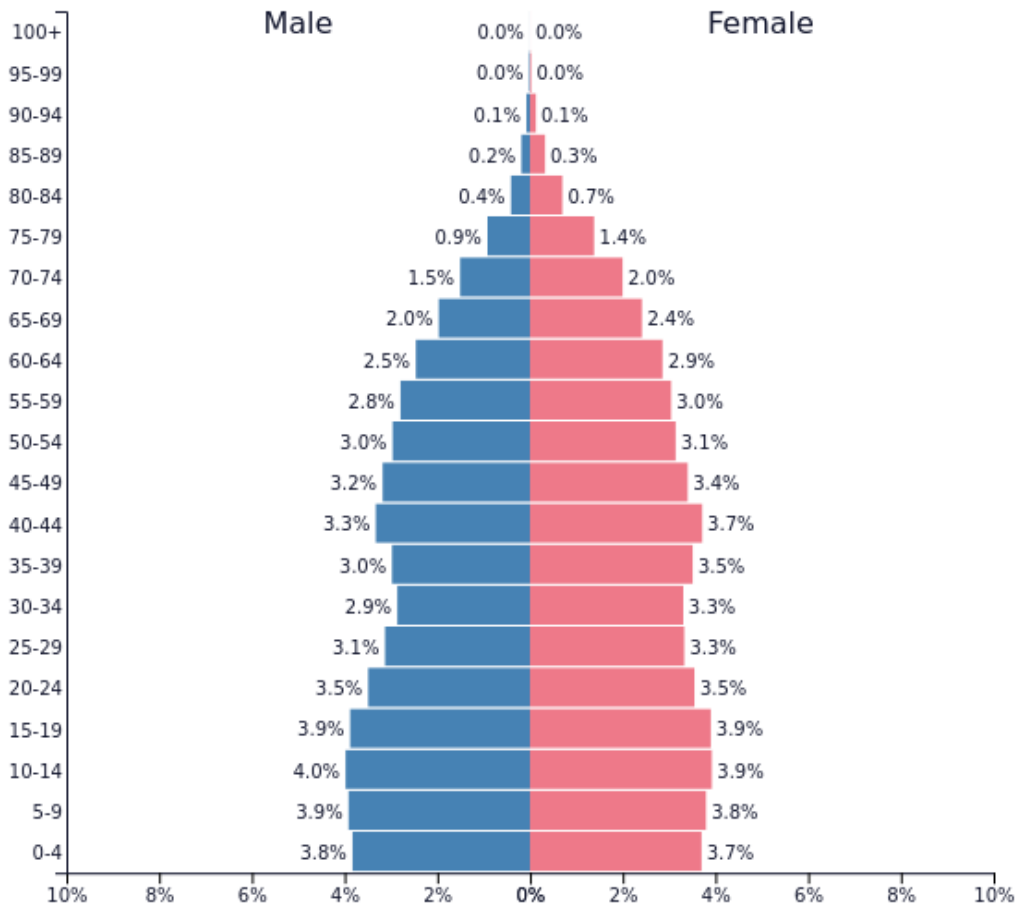
GDP per capita in Sri Lanka is expected to reach **4300.00 USD** by the end of 2022, according to Trading Economics global macro models and analysts' expectations. In the long-term, the Sri Lanka GDP per capita is projected to trend around 4,500 USD in 2023.

GDP per capita PPP in Sri Lanka is expected to reach 13,300 USD by the end of 2022, according to Trading Economics global macro models and analysts' expectations. In the long-term, the Sri Lanka GDP per capita PPP is projected to trend around 13,600 USD in 2023.



Distribution of Salaries in Sri Lanka





PopulationPyramid.net

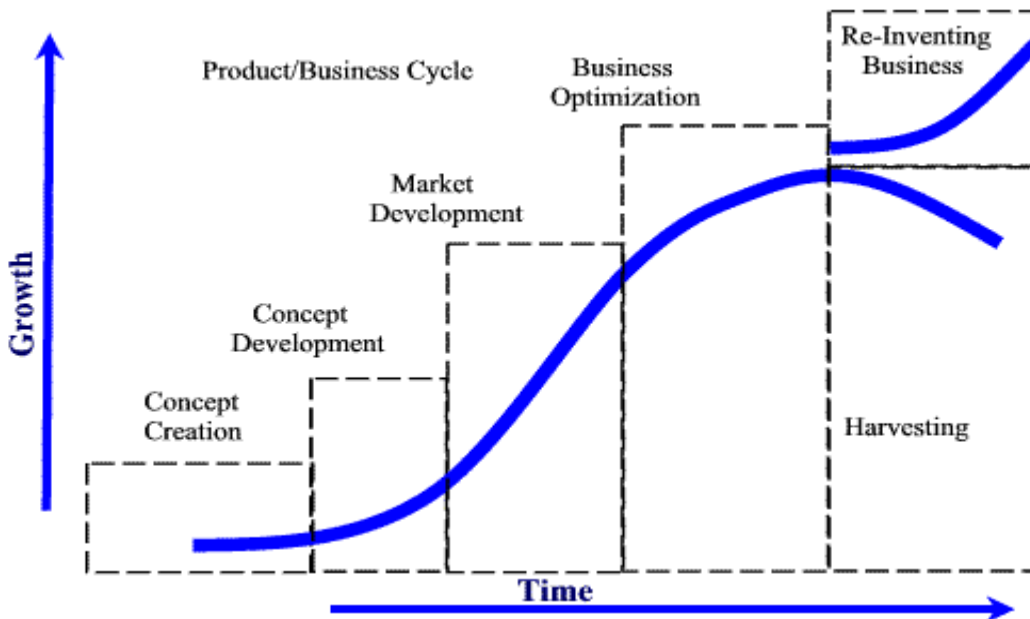
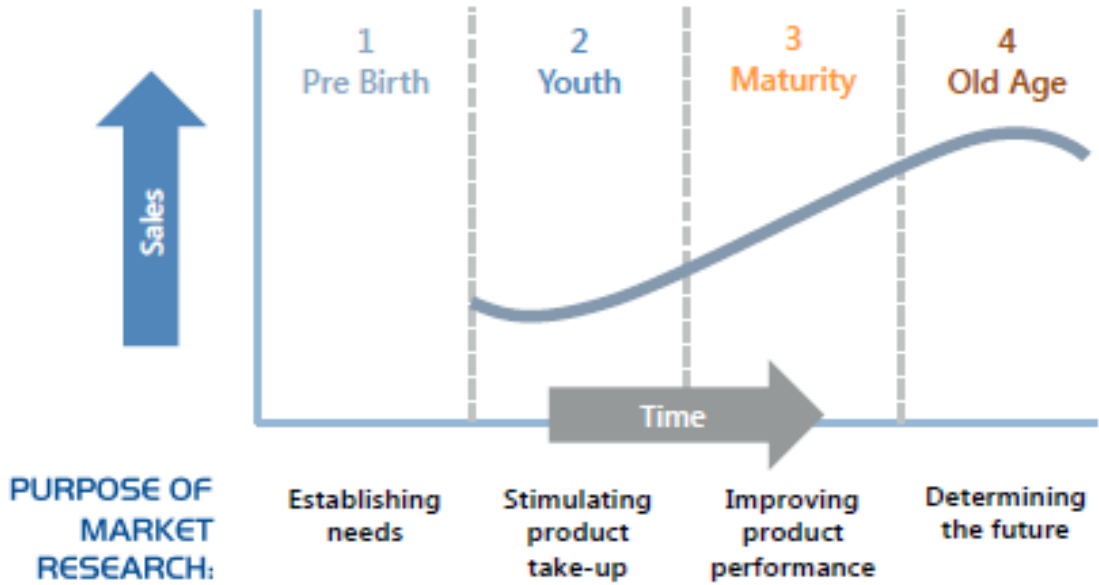
Sri Lanka - 2022
Population: 21,575,843

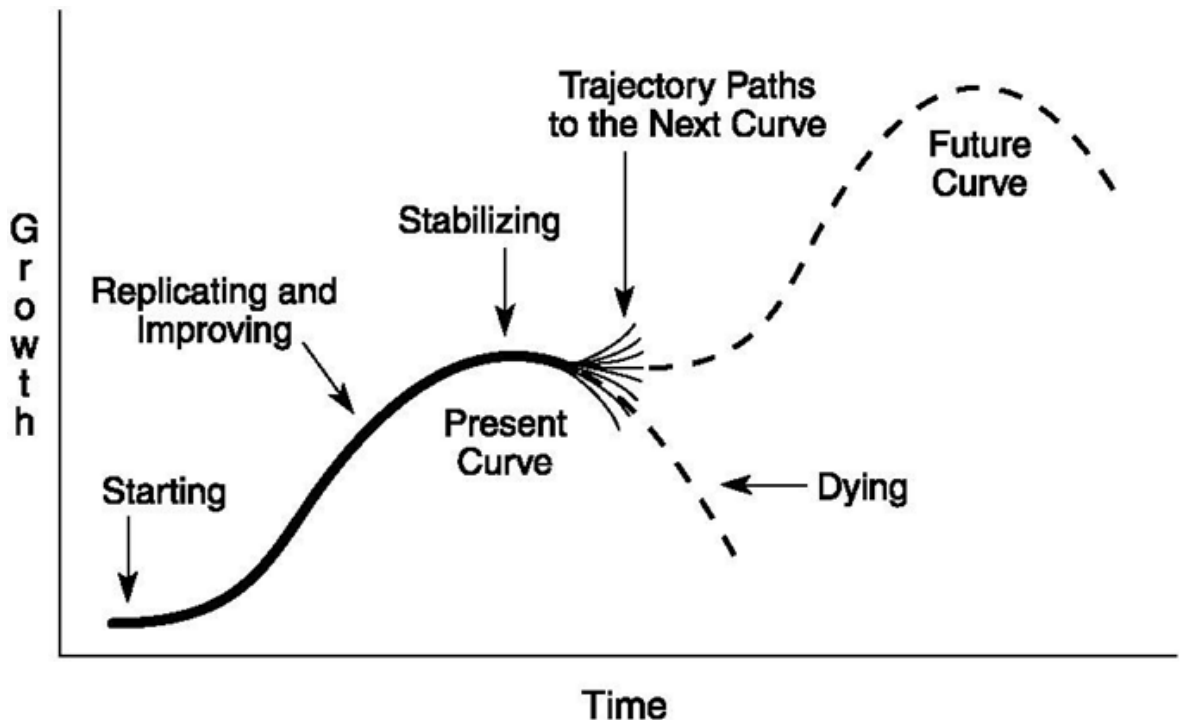
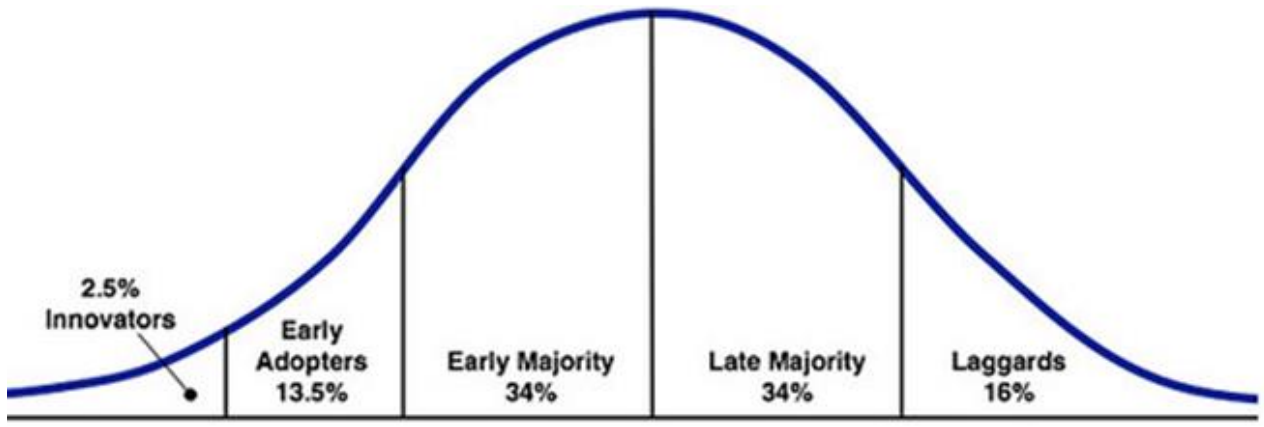
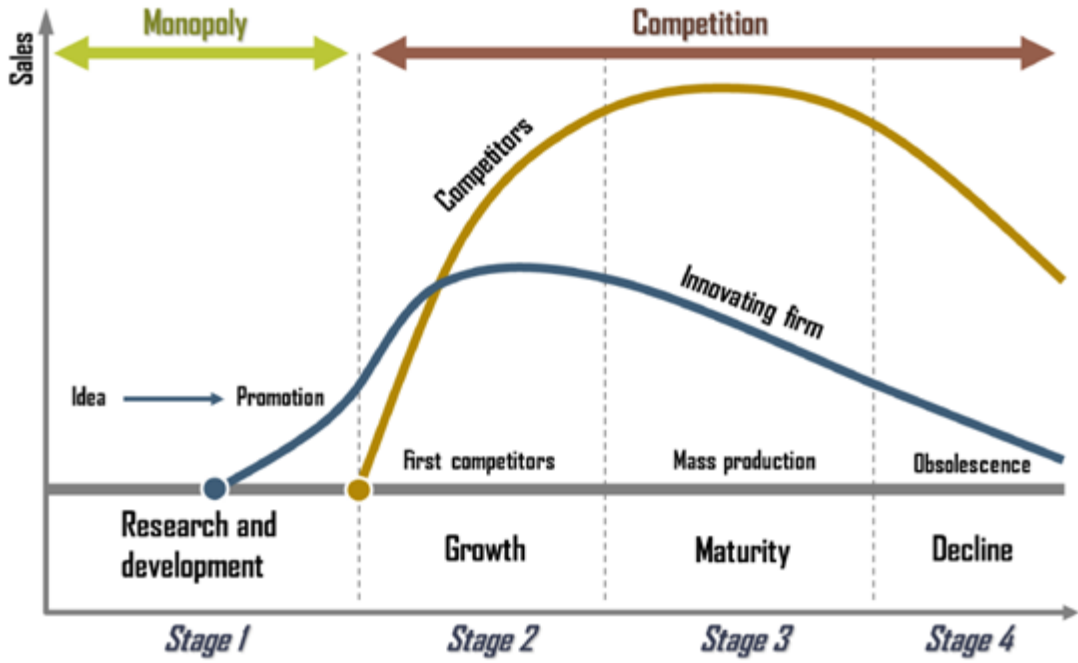


COMMERCIAL IN CONFIDENCE

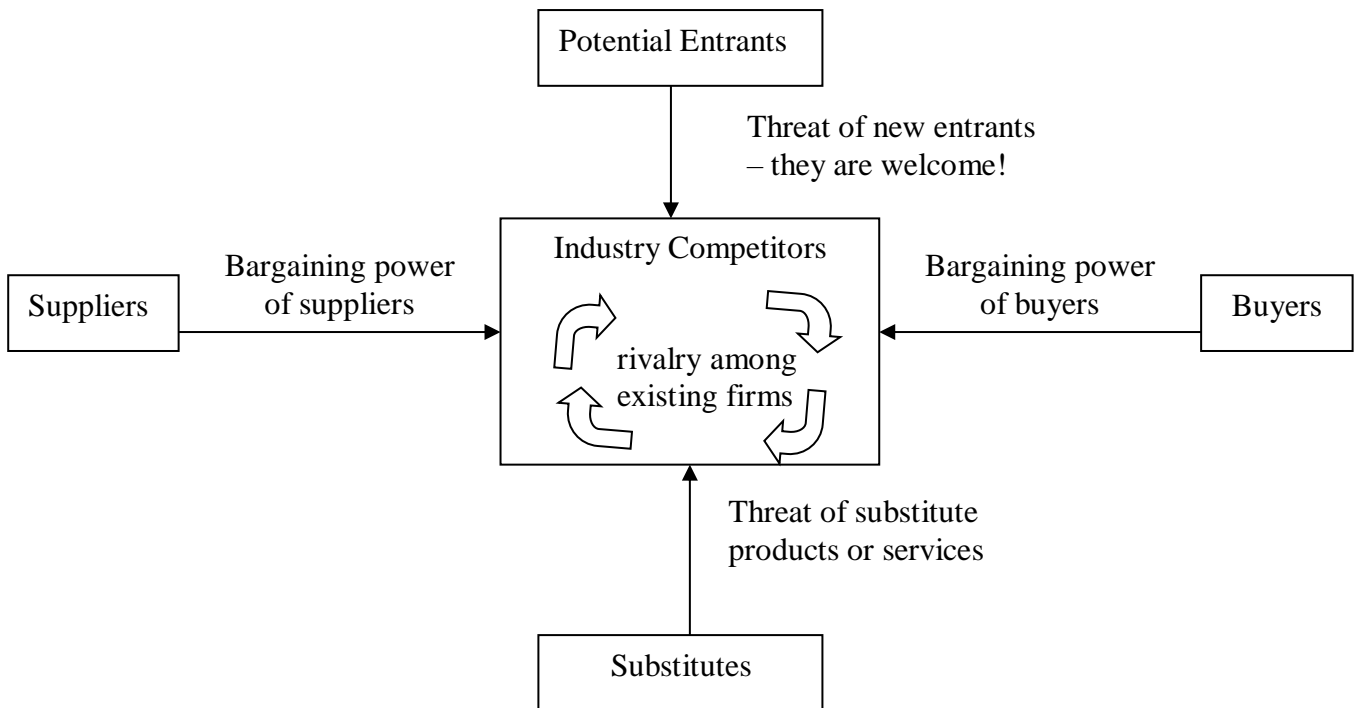
PRODUCT CYCLE – services:

New Product Development





FIVE-FACTOR INDUSTRY PORTER MODEL:



BARGAINING POWER-

1. RELATIVE FRAGMENTATION OF BUYERS AND SELLERS

There are some 3,400 spiritual institutions and with their minor denominations there are more than 50,000 organisations promoting 'truth'. As truth is always the same, then the people of the world are in a quandary. High level hidden controllers have led humanity to live mind-centric, to worship our minds in the erroneous belief that we can achieve everything, even to become mini-gods, whereas it has always been a constricting way of living to keep humanity from evolving so that we remained restrained to do as these controllers directed.

Higher level personalities have now revealed and shown that through embracing our feelings, living feelings first and longing for the truth that our feelings are to show us, we can heal ourselves of our childhood suppression, open ourselves to our soul based truths and become highly intuitive spontaneous personalities with infinite potential and free from the constraints of our minds.

This awareness is to be shared with humanity through the education and health sectors primarily as it will be embraced by all sectors of life and living.

2. SIGNIFICANCE OF PURCHASE AS A PROPORTION OF THE TOTAL EXPENDITURE

These revelations are to be freely available to all of humanity. For those of us who like to know the details, all the ins and outs, this may require considerable time to investigate all that now is available to consider.

For those who embrace doing their Feeling Healing, then this will involve all their time.

3. PRODUCT STANDARDISATION OR DIFFERENTIATION

There is only one way to engage in our Feeling Healing, it is how you will do it and there is no other way. The principals of how we are to do our Feeling Healing are all the same, however we are each unique and consequently we have unique childhoods and personalities and thus we will have a unique experience in our Feeling Healing. Yes, we will all do our Feeling Healing be it in the physical or in spirit or a combination of both.

4. COSTS OF SWITCHING TO ANOTHER SUPPLIER

Truth is always the same. There is only one pathway.

5. IMPORTANCE OF QUALITY OF THE PRODUCT TO THE BUYER

There is only one set of guidance in publication. Presently this is some 60,000 pages being about 20 million words. The core writings have been restricted to being through James Padgett and then James Moncrief and that is to avoid confusion. The most important writings are those of James Moncrief.

6. INFORMATION AVAILABLE FOR THE BUYER ABOUT THE SUPPLIER

The supplier are high level spirits – there are many of them identified throughout the writings. The core revelations all come from personalities that are of a higher level of consciousness and truth than those who imposed the Rebellion and Default upon us.

THE THREAT OF NEW ENTRANTS OR SUBSTITUTES –

There are already many systems that purport to heal through emotional clearance systems. None go far enough. None go deeper enough – there are many, many layers. But most significantly, none guide us to long to know the truth that our feelings are and will show us, reveal to us.

COMPETITIVE RIVALRY –

1. NUMEROUS OR EQUALLY BALANCED COMPETITORS

There are no others that have been provided with the Truths that are now being shared to all freely. Further, no others have recognised the importance of these revelations to the education and health sectors. And further, no others have been provided with the financial resources to global introduce to all of humanity this way of living which is ever so freeing and will lead to significant evolutionary growth in consciousness levels. Today, in 2022, we see all of humanity in some kind of moronic stupor with major wars in various countries. As the new spiritual age unfolds, wars will end!

2. SLOW INDUSTRY GROWTH

Yes, humanity will be slow to embrace what is being introduced through Pascas.

FOUNDATION'S PROGRAM:

VISION STATEMENT:

“To build an inspiring high quality, international standard university having multiple campuses throughout Sri Lanka that provides outstanding opportunities for students, lecturers, professionals and the surrounding community to excel, thrive and succeed in.”

“This will lead to widespread enhanced pre-schooling, primary schooling, high schooling, craft creations, technical and further education as well as university facilities and services that will support all facets of all sectors of social services, health, education, commerce and industry.”

HISTORY:

Pascas Foundation (Aust) Limited was incorporated on 16 September 2008 and progressively received and obtained revelations dating back to 31 May 2014 that are all published throughout the Pascas Papers that can be downloaded from the Library Download page on www.pascashealth.com. The way we are to live is feelings first with our minds to follow whilst longing for the truth behind what our feelings are drawing our attention to. This is the greatest time in the history of humanity as peace and harmony amongst all people is to now unfold through universal change in everything that we engage in.

THE TEAM:

Presently, it is a small group of people, some in the far parts of the world, who lead the way for Pascas. That is about to change dramatically as the work of Pascas becomes generally public.

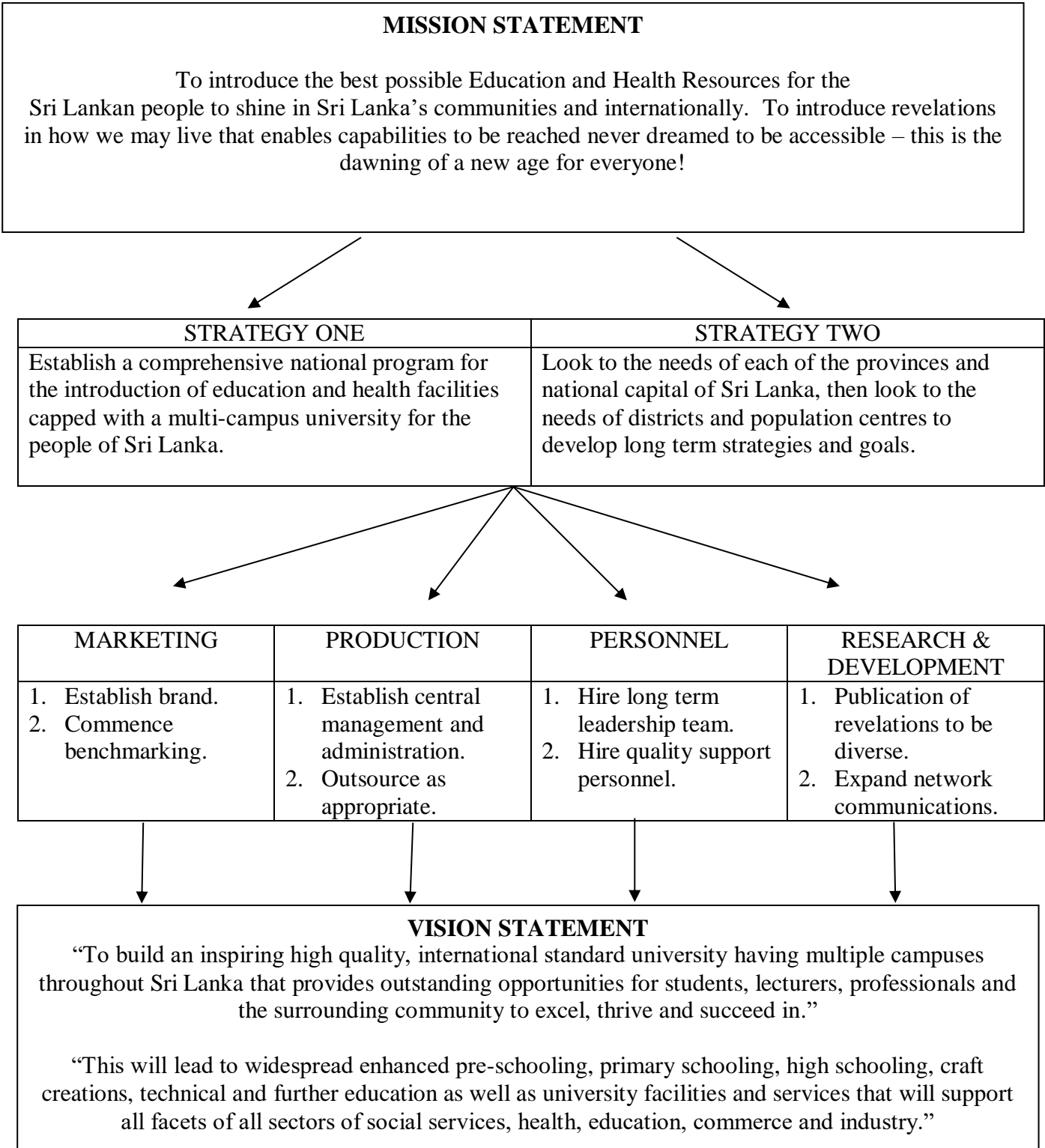
LAYERS of MANAGEMENT – REFLECTING the ORGANISATION CHART:

ORGANISATION CHART – LAYERS of MANAGEMENT	
Layer 1	Chief Executive Officer – Board of Directors
Layer 2	Administration – Commercial Manager – Promotion – Public Relations – Marketing – Financial Controller – Personnel – Quality Control – Research & Development – Project Development – Site Management – Design & Architecture – Acquisitions
Layer 3	Managers: - Business Development – Group Marketing – Relations Domestic – Relations International – Communications – Information Technology IMS – Technical Engineer – Purchasing / Stock Control – General Administration – Maintenance Engineer – Work Place & Safety
Layer 4	Process Technicians: Team Leaders Team Specialist – Senior Controller / Trainer – Senior Operators Support Operators – Trainee Operator – Administration Support Staff

TEAM STRUCTURES WILL ENCOMPASS ALL LEVELS

COMMERCIAL IN CONFIDENCE

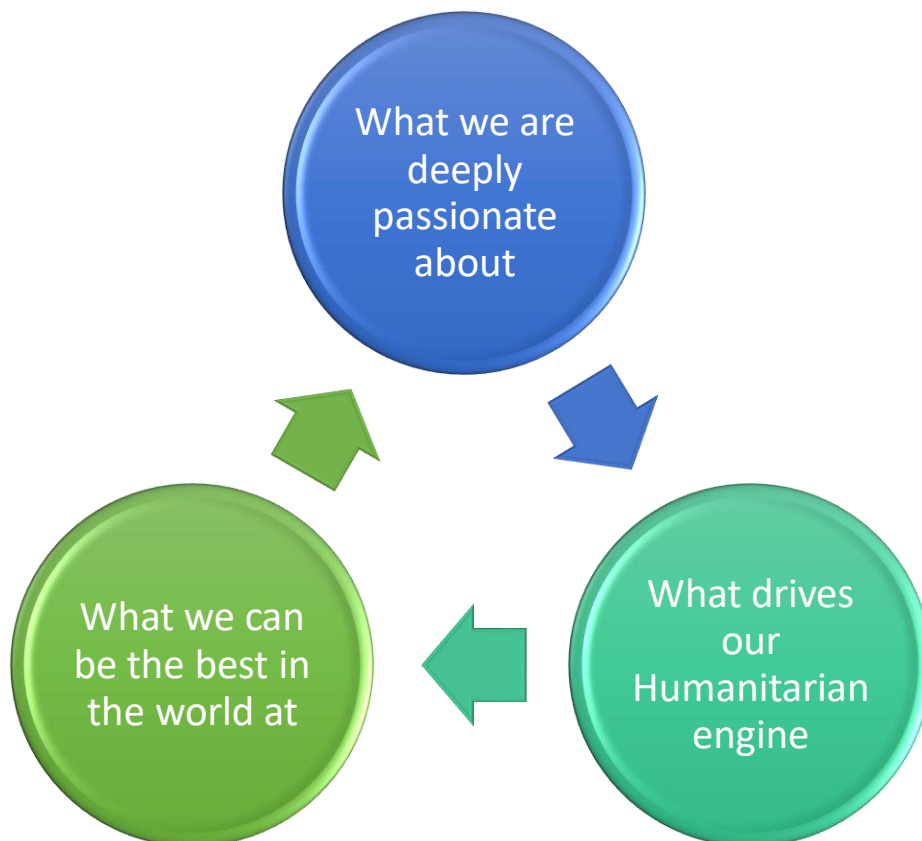
ACTION PLAN:



STRATEGY:

Pascas Foundation (Sri Lanka) Ltd identifies drivers to a successful strategy as:

- Advancement of the Education and Health Sectors awareness and capacities.
- Commence growing the numbers of teachers, nurses and doctors through scholarships
- Build education centres while developing curriculums.
- Introduce education and health centres with capabilities and capacities required by communities.
- Education and Health Sector expertise to double in numbers, then double again.
- Ownership of the freehold land and buildings, or very long secure land leases, from which to provide services in education and health.
- Solar electricity with batteries as required.
- Broadband Internet bandwidth on demand for all students and families.
- Superior technology suited to the geographic conditions and other conditions that prevail.
- Outsource services, engineering and equipment locally where possible.
- High levels of security.
- These endeavours are for ALL the people of Sri Lanka.
- Research and development continually ongoing.
- Access to diverse media content – communication and involvement by all.

PASCAS FOUNDATION focuses upon:

COMMERCIAL IN CONFIDENCE

GOALS & MILESTONES SCHEDULES:

SHORT TERM GOALS Year 1

- ✓ Consolidate our management team.
- ✓ Establish our brand name and market appreciation for our endeavours and services.
- ✓ Establish that our Corporate Shared Values positions us as an EXCELLENT Foundation.
- ✓ Meet our milestones and exceed our goals.
- ✓ Identify specific market penetration strategies for other products and industries.
- ✓ Monitor customer expectations and satisfaction levels.
- ✓ Enhance the Foundation's objectives and services in response to people's needs, requests and issues.
- ✓ Develop complementary programs to grow the potential for all involved.

MEDIUM TERM GOALS Years 2 - 4

- ✓ Bring operating budgets into line with management objectives for both schools and health facilities.
- ✓ From then on, maintain a balanced budgeted cash flow.
- ✓ Fully establish the market presence as per our identified market plan with a focus on the needs and goals for each province throughout Sri Lanka.
- ✓ Meet budgeted program guidelines.
- ✓ At all times understand the vision of the Foundation, its humanitarian objectives and targets for consistent growth in the sectors of society that it is focused upon.

LONG TERM GOALS Years 5 - 6

- ✓ Crystallise the value of the humanitarian projects by way of expansion into other neighbouring countries.

	MILESTONES	IN MONTHS
1.	Achieve targets as set out in the financial feasibility.	
2.	Management team formalised.	2
3.	Production and delivery teams bedded in.	3
4.	Communications plan finalised, costed, approved and implemented.	3
5.	Commence sites acquisition and construction in accordance with financial feasibility.	
6.	First education and health facility opened within communities.	4
7.	Format of programs and range resolved with a program of priorities.	6
8.	Product accreditation and endorsements achieved.	6
9.	Third party endorsement from peer review.	6

Key Performance Indicators (KPIs) based on Critical Success Factors (CSFs)

CSFs	KPIs
Attainment of pre-determined goals.	<ul style="list-style-type: none"> ✓ Expenditure within 10% range of budget. ✓ Expenses not exceeding budget. ✓ Projects implemented within proximity of budget timing.
Comprehensive planning for the future.	<ul style="list-style-type: none"> ✓ Business Plan always updated for 5 years ahead. ✓ Comprehensive new plant and equipment and upgrade plan for 5 years ahead. ✓ Information distribution always being updated.
Financial stability – Foundation being humanitarian in focus.	<ul style="list-style-type: none"> ✓ Budget cash flow variance <10%. ✓ Business Plan with > 15% of outcomes.
Positive perception by the market.	<ul style="list-style-type: none"> ✓ Education – student and teacher satisfaction. ✓ Health – patient / friends and clinician satisfaction. ✓ Positive community reporting. ✓ Invitations to participate in showcases and forums.
Good understanding of market requirements.	<ul style="list-style-type: none"> ✓ No orders lost because of “missing” features. ✓ Sales meeting budget forecast.
Understanding of significant, relevant, innovative life style pathways.	<ul style="list-style-type: none"> ✓ Ability to bring this awareness to all. ✓ Competitors attempting to copy or make use of revelations.
High quality product.	<ul style="list-style-type: none"> ✓ Information provided being always in truth – accurate. ✓ Updates being addressed within a few days.
Superb team work.	<ul style="list-style-type: none"> ✓ Absenteeism low or < 1 day a year per person. ✓ Consistent enthusiasm. ✓ Consistent quality with attention to detail. ✓ No lost time injuries.
Reliable supply & service chain.	<ul style="list-style-type: none"> ✓ Suppliers offering unsolicited innovation. ✓ Supplier’s products arriving < 5 days late. ✓ Spare parts for service available < 5 days after order. ✓ Change to external service support agents < 1 per year. ✓ Primary response to customer’s service requirements < 24 hours, any day, anywhere.
Being an employer of choice.	<ul style="list-style-type: none"> ✓ Job applications arriving unsolicited. ✓ Zero resignations due to dissatisfaction with the Company. ✓ Employees introducing friends of high calibre as potential employees.

The SWOT ANALYSIS OVERVIEW:

SWOT ANALYSIS	
Strengths of our Foundation:	We can utilise these strengths as follows:
Humanitarian fund allocation capabilities.	Large scale investment into the education and health sectors, with broad distribution of higher education for all sectors of society.
Weaknesses of our Foundation:	These weaknesses will be overcome as follows:
Limited experience within the Sri Lanka landscape, even with many local team members.	Gain in the field expertise within the Sri Lanka landscape through operatives within the education and health sectors within Sri Lanka.
Opportunities open to our Foundation:	Will be grasped by us as follows:
Greater development of the education and health sectors as well as value adding co-operatives being founded.	Opening up for more opportunities to enter other sectors within Sri Lanka.
Threats facing our Foundation:	Will be avoided as follows:
Governmental regulation and opposition.	Supersede the market with more advanced techniques, technology and proven performance. Effective negotiation with government and other stakeholders.

RISK ANALYSIS:







The key risk issues that are identified in the above SWOT Analysis have been prioritised and the risk mitigation management implementations are summarised as follows:

- Lack of infrastructure within the education and health sectors within Sri Lanka.
- Lack of food security throughout Sri Lanka.
- Lack of secure housing for many sectors of society.
- Subsidising consumer costs through scholarships for higher education.
- Subsidising patient's costs through subsidising running costs of health services being provided.
- Engaging with local communities for support.
- Creating local employment while expanding the availability of needed services in education and health.
- Adhering to governmental regulations.
- Remaining apolitical – not being aligned to any one political party.

MARKET PENETRATION:

The Foundation's growth is humanitarian-driven rather than product-driven. Customer needs and wants have been researched and the Foundation's services and products are focused on fulfilling customer needs.

At this point, consumer needs have been assessed by interaction between companions of the Foundation and people throughout many communities. The Foundation has adopted a Market Planning Process to develop and grow its data base. This entails:

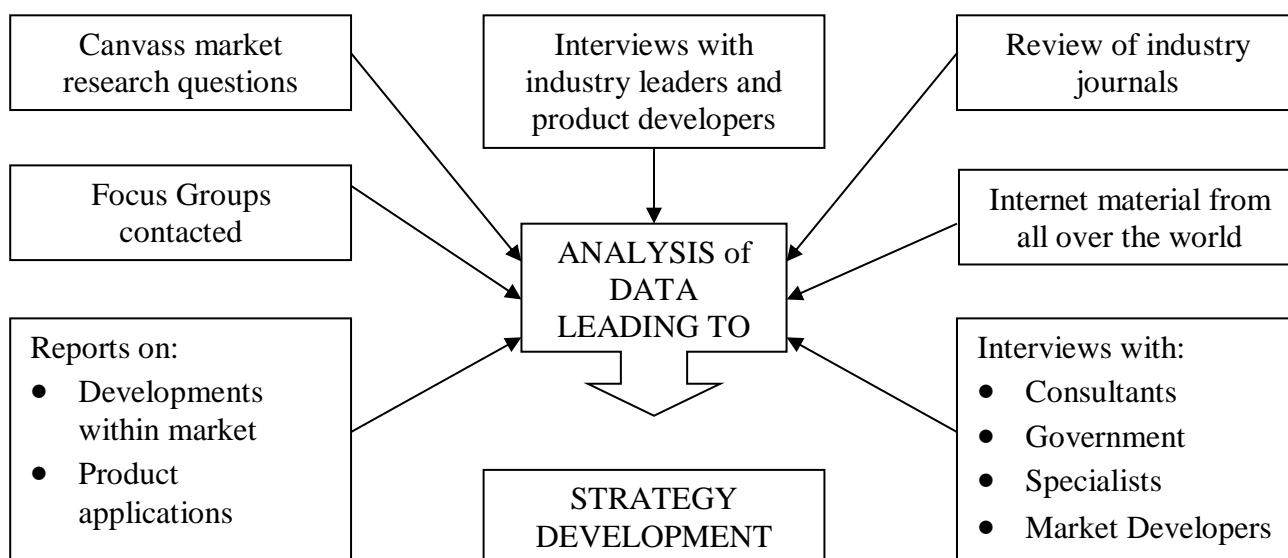
MARKET PLANNING PROCESS	
PREPLANNING REQUIREMENTS 	<ul style="list-style-type: none"> ● Identify markets for products and services. ● Determine Foundation's goals and expectations. ● Establish objectives.
SITUATION ANALYSIS 	<ul style="list-style-type: none"> ● Identify education and health needs. ● Analyse what is already established and delivering. ● Identify markets, segments, size and share. ● Identify inside and outside influences. ● Analyse distribution. ● Analyse market coverage. ● Analyse for ongoing improvement. ● Evaluate marketing communications. ● Analyse positioning as an organisation.
PROBLEMS and OPPORTUNITIES 	<ul style="list-style-type: none"> ● Determine marketing success factors. ● Identify key problems and opportunities.
SEGMENT PRIORITY 	<ul style="list-style-type: none"> ● Determine education and health segment priority. ● Establish business / service direction by segment. ● Establish objectives by segment. ● List assumptions and restrictions – and then investigate.
STRATEGIES and TACTICS 	<ul style="list-style-type: none"> ● Develop strategy options. ● Select strategies. ● Develop tactics. ● Schedule and budget tactics.
MARKETING PLAN EVALUTAION 	<ul style="list-style-type: none"> ● Estimate needs and related costs. ● Prepare cost benefit analysis and profit projections.
CONTROLS and MEASUREMENTS	<ul style="list-style-type: none"> ● Establish controls and measurements. ● Analyse management effectiveness.

MARKET RESEARCH:

The Foundation market research has focused upon:

- ✓ The people of Sri Lanka regarding to their needs and aspirations.
- ✓ Student, teacher, lecturer, doctor, nurse, allied health and administration – how do our revelations and services solve their problems.
- ✓ Market segment and industry characteristics.
- ✓ Market sizes and value – volumes and value of units in given segment.
- ✓ Services and products awareness and sensitivity.
- ✓ Importance of convenience and relevance.
- ✓ Willingness to consider a new processes and awareness.
- ✓ Branding and awareness.
- ✓ Education and health sector direction, attitudes and stigmas.
- ✓ Government initiatives and attitudes.
- ✓ Overseas attitudes and trends.

Data was sourced using the following market research methodology:



Secondary data supported the following:

Government attitude is supportive of the introduction of this Foundation's initiatives.

The potential market for the Foundation's initiatives is quantifiable.

The market share that this Foundation is targeting is readily achievable.

Professional opinion enforces the Foundation's decision to proceed.

Specific early entry markets have been identified to have the Foundation focus upon.

Findings support the focus that the Foundation's marketing strategy is and how to deal with issues relating to the products and services being introduced.

Attitudes and trends are similar in the domestic market as well as relevant overseas markets.

Primary data revealed the following:

A lack of awareness of the revelations and service application.

A desire for convenience in the provision of educations and health services.

A desire for simple access and use of education and health services.

A lack of knowledge of how to benefit from the revelations and advancement in services.

A lack of brand awareness.

Pricing is acceptable for services proposed as they meet the market, so to speak.

Strong interest from the market segments in which the Foundation is to introduce its services.

Early product users have been identified.

Brand name development and awareness program has been dealt with.

Customer support services have been resolved.



One must always honour another's will as one honours one's own.

MARKET SEGMENT to INTRODUCE the FOUNDATIONS OPPORTUNITIES:**PHILOSOPHY**

To see the Sri Lankan communities evolve, grow and thrive in living standards, quality of life, physical, mental and spiritual health in the Education and Health Sectors and beyond, and to inspire the residents to excel in all areas of life, family and community.

By supporting the education and health sectors throughout Sri Lanka, Pascas Foundation (Sri Lanka) Ltd is to position the citizens in society to live a progressively improving quality of life and standard of living.

MARKET

The market for Pascas Foundation (Sri Lanka) Ltd is the entire nation, 22,100,000 citizens, where all students and citizens are affected by the availability of health services, through hospitals and aid posts. The way forward involves the advancement of high schooling resources and curriculum to bring about a larger cohort of qualified students to progress through higher education to deliver more qualified staff for all the levels and sectors of the health industry.

COMPETITION

One may anticipate that all of the not-for-profit and governmental agencies may welcome the initiatives of Pascas Foundation (Sri Lanka) Ltd.

MARKETING

The marketing activities to promote the long term plans and projects of Pascas Foundation (Sri Lanka) Ltd may include the following:

- Social media marketing
- Written materials, books and magazines
- Video promotions
- Movies
- Advertising in community newspapers
- Advertising at schools and hospitals
- Community billboards advertising
- Seminars
- Promotional activities in expositions, school and hospital open days

INTERNET MARKETING:**eCOMMERCE STOREFRONT**

This is an introduction to the website marketing platform to be developed by this Foundation.

Human nature by default has been programmed to be socially active to a certain extent. Some people are more active, while others are less so!

However, people have always been looking for ways to connect and network with each other. And, in this age of digitisation, people have found ways to be socially active on the internet, which is possible with the advent of the numerous social networking platforms and apps. Here are more than 100 site options:



GROWTH IN THE FOUNDATION'S SERVICE AVENUES BEING:

The Foundation will grow its field of influence by services:

Providing evolved and enhanced services to existing customers – the community.

Existing services to new customers sourced through market expansion avenues.

New products and services to existing customers.

New products and services to new customers.

Expand the marketing territories.

GROWTH STRATEGY	
Market Penetration	<ul style="list-style-type: none"> ● Increasing existing customer usage through: Implementing price incentives on a sliding scale for increased use of products / services. Increasing the rate of product / service obsolescence. Increasing the size of unit of purchase. Identifying alternative uses for products. ● Attracting clients / participants from competitors through: Differentiating products / services from our competitors. Reducing fee structure. Increasing promotional effort.
New Market Development	<ul style="list-style-type: none"> ● Developing new geographical markets, through: Expanding our business regionally, nationally and then internationally. Franchising and licensing our business and products (without fees!). Joint venturing with others in new markets. ● Developing new market segments through: Getting referrals. Strategic alliances. Promoting our services in alternative media forms. ● Converting potential customers that currently do not use our products / services through: Implementing reduced fee trial use of products / services offered. Identifying alternative uses for our products and services. Reviewing fee and price structure and position our business at either the upper or lower ends of the market by brand separations and separate marketing programs.
New Product Development	<ul style="list-style-type: none"> ● Develop new features for products and services. ● Develop variations to existing products and services. ● Develop new products and services aimed at identified markets.
Diversification	<ul style="list-style-type: none"> ● Buying a related business (health centres and education centres). ● Using existing distribution network to grow innovations. ● Stability development. ● Grow new products and business entities.

MOSAIC PROFILING: What is your mosaic profile looking like?

Mosaic is a quantitative framework to measure the overall health and growth potential of private companies using non-traditional signals. The Mosaic score is comprised of 3 individual models — what we call the 3 M's, each relying on different signals (although all the signals utilised are not revealed for obvious reasons).

Market

The quality of the market or industry a company competes in is critical. If you are part of a hot industry, that serves as a tailwind to push you along. Conversely, being in an out of favour space means fewer investors, partners, media, and more. The market model looks at the number of companies in an industry, the financing and exit momentum in the space, and the overall quality and quantity of investors participating in that industry.

Money

The money model assesses the financial health of a company, i.e. is it going to run out of money? Look at burn rate, the quality of the investors and syndicate that may be part of the company, its financing position relative to industry peers and competitors, and more.

Momentum

The final model is momentum, look at a variety of volume and frequency signals including social media, news / media, sentiment, and partnership and customer momentum. Look at these on an absolute and relative basis vs. peers / industry comparables. The relative piece is critical as it ensures that, for example, enterprise software companies who may get less media attention or who spend less time on social media are not penalised versus consumer-focused tech companies.

How is mosaic used?

Corporate Innovation

Pinpoint fast-growing private companies to understand viable business models, products and technologies

Corporate Strategy

See fast-growing markets and industries before anyone else to inform executives on strategic decisions

Competitive Intel / Market Research

Assess the health of start-ups competing in your industry to advise your build, buy, or partner strategy.

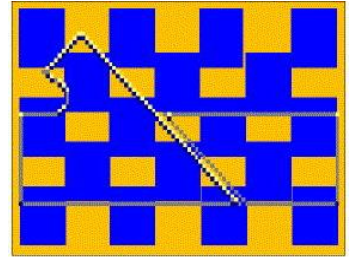
Corporate Development and M&A (mergers and acquisitions)

Monitor the health and growth potential of possible acquisition targets as part of due diligence process

Corporate Venture Capital

Identify the start-ups with the highest growth potential to satisfy your corporate investment philosophy

REEFWOOD CRAFTWORKS



Tables



American Beech Dining



Chess Dining



Ti Tree Table
with Bark Picture



Ancient River Gum, SilverAsh,
Flame She Oak

Chairs



China Chair



Regency



1920



Regency2



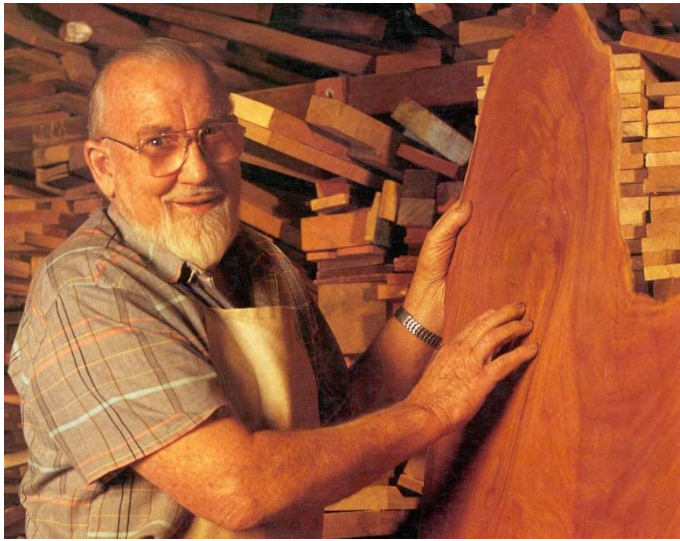
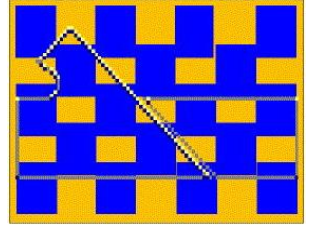
Lloyd Wright



Cedar Dining



REEFWOOD CRAFTWORKS

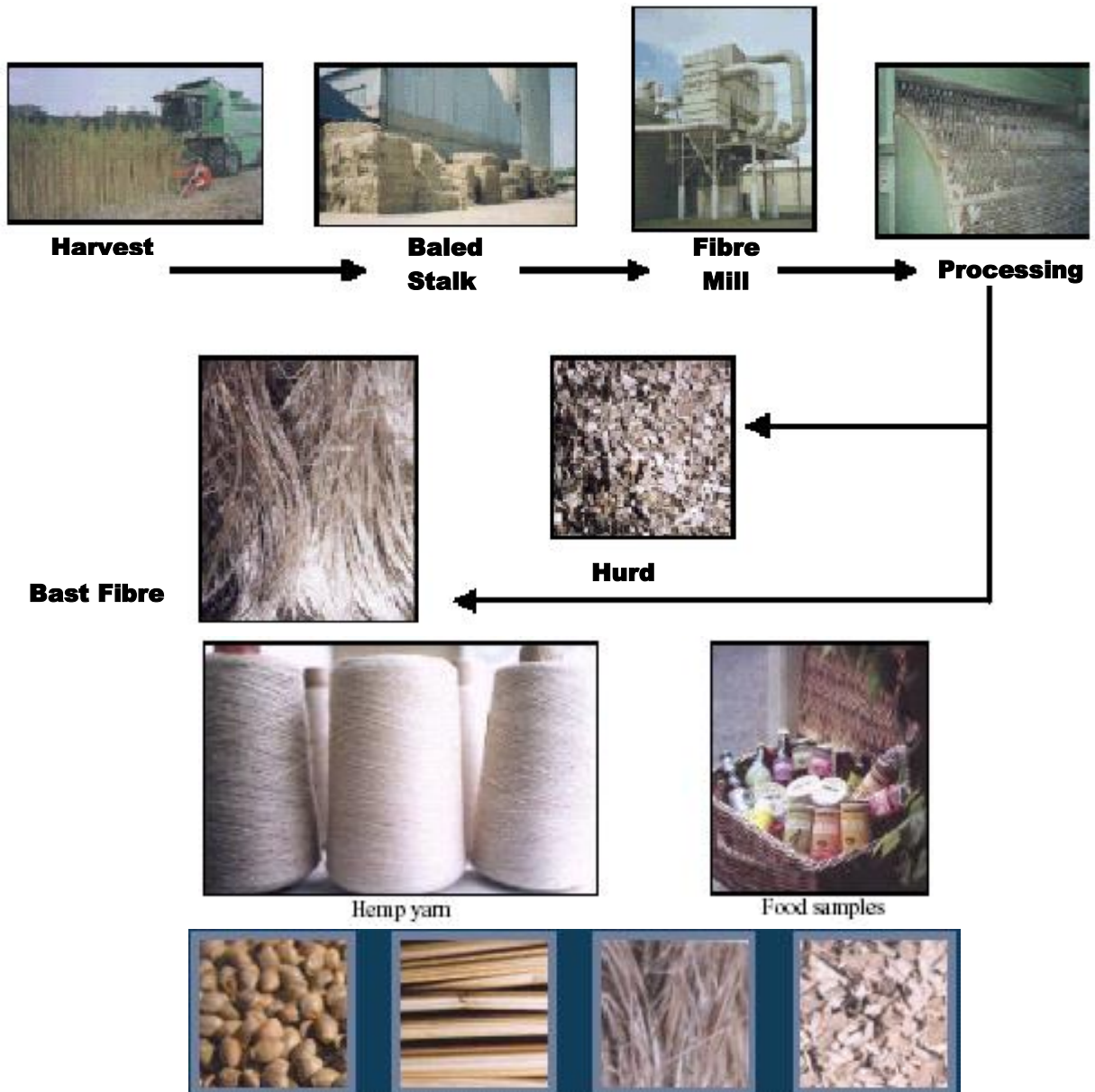


Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE



ECOFIBRE INDUSTRIES



Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

HYDROPONICS

Fruit and Vegetables	Traditional hydroponics - average per sq mt.	Rotating Growing System Hydroponics - average per sq mt	Percentage Increase Up To	Increases in kilos per sq mt.
Strawberries	5 - 8 kilos	123 kilos	1792%	117 kilos
Ice Berg Lettuce	72 kilos	619 kilos	760%	547 kilos
Tomatoes	45 kilos	250 kilos	456%	205 kilos



Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

NEW BIOSPHERE AGRICULTURE MORINGA



GRAM FOR GRAM
MORINGA
LEAVES CONTAIN:



7 TIMES THE VITAMIN C
FOUND IN ORANGES



4 TIMES THE CALCIUM &
2 TIMES THE PROTEIN
FOUND IN MILK



4 TIMES THE VITAMIN A
FOUND IN CARROTS



3 TIMES THE POTASSIUM
FOUND IN BANANAS

Fresh drumstick fruit
Moringa seed
Moringa leaf
Moringa seed kernel
Moringa soup powder

Drumstick powder
Moringa seeds(PKM1and PKM2)
Moringa pickle Moringa tea powder
Moringa cake powder
Moringa Juice powder

Moringa oil
Moringa leaf powder
Moringa fruit powder
Moringa root
Moringa capsule

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

TINY OIL MILL

Groundnut



(Kernels) 46 to 48%

Castor Seed



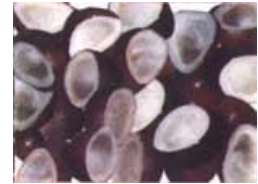
40 to 48%

Sunflower



32 to 40%

Copra



62 to 68%

↓
Groundnut Decorticator
Peanuts



↓
Sunflower Cracker or Palm
Nut Cracker



↓
Copra Cutter



Oil Seeds & % of Oil

PALM KERNEL	SESAM	RAPSEED	MUSTARD	LIN SEED	COTTON SEED	SOYA BEAN	PALM FRUIT
38 to 45%	50 to 56%	38 to 45%	38 to 45%	40 to 50%	18 to 22%	18 to 22%	20 to 22%

↓
Value adding Natural Resources!

NEW BIOSPHERE

AGRICULTURE



Mushrooms are unique amongst other vegetable crops in that they are grown in a totally artificially controlled atmosphere. Cropping is not dependent on the climate. Mushrooms are not seasonal and are available all months of the year. Of course, small growers without sophisticated climate control systems cannot grow over the hotter summer months.

Estimated amount of water required for producing 1 kg of fresh oyster mushrooms using rustic technologies, in comparison with that for other food and forage crops (Martínez-Carrera *et al.*, 1998).

Product	Litres of water/kg	Protein content _a	Litres of water per gram of protein
Oyster mushrooms (<i>Pleurotus</i>)	28	2.7	1.0
Potatoes	500	2.1	23.8
Wheat	900	14.0	6.4
Alfalfa	900	6.0	15
Sorghum	1,110	11.0	10.0
Corn	1,400	3.5	40.0
Rice	1,912	6.7	28.5
Soybeans	2,000	34.1	5.8
Broiler chicken	3,500	23.8	14.7
Beef	100,000	19.4	515.4

Mushrooms are the perfect food for everyone!

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

NEW BIOSPHERE AGRICULTURE

APIARY

BEEKEEPING

&

HONEY

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

Apoch

Life Pack



Apoch is able to deliver fresh food with shelf lives greater than a year without requiring refrigeration. We start with prime quality inputs and it remains prime quality for periods of one to up to three years.

Life Pack long life shelf stable foodstuff, safe, nutritious, wholesome, high quality, that require no refrigeration to maintain consistency.

Apoch has the ability to offer this technology to an almost endless number of food types, covering all major cooked food brackets i.e. Meats, Sea foods, Dairy and Vegetable.

With no refrigeration required, previously unserviceable markets become accessible. For example; fresh vegetables processed in the Pacific Basin can be exported to Middle East, Asia or even Europe.

TASTE
of **HEALTH**

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

Pascas Food Basket



Eat the Colors of the Rainbow

Fresh is Best!



When and where as required!

Cooperatives for the Local People

Cooperative arrangements within communities may be focused upon small area enterprises through to whole of nation endeavours to bring to the global markets high volumes of quality goods derived through value adding processes applied to natural resources and regional produce from the land, river and sea, encapsulating all elements of farming and animal produce.

Microfinance typically engages a cooperative of around five women when financing home enterprises. A cooperative is particularly useful when local fishermen bring their catches together at canneries for preparation to market their fish to foreign markets.

The introduction of 'Craft Creations' is to enliven the community's recognition of their high quality traditional skills and then enable their customary craftware to be globally marketed through a cooperative of their own making.

This is all about cooperatives to bring to the fore traditional and innate skills that fulfil needs for people around the globe, not just the local village. A cooperative may embrace several nations.

Natural resources that may be used in producing high quality goods in large volumes include:

Forrest logs processed into high quality furniture in volume for large distribution chains.
 Timber offcuts for high strength laminated beams and reconstituted timber products.
 Local building systems utilising local resources for durable housing – local market solutions.
 Hydroponics particularly for produce that is not native to the area and its climate.
 Aquaculture in rivers, estuaries and sea to mitigate depletion of ocean resources.
 Traditional home produce being increased in volume to provide famine relief worldwide.
 Hemp production to be on scale to enable volumes sufficient for manufacturing processing.
 Cocoa, coffee, moringa, sandalwood, tea, vanilla, plus others, cropping to be of commercial scale, cooperatively run. All farming and animal produce come into the equation for cooperatives.

What is available within a region and what may be introduced can now be thoroughly appraised and reviewed scientifically through local endeavours and with the support of research organisations such as CSIRO of Australia, increasing commercial options and products. Nothing beats the insight and wisdom of the locals. Their FEELINGS, as well as our own, are to be embraced. Our feelings are the greatest guide as to how and what we are to embrace.

Education at all levels for all ages is our never ending journey. How it has been in ages gone by is not how it will continue. Dynamic change is unfolding and for those who embrace change, our futures are enticing, for those who don't they will have difficulties. We are to embrace and value add our natural resources, we are not to rape and pillage our environment, the forests are to remain, the rivers clean and our oceans are to restock with fish.

Now is the time for nation building, now we are to embrace self-sufficiency without the need for foreign goods and services. We have all we need within us and within our environment, so let us build the way forward for all within our community and show the world how it is to be.

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

By living true to ourselves true to our feelings, we are living true to God. It's that simple.

Golden Rule: that one must always honour another's will as one honours one's own.

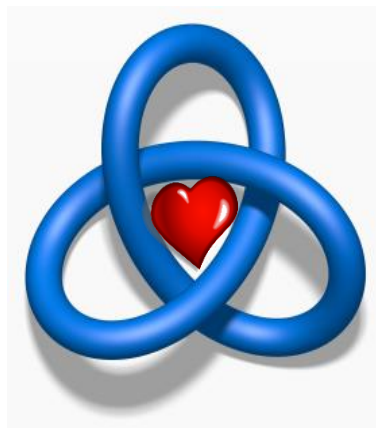
The Golden rule is: Never interfere with another's will.

Our Heavenly Parents simply desire for us to ask for Their Love.

God's Divine Love: Pray for it, ask for it, and receive it.

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915



Violence is never Justified



TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



DISCLAIMER and CONFIDENTIALITY NOTICE

This Business Plan and Financial Feasibility, the executive summaries and all the information contained herein (BPFF), as being provided to selected parties (recipients), is confidential to the Developer / Borrower. It is not intended for and should not be distributed to any person other than as permitted herein. By its acceptance, the recipient agrees that it will not transmit reproduce or make available the BBFF (or any information contained herein) to anyone other than its bankers and other professional advisers. Any such disclosure to the advisers of the recipients must be on a confidential basis, for the purposes only of assessing the information contained herein as adviser to the recipient. It is also a condition that the recipient will immediately return this BPFF and all information subsequently provided by the Developer / Borrower immediately that the recipient decides not to make an expression of interest or an offer to invest or that negotiations or such an investment are discontinued or on the request of the Developer / Borrower.

The information contained in this summary or subsequently provided to the recipient of this summary whether orally or in writing by or on behalf of the Developer / Borrower or their advisors or their respective employees, agents or consultants, information is provided to the recipients on the terms and conditions set out in this notice and subject to any additional requirements and obligations in any separate Confidentiality Agreement executed by the recipient.

The purpose of the BPFF is to provide recipients with information relating to the business opportunity described in this BPFF.

The BPFF is based on certain material and information collated by the Developer / Borrower. Each recipient must make its own independent assessment and investigation of the business opportunity and should not rely on any statement or the adequacy or accuracy of any information contained in this BPFF.

The recipient should not treat the contents of this BPFF as advice relating to legal, taxation or investment matters and should consult its own advisers. Neither the Developer / Borrower nor the Company's Directors takes any responsibility for the contents of the BPFF.

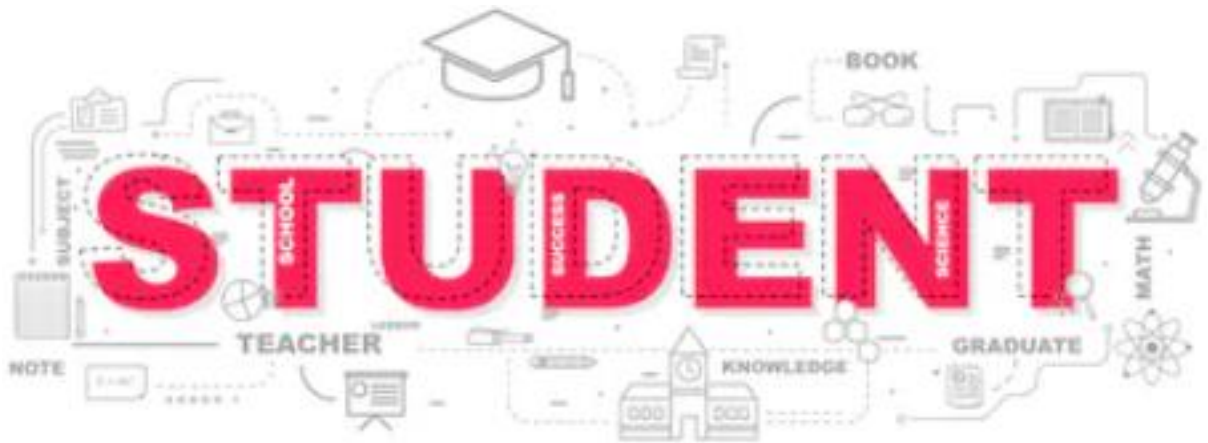
The BPFF includes certain statements, estimates and forecasts, which reflect various assumptions. Those assumptions may or may not prove to be correct. The BPFF does not purport to contain all the information that a prospective investor may require. The information may not be appropriate for all persons and it is not possible for the Developer / Borrower to have regard to the investment objectives, financial situation and particular needs of each person who reads or uses the information. In all cases, before acting in reliance on any information, the recipient should conduct its own investigation and analysis in relation to the business opportunity and should check the accuracy, reliability and completeness of the information and obtain independent and specific advice from its own professional advisers.

Neither the Developer / Borrower nor its Directors makes any representation or warranty as to the accuracy, reliability or completeness of the BPFF. The Developer / Borrower and their employees, agents and consultants, shall have no liability (including liability to any person by reason of negligence or negligent misstatement) for any statements, opinions, information or matters (expressed or implied) arising out of contained in or derived from, or any omission from, the summary, except liability under statute that cannot be excluded.

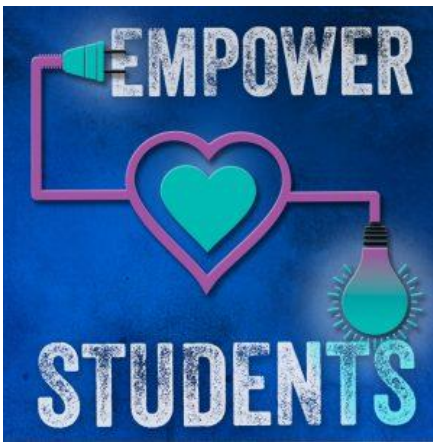
The projections and forecasts contained in this BPFF are illustrative only and should not be taken as an indication of possible future returns. They are based, among other things, on certain key assumptions as set out in this BPFF, on which each recipient must make its own independent assessment and investigation. The information is of a preliminary nature and, in light of the above, subject to clarification and change. The Developer / Borrower may in its absolute discretion, but without being under any obligation to do so, update, amend or supplement the information.

This BPFF relates to the Capital Raising of the Developer / Borrower, but is for information purposes only and does not constitute an offer to invest in or sell the business or an offer to sell any share or securities in the company. This document is not and should not be construed to be any form of a prospectus.

Copyright Notice: This publication is under copyright. Other than with the written permission of the Developer / Borrower this BPFF, or any part of it, may not be reproduced, stored in a retrieval system or transmitted in any form, by any method (including electronic), for any purpose, except as expressly permitted under relevant copyright legislation.



"THE" profession is: TEACHING

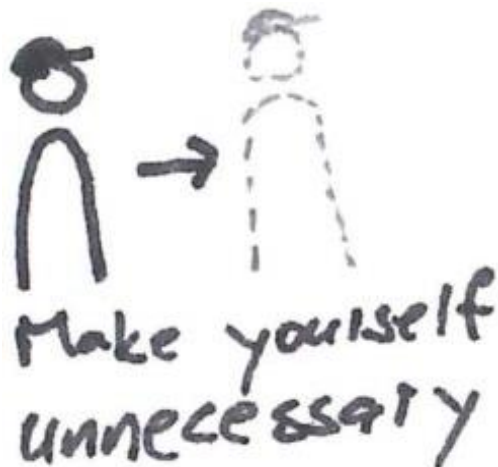


to:


Learn through play
Independently explore subject
 +
Research with fellow students
Explore topics you enjoy
Engage in what you are passionate about
Ask — and keep asking
Question every aspect
Commonsense is not common
Assumptions are mostly in error
Embrace what you may be feeling
We have been retarded and restrained
We are to be our true self
We are to express all our feelings
We are self contained — all is within
By doing is how we learn
Tutoring others is a great self teacher
 ∞ *Our capabilities are infinite*



while you





From the moment of conception
and then onwards for all of eternity .

We are TRUTH SEEKERS!

COMMERCIAL IN CONFIDENCE

Healed potential



Insightful Genius

Brilliance!

DYNAMIC

vibrant